



Sacramento Region

FOR IMMEDIATE RELEASE  
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Contact: Erik Johnson  
(916) 321-9000

## MILLION MILE MAY CHALLENGE ISSUED *Region Kicks Off Month Promoting Bicycling*

**SACRAMENTO** – On the steps of the State Capitol, while some Californians are already paying \$4 a gallon for gas, local residents rode in by bike to kick-off May is Bike Month. Local leaders challenged everyone to try two wheels instead of four, ride one million miles in May, and log their miles at [www.mayisbikemonth.com](http://www.mayisbikemonth.com).

May is Bike Month honorary co-chairs Lincoln Councilmember Tom Cosgrove and Folsom Mayor Pro-Tem Steve Miklos issued the challenge to everyone in the Sacramento region from the West Steps of the State Capitol. They were joined by State Senator Tom Torlakson (D-Antioch), Assemblyman Mark DeSaulnier (D-Martinez) and California Department of Health Services Director Sandra Shewry.

"The Million Mile May challenge is intended to remind us how fun and easy a bike ride is and how many of us could use our bikes as an alternative to our cars," said honorary co-chair and Lincoln Councilmember Tom Cosgrove.

Honorary co-chair and Folsom Mayor Pro Tem Steve Miklos added: "Try traveling by bike in May. Not only does it help reduce traffic congestion, it reduces stress and allows you to exercise on your way to work or errands."

In addition to the known health benefits of bicycling, rising gas prices and sunny skies in May help drive people to dust off their bikes and join their neighbors and co-workers in bicycling for work, errands or recreation. Commute, recreation, training and errand miles all count towards the region bicycling one million miles in May. Everyone is encouraged to log their bicycling miles at [www.mayisbikemonth.com](http://www.mayisbikemonth.com).

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

**On Saturday, May 3**, local rides will be held in all areas of the six-county region. Energizer stations will be set up with refreshments, giveaways and information about bicycling.

**On Thursday, May 15**, the region celebrates Bike-to-Work Day with a BikeFest at the State Capitol. In addition to prizes and live music, the Sacramento BikeFest will feature booths by bike shops and bike groups, as well as commute information.

*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](http://www.mayisbikemonth.com) or call (916) 321-9000.*

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