



Sacramento Region

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

## NEW AND OLD BICYCLISTS RIDE IN FORCE DURING FIRST WEEK *Over 250,000 miles logged since May 1*

**SACRAMENTO** – After just one week, the Sacramento region is well on its way to bicycling a million miles in May. Children are getting exercise before and after school, commuters are leaving the headaches of parking and gas behind, and local residents are enjoying the May weather—all by choosing bicycling for some of their trips. To find out how to start bicycling, challenge friends and co-workers, or log your miles, visit [www.mayisbikemonth.com](http://www.mayisbikemonth.com).

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.

### Current May is Bike Month Stats

Total miles logged: 261,504 miles

Total miles pledged: 1,208,607 miles

Registered bicyclists: 5,223

### Upcoming Events

#### **Saturday, May 10**

9:00 to Noon – Energizer Station on the American River Trail at Guy West Bridge

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 the Guy West Bridge. Contact the 50 Corridor TMA at 916-852-7409 or the Sacramento TMA at 916-737-1513 for more information.

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](mailto: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](http://www.lincolnvolunteer.com) or contact Bob Romness at 916-645-6254.

#### **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](mailto: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.

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**Thursday, May 15 – National Bike to Work Day**

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](http://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](mailto:brager@mcclellanparktma.org). Visit [www.mcclellanparktma.org](http://www.mcclellanparktma.org) or call 916-570-5314 for more information.

7:00 to 9:00 a.m. – State Capitol, West Steps -- Caltrans Energizer Station

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 Vice Mayor 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](http://www.mayisbikemonth.com) or call SACOG at 916-321-9000.

**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@50corridoroma.org](mailto:Hazel@50corridoroma.org) or call the 50 Corridor TMA at 916-852-7409.

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*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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