



Sacramento Region

## MEDIA ADVISORY

FOR IMMEDIATE RELEASE  
April 29, 2008

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### STATE AND LOCAL OFFICIALS KICK-OFF BIKE MONTH THURSDAY, MAY 1

**Who:** May is Bike Month honorary co-chairs Lincoln Councilmember Tom Cosgrove and Folsom Vice Mayor Steve Miklos, State Senator Tom Torlakson (D-Antioch), Assemblyman Mark DeSaulnier (D-Martinez), California Department of Health Services Director Sandra Shewry and State Public Health Officer Dr. Mark Horton

**What:** Co-chairs issue Million Mile May Challenge to an estimated audience of 100 bicyclists. Senator Torlakson and Assemblymember DeSaulnier talk about bicycling in California, Director Shewry and Dr. Horton talk about the benefits of bicycling.

A guided bicycle ride through downtown Sacramento is an opportunity to explore the city on new bike lanes and see the city's innovative conversion of parking meters to bike racks. The ride will be about 5 miles long, on city streets with traffic, led by the city of Sacramento's bicycle coordinator, Ed Cox. The ride is being organized by Sacramento Area Bicycle Advocates.

**When:** Tuesday, May 1  
11:30 a.m. -- press conference  
Noon to 1:00 p.m. -- downtown ride

**Where:** State Capitol, West Steps, 10<sup>th</sup> Street between N and L streets, Sacramento  
Bike route directions and map: [www.sacbike.org](http://www.sacbike.org).

**Why:** The regional challenge is for residents to ride one million bicycle miles in May. Bicycling is a zero-emission commute, improving both air quality and physical health.

One million miles of bicycling in May reduces over 5,000 pounds of smog-forming nitrogen oxides from Sacramento's air. Bicycling three hours per week reduces a person's risk of heart attack or stroke by 50 percent.

The Million Mile May challenge is intended to remind us how fun and easy a bicycle ride is and how many of us could use our bicycles as alternatives to our cars.

With gas prices soaring, bicycling can also be a great way to save money with every car trip eliminated.

May is Bike Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. Special events and rides planned throughout the month are available at [www.mayisbikemonth.com](http://www.mayisbikemonth.com).

Sponsors include: Sacramento Region 511, Regional Rideshare Partnership, Caltrans, Sacramento Regional Transit District, Sacramento County, Sacramento Metropolitan Air Quality Management District and UC Davis Transportation and Parking Services.

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