



Sacramento Region

FOR IMMEDIATE RELEASE
April 28, 2008

Contact: Erik Johnson
(916) 321-9000

MAY IS BIKE MONTH EVENTS

Annual Campaign Challenges Region to Bike One Million Miles

The Sacramento region is gearing up for a month full of events promoting bicycling. Event details and more information on how to participate are at www.mayisbikemonth.com. Everyone is encouraged to log their bicycling miles for commuting, recreation or errands.

Tuesday, April 29

9:00 a.m. – El Dorado County Government Center – Board of Supervisors will proclaim May Bike Month
Contact El Dorado County Transportation Commission at 530-642-5260 for more information.

Noon to 1:00 p.m. – Roseville Utility Exploration Center, 1501 Pleasant Grove Blvd. - Smart Cycling Clinic
Free, brown bag lunch offering tips on how to safely and comfortably commute to work on a bike. Session will cover the benefits of cycling, necessary cycling accessories, safe and effective cycling techniques, route planning and how to participate in Bike Month. Raffle prizes, drinks and dessert will be provided. Sponsored by the city of Roseville and Biking Roseville. Contact City of Roseville at 916-774-5293 for more information.

Wednesday, April 30

Noon to 1:00 p.m. – El Dorado County Government Center - Smart Cycling Clinic
Beginners and experienced bicyclists will learn principles of safe cycling and get tips about how to commute by bicycle. Taught by a certified bicycling educator. RSVP to jbarton@edctc.org for a free lunch. Contact El Dorado County Transportation Commission at 530-642-5260 for more information.

Thursday, May 1

11:30 a.m. to 1:00 p.m. – West Steps, State Capitol – Bike Month Kick-off Rally and Downtown Ride
A rally with local and state elected officials, followed by a noon ride. The guided ride will include short stops for information about new and planned bicycle lanes and paths. Ride departs from the Capitol to showcase a number of new and planned bike facilities with short stops for docent and City Alternate Modes Coordinator Ed Cox to explain what's happening. Route directions and map: www.sacbike.org. For more information call SACOG at 916-321-9000.

6:00 to 9:00 a.m. – The Hatchery on the American River Bike Trail - Energizer Station and Bike Month Kick-off
Contact 50 Corridor TMA at 916-852-7409 for more information.

Saturday, May 3

9:00 to 11:00 a.m. – Energizer Stations on the American River Trail
Stop and take a refreshment break on your Saturday morning ride along the Bikeway! Pick up your 2008 Bike Commute T-shirt, water and other goodies Saturday morning at these locations: Guy West Bridge, Nimbus Fish Hatchery, Negro Bar, and Hagin Community Park (Rancho Cordova). Contact the 50 Corridor TMA at 916-852-7409 or the Sacramento TMA at 916-737-1513 for more information.

9:00 a.m. – 1930 Del Paso Road, Sacramento – Scenic Ride to Old Sacramento
Bring your bike, meet your neighbors and join us as we enjoy the weather and a beautiful bike ride down to Old Sacramento. Breakfast at Discovery Park provided by the Sacramento TMA. Contact Sacramento TMA at 916-737-1513 for more information.

-- MORE --

10:00 a.m. to Noon: Great Northern Bikeway, 14th & C streets – Information table

Join us for a "Destination ride" with Ed Cox, city of Sacramento Alternate Modes Coordinator. The easy, all-flat-terrain, 18.5 mile ride will take about two hours, including a stop at our "destination" in Rio Linda and occasional stops for information. Refreshments will be provided in Rio Linda. Contact Ed Cox, City of Sacramento, at 916-808-8434 for more information.

10:00 a.m. to 4:00 p.m. – Hewlett Packard, Roseville - Tour de Cure

American Diabetes Association Tour de Cure fundraiser for the Sacramento area will start and finish at Hewlett-Packard's Roseville plant. The local event is a ride, rather than a race, and has routes designed for everyone from the occasional rider to the experienced cyclist. Options include a 10-mile route for children, a 65-mile ride for occasional cyclists and a 100-mile ride, with several hill climbs, for experienced riders. Rest stops, snacks, lunch, prizes and activities will be provided from start to finish. For more information or to sign up, visit www.diabetes.org/tour or call 1-888-DIABETES (1-888-342-3837).

10:00 a.m. to Noon: Garcia Bend Park, Pocket Road, Sacramento – Four-Mile Fun Ride

Head out on a beautiful ride along the Pocket Greenbelt bike trail along the Sacramento River and stop for refreshments at the new La Rivage Hotel. Turn around and head back to Garcia Bend for a 10-mile ride, or continue on to Old Sacramento Town for a 20-mile ride. There is also a four-mile fun ride along the levee for children, tables with information on bicycling, local maps of bike trails, bike safety and more, and a bike mechanic on-hand for free, minor adjustments. For information call the Sacramento TMA at 916-737-1513.

Monday, May 6

Noon: El Dorado County Government Center, 330 Fair Lane, Placerville - Great Bike Ride #3

Join new and veteran bicyclists and elected officials for a bike ride on the Sacramento-Placerville Transportation Corridor Rail Trail as we ride to the Weber Creek Trestle Bridge. This off-road bike ride will demonstrate a section of the rail-trail anticipated for construction at the end of the summer. Requires a bike suitable for off-road riding and a helmet. RSVP by Friday, May 2 for a free lunch to jrice@edctc.org. Co-sponsored by EDCTC and the 50 Corridor TMA. Call EDCTC at 530-642-5260 for more information.

Tuesday, May 7

6:00 to 9:00 a.m. – West Capitol Avenue, Across from West Sacramento City Hall -- Energizer Station

Refreshments provided by Yolo TMA, Yolo-Solano Air Quality Management District and city of West Sacramento cyclists on the south side of West Capitol Ave. between Jefferson Blvd. and Merkley Ave. Contact the Yolo TMA at 530-669-1446 for more information.

Saturday, May 10

10:00 a.m. to 2:00 p.m. – 50 Natoma Street, Folsom -- Folsom Community Bike Clinic

Bring your family and learn how to ride safely. Refreshments will be served. RSVP to hazel@50corridortma.org or call the 50 Corridor TMA at 916-852-7409 for more information.

10:00 a.m. to 2:00 p.m. – (check-in 7 – 9 a.m.) - McBean Park, Lincoln -- Tour de Lincoln

The Tour offers four courses: The Pleasure Cruise (10 miles), The Rolling Hills (20 miles), The Country Climb (40 miles) and the Metric Century (63 miles). Well-stocked rest stops are located on all routes. Helmets are required for all riders. Barbecue lunch served from 11 a.m. to 2 p.m. Non-Rider activities include McBean Skate Park, McBean Park playground, Feats of Clay (tour historic Gladding, McBean factory), and three beautiful public golf courses within 2 miles. For more information visit www.lincolnvolunteer.com or contact Bob Romness, City of Lincoln, at 916-645-6254.

-- MORE --

Tuesday, May 13

6:30 to 9:00 a.m. — Gold Pointe Corporate Center Rancho Cordova - Bike Commute Day and Breakfast Muffin and coffee coupons will be provided to all bicyclists who ride into the Gold Pointe Corporate Center. Sponsored by PDC Properties and 50 Corridor TMA. RSVP to jgephart@pdcproperties.com or contact the 50 corridor TMA at 916-852-7409 for more information.

Wednesday, May 14

7:00 to 9:00 a.m. — Davis -- Central Park - Bike-to-Work Breakfast

Ride your bike to work and stop in for the annual Bike-to-Work Breakfast in Central Park. Sponsored by Yolo TMA, City of Davis, UC Davis Transportation and Parking Services. Contact the Yolo TMA at 530-669-1446 for more information.

Thursday, May 15

6:00 to 10:00 a.m. — Sacramento County Regional Parks – Free Parking for Bicyclists

Free parking for bicyclists at the following American River Parkway Locations: Lower Sunrise, Sacramento Bar, William Pond and Watt Avenue. Bicyclists can also pick up complementary coffee, juice and bagels. Contact the Sacramento County Regional Parks department at 916-875-6961 for more information.

6:30 to 9:00 a.m. — Cafe Colonnade 2495 Natomas Park Dr. -- South Natomas Bike to Work Day Breakfast

Free Bike to Work Day Breakfast for SNTMA members who ride their bikes to work on May 15! RSVP to stephanie@sntma.org or call 916-646-0928 for more information.

6:15 to 6:45 a.m. and 9:30 to 10 a.m. -- Tanzanite Park (Innovator Dr. and Tanzanite Way) – North Natomas Bike-in-Breakfast

Stop by as you ride downtown for a bite to eat, then cycle to the State Capitol for live music, information booths and prizes! Visit www.mayisbikemonth.com or call the North Natomas TMA at 916-419-9955 for more information.

7:00 to 9:00 a.m. — Lions Gate (poolside) – McClellan Park Bike to Work Breakfast

Employees who commute to McClellan Park on their bicycles will be treated to a breakfast at Lions Gate by the TMA. RSVP to brager@mcclellanparktma.org. Visit www.mcclellanparktma.org or call 916-570-5314 for more information.

7:00 to 9:00 a.m. — State Capitol, West Steps - Caltrans will have an Energizer Station for all bicyclists. For more information contact Ken McGuire, Caltrans, at 916-653-2750.

7:00 to 9:00 a.m. — Sacramento Natural Foods Co-Op, 1914 Alhambra Blvd – Energizer Station & Ride

Sacramento Natural Foods Co-op and the Sacramento Bicycle Kitchen will have an Energizer Station. At 8:00 a.m., a "pedal pool" will depart for downtown Sacramento, ending at the State Capitol. For more information contact the Sacramento Natural Foods Co-op at 916-736-6800.

9:00 to 11:30 a.m. — Group Bike Ride with Folsom Councilmember Steve Miklos – Folsom to State Capitol

Join Bike Month honorary Co-Chair Steve Miklos in Folsom's Historic District near the Bike Station for coffee and juice. Following a short press conference, the group will ride to downtown Sacramento in time for the Bike Fest at the State Capitol. For more information contact Sue Ryan, City of Folsom, at 916-351-3660.

11:00 a.m. to 1:00 p.m. — BikeFest at the State Capitol, West Steps

Grand prizes, giveaways, music and lots of bike-related fun will convene at the State Capitol. New bikes will be raffled off and t-shirts will be given away to anyone logging their miles during May. The BikeFest will also feature booths by bike shops and bike groups, bike valet parking, free bike safety checks, as well as commute information. For more information visit www.mayisbikemonth.com or call SACOG at 916-321-9000.

-- MORE --

Friday, May 16

Noon to 1:00 p.m. – Folsom Community Park Natoma Street - Annual 50 Corridor Bike Ride and Lunch

Join us and ride from the light rail station on Sutter Street to the Folsom Community Park (Lions Park) on Natoma Street; after the short 1.5 mile ride, a free spaghetti lunch will be served! Prizes, music, displays and more! RSVP to Hazel@50corridortma.org or call the 50 Corridor TMA at 916-852-7409.

Throughout the month, there will be weekly prize drawings, group and employer challenges, rallies, awards, safety clinics and organized rides. The region—which includes El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba counties—is home to many bicycle-friendly communities and regional trails.

May is Bike Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. For more information, visit www.mayisbikemonth.com or call (916) 321-9000.

- END -