



Sacramento Region

Mayisbikemonth.com

2009

## NEWS RELEASE

FOR IMMEDIATE RELEASE  
May 7, 2009

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### DESPITE A RAINY START, 110,000 MILES LOGGED SINCE MAY 1 *Over 5,000 individuals have pledged to ride over a million miles in May*

Whether it's saving on paying for gas, parking and auto maintenance, or getting out and enjoying the great weather, the Sacramento region is off to a strong start for May is Bike Month. The challenge to the region is to ride one million miles this May and log them at [www.mayisbikemonth.com](http://www.mayisbikemonth.com). Events this weekend and the following are included below. Watch for weekly media releases on progress to the million mile goal and upcoming events.

Everyone is encouraged to log their bicycling miles for commuting, recreation or errands. All month long, 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.

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#### **ALL MONTH LONG! – North Natomas Schools are Gearing Up for Bike Month!**

All month long, students at Regency Park, H. Allen Hight, Natomas Park and Witter Ranch elementary schools, Westlake Charter, Heron School and Natomas Middle School will be tracking their bicycle trips! All riders will be rewarded, as well as the top riders, and top class in each school. To top it off, the school with the most miles logged will win the famous perpetual trophy award. Students and parents get ready—the challenge is on! For more information, call North Natomas TMA 916-419-9955.

#### **Friday, May 8**

##### **6:30 to 9:30 a.m. – South Side of Tower Bridge Gateway, West Sacramento – Energizer Station**

Stop by on your commute for a quick and easy breakfast break. Sign up for Million Mile May and talk with other cyclists as they pedal their way to work and recreation. We'll have T-shirts and inner tubes. The West Sacramento Energizer Station will be located at the south side of Tower Bridge Gateway between Garden Street/Riske Lane and the Tower Bridge. For more information, call Yolo TMA at 530-669-1446.

##### **6 to 9 p.m. – Del Paso Boulevard, Sacramento – Uptown Art Walk**

Local cyclist and artist David Lively will exhibit paintings and sculpture "from a cyclist's perspective" May 8 and 9, at part of the Uptown Art Walk along Del Paso Boulevard. For more information, call Point West Area TMA at (916) 852-7409.

#### **Saturday, May 9**

##### **8 a.m. to 1 p.m. – Central Park, Davis – Cyclebration at Farmers' Market**

Ride your bicycle to the Davis Farmer's Market to participate in Bike to the Market Day. Come out and enjoy a variety of bicycle activities, including a May Is Bike Month Energizer Station. If you're in the market for bike baskets, the festival will have them at the ready -- including installation help (while supplies last). Join the city, university and community in celebrating Mother's Day during the Whole Earth Festival. Don't miss this great day. More information can be found at [www.davisbicycles.org](http://www.davisbicycles.org) or by e-mailing [info@davisbicycles.org](mailto:info@davisbicycles.org).

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### **10 a.m. to noon – Garcia Bend Park on Pocket Road – Saturday Ride**

Festivities begin at 10 a.m. with tables of information and helmet decorating contest for the kids. Ride the Pocket Greenbelt bike trail along the Sacramento River and stop for refreshments at La Rivage. Head back for a 10-mile round trip, or continue with the Pocket peleton into Old Town for a 20-mile round trip. For more information, call the Sacramento TMA at 916-737-1513.

### **10 a.m. to 2 p.m. – Highway 50 American River Bike Trail – Green Fit Fun Ride**

Y Cycle? Join us for a FREE ride along the beautiful American River Bike Trail to support cycling education. Meet representatives from local bike shops and other cycling enthusiasts who will be there on hand to provide you with lots of helpful cycling assistance and information. Free refreshments and lots of other goodies! Look for us on the American River Bike Trail at four locations close to: Sac State, William B. Pond, Hazel Avenue and Negro Bar. For more information and an event map, log onto [www.Ycycle.org](http://www.Ycycle.org) or call SACOG at 916-321-9000.

### **4 p.m. – Sacramento Bicycle Kitchen, 19<sup>th</sup> and I streets, Sacramento – Hunt the Grid**

Ready yourselves folks. May's Second Saturday is going to blow your minds. SBK will be hosting our first annual bicycle scavenger hunt on May 9, with an after-party sponsored by New Belgium. Come enjoy an excellent ride about midtown, music by local bands, and beer by New Belgium Brewing. \$10 per person, teams of 2, 3 and 4. Prizes for the top 5 teams.

\*\*Be sure to bring a digital camera or camera phone! You'll need to take a couple pictures.

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## Sunday, May 10

### **8 a.m. – State Capitol - 7<sup>th</sup> Annual Sacramento to Folsom American River Hi-Wheel bicycle ride**

Ride with three local Mayors and Martin Krieg, on his 19th Century Hi-Wheel, on a casual, easy ride along the world class American River Parkway. Most return to Sacramento on light rail. Director of the National Bicycle Greenway and author of the book "Awake Again," Martin Krieg will be traveling on a Hi-Wheel bicycle from Boston to San Francisco as a part of the 7th Annual National Mayors' Ride with the 'buscycle' team promoting his book, *How America Can Bike and Grow Rich, The National Bicycle Greenway Manifesto*. For more information, call Sacramento TMA at 916-737-1513.

## Tuesday, May 12

### **5 to 7 p.m. – H. Allen Hight Elementary School, 3200 North Park Drive, Sacramento, 95835 – Safety with Helmets Night**

Free helmets for H. Allen Hight Elementary students who don't have them, and inspections and fittings for those who do. Damaged helmets will be replaced. Food and fun for children and parents! For more information, call North Natomas TMA 916-419-9955.

## Thursday, May 14

### **4:30 to 9 p.m. – Central Park, Davis – Celebrate Davis!**

Bicycling is the best way to attend this annual event produced by the Davis Chamber of Commerce. Secure, free valet bicycle parking is available and don't forget your light if you stay for the fireworks. For more information, visit [www.celebratedavis.com](http://www.celebratedavis.com).

### **11 a.m. – HOT ITALIAN, 16th and Q streets, Midtown – Bike to work, Bike to Lunch, Bike to Dinner**

With Cyclepod parking for 32 bicycles, HOT ITALIAN is your bike to lunch or dinner destination.

HOT ITALIAN will give a free pizza to the first 32 people who ride their Italian bikes to the restaurant for lunch from 11 a.m. to 2 p.m. or for dinner from 5 p.m. to 8 p.m. Maybe you'll even win Castelli cycling gear.

**Friday, May 15**

**5:30 to 6:30 p.m. – 2100 Jefferson Boulevard, West Sacramento, Barge Canal Recreational Access – Clarksburg Branch Line Trail Fat Tire Fun Ride**

The Clarksburg Branch Line Trail Fat Tire Fun Ride will begin at the Barge Canal Recreational Access point in West Sacramento. Cyclists will gather at the access point at 5:30 p.m. to begin a 6.5 mile fun ride that takes riders out and back on the Clarksburg Branch Line Trail. The new pathway is virtually level and the ride will be leisurely. Please note that the Clarksburg Branch Line Trail is a hard, but not paved surface, so riders may prefer to use off-road bicycles or others with "fat" tires. For more information, call Dave Shpak at 916-617-4665.

**Saturday, May 16**

**5:15 a.m. – Veterans Memorial Center, 203 W 14th Street, Davis – Davis Double Century**

This is the 40th annual version of Davis' nationally acclaimed 200-mile, one-day cycling event produced by Davis Bicycle Club. For more information, e-mail [dcinfo@davisbikeclub.org](mailto:dcinfo@davisbikeclub.org) or visit [www.davisbikeclub.org/ddc/2009/index.htm](http://www.davisbikeclub.org/ddc/2009/index.htm)

**9 a.m. – North Natomas TMA Office – Breakfast and Scenic Ride to Miller Park**

Come on - ride with us! Bring your bike! Meet your neighbors! Join us as we enjoy the weather and a beautiful bike ride to Miller Park and back. Breakfast will be provided by the TMA.

Start Location: NNTMA Office, 1930 Del Paso Road, Suite 121, Sacramento, CA 95834. For more information, call North Natomas TMA at 916-419-9955.

**Sunday, May 17**

**Noon to 4 p.m. – Chipotle Restaurant, Midtown Sacramento – Bike 4 Burritos**

Anyone who rides her/his bike to their location at 19<sup>th</sup> and Capitol Avenue will get a FREE burrito. There will be music, "best of" contests, raffle prizes, and more. Please join us for this celebration of motor-less vehicles. For more information, call Anthony Catafi at 916-444-8940.

**Mark your calendars for the largest event of the month, the Capitol BikeFest on Thursday, May 21 from 11 a.m. to 1 p.m. on the West Steps of the State Capitol.** Enjoy music, prize wheels, award presentations, and drawings for bicycles. Bring your bicycle for a free safety check. We'll have safe, staffed Bike Valet parking, tables of information from bike shops, bicycle groups, public transit providers, clean air and walking organizations. Bike raffle: Bring a printout that shows you've logged miles to get your T-Shirt, a delicious fruit freeze and a ticket for the free raffle of commuter bicycles. For more information, call Sacramento TMA at 916-737-1513.

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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.