



Sacramento Region

Mayisbikemonth.com

2009

NEWS RELEASE

FOR IMMEDIATE RELEASE
May 14, 2009

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TO WORK, SCHOOL AND AROUND TOWN, AREA RESIDENTS TRY BICYCLING *Over 6,000 individuals have logged 387,000 miles since May 1*

Architects and bankers, UC Davis students and youth, and everyone in between are leaving their cars parked and bicycling during May. Since May 1, over 6,000 individuals have logged over 380,000 miles at www.mayisbikemonth.com. Whether it's a few miles to work or school, or a few hours on a bike trail on the weekends, there are lots of options for beginners and experienced bicyclists around the region.

The challenge this month is to ride one million miles this May and log them at www.mayisbikemonth.com. Events this weekend leading up to **Bike to Work Day on Thursday, May 21** are included below. There are prize drawings, group and employer challenges, rallies, awards, safety clinics and organized rides.

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.

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.

5 to 8 p.m. – HOT ITALIAN, 16th and Q streets, Midtown – Bike to work, Bike to Dinner

With Cyclepod parking for 32 bicycles, HOT ITALIAN will give a free pizza to the first 32 people who ride their Italian bikes to the restaurant for dinner. Maybe you'll even win Castelli cycling gear.

7 to 8:30 p.m. – Bicycle Commuting 101 – REI, Folsom

Looking for a transportation alternative and ways to decrease your gasoline consumption? Why not bike commute? Bike commuting has many advantages; you can lower commuting costs and reduce your carbon footprint while engaging in a healthy and enjoyable activity. In a slide show presentation REI cycling enthusiast Lisa Woodward will share the details of commuting by bicycle. She will cover topics including preparation, planning a route, choosing the right equipment, and utilizing mass transit systems. Take advantage of this opportunity to learn how to get started bike commuting from an experienced and knowledgeable cyclist. For more information, call 916-817-8944.

Friday, May 15

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

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. – Davis Double Century, Veterans Memorial Center, 203 W 14th Street, Davis

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 or visit www.davisbikeclub.org/ddc/2009/index.htm

8:30 a.m. – Breakfast and Scenic Ride to Miller Park, North Natomas TMA Office

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.

10 a.m. – Teens on the Trail, Placerville Station

Teens on the Trail is a chance for El Dorado County youth to ride on the El Dorado Bike Trail and enter for raffle prizes. Registration for prizes will be at the Placerville Station. For more information, email coreyharkins@gmail.com.

Noon – Placerville Bike Symposium, Placerville Town Hall

The Placerville Bike Symposium will occur at Placerville Town Hall with booths created by youth and guest speakers on issues of transportation. For more information, email coreyharkins@gmail.com.

Sunday, May 17

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

Anyone who rides her/his bike to their location at 19th 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.

Tuesday, May 19

7 p.m. – Bicycle Commuting 101, REI - Roseville

Looking for a transportation alternative and ways to decrease your gasoline consumption? Why not bike commute? Bike commuting has many advantages; you can lower commuting costs and reduce your carbon footprint while engaging in a healthy and enjoyable activity. In a slide show presentation REI cycling enthusiast Rene Trumbull, will share the details of commuting by bicycle. She will cover topics including preparation, planning a route, choosing the right equipment, and utilizing mass transit systems. Take advantage of this opportunity to learn how to get started bike commuting from an experienced and knowledgeable cyclist.

Wednesday, May 20

6:30 to 9:30 a.m. – Bike to Work Breakfast at Davis Farmers Market, Central Park, Davis

This annual event has become a tradition in Davis. Nearly 200 cyclists show up regularly to sit down and share a beautiful morning in conversation. Aside from an excellent breakfast, we'll also have May Is Bike Month T-shirts for those signing up for Million Mile May. Don't miss this annual tradition! For more information, call Yolo TMA at 530-669-1446.

6:30 p.m. – Bike Movies at the Varsity Theatre, *Breaking Away*, Davis

The greatest bike movie of all time, *Breaking Away*, will be shown in its big screen greatness. For more information visit: www.davisbicycles.org

Thursday, May 21 – Sacramento Region Bike to Work Day

6 to 10 a.m. – Bike to Work Day Free Parking and Energizer Stations, Select American River Parkway Entrances

In support of the month's events, the Department of Regional Parks is holding a Park 'n' Ride event, waiving parking fees for Bike to Work Day along four American River Parkway entrances:

Lower Sunrise

William B. Pond Recreation Area

Watt Avenue Access

Howe Avenue Access

These energizer stations will offer free coffee, juice and bagels to participants. The Park PASSPORT, (an annual pass that allows parking at any Sacramento County Regional Park location for 12 months from the date of purchase) will be sold, as well as commemorative Sacramento County Parks 50th Anniversary items. When you buy your PASSPORT anytime in the months of May-July, you'll receive a coupon book valued at \$250 and will be entered to win a Trek 7000 hybrid bike courtesy of City Bicycle Works. Visit www.sacparks.net for more details!

6 a.m. – Bike Breakfast and Ride, Sutter Street Light Rail Station Plaza, Folsom/Rancho Cordova

Join us for a FREE breakfast to fuel cyclists for a ride to downtown Sacramento! Breakfast will be served at 6 a.m. at the Sutter Street Light Rail Station Plaza. There will be giveaways and a raffle for a new bike. For our cyclists joining us in Rancho Cordova, there will be an energizer breakfast station on the trail at Hagen Park. For more information call 50 Corridor TMA at 916-852-7409.

6 to 9 a.m. – Bike in Breakfast! Bike to Work Day, Arco Arena Entrance at Truxel Road

Help the North Natomas TMA celebrate Sacramento's Bike to Work Day and show your community you can do your part! Bike on over while you head to work (or simply a nice morning ride!) and stop for a bite to eat and a chance to win a prize! Meet at the Arco Arena entrance at Truxel Road. For more information, call North Natomas TMA at 916-419-9955.

6:30 to 9 a.m. – Bike to Work Breakfast, Cafe Colonnade 2495 Natomas Park Drive, South Natomas

South Natomas TMA members only: Free Bike to Work Day Breakfast for SNTMA members who ride their bikes to work on Thursday, May 21. RSVP to Stephanie at stephanie@sntma.org. For more information, call South Natomas TMA at 916-646-0928.

6 a.m. to 3 p.m. – Energizer Station, State Capitol, Sacramento

Celebrate Bike to Work Day by stopping by the Downtown Sacramento Energizer Station at the State Capitol for drinks and snacks that will keep you energized all day. For more information, call Sacramento TMA at 916-737-1513.

7:30 to 9 a.m. – Lions Gate Hotel (poolside), McClellan – Bike to Work Breakfast

All bicyclists who ride their bike to work are welcome to the buffet breakfast hosted by the McClellan Park TMA. Registration is required so RSVP to brager@mcclellanparktma.org. Park your bikes by entering through the side gate to the pool area. For more information, call McClellan Park TMA at 916-570-5314.

11 a.m. to 1 p.m. – State Capitol, Sacramento – Capitol BikeFest

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.

Saturday, May 23

8:30 a.m. to 1 p.m. – Cycles 4 Hope Homeless Outreach, North B Street across from Salvation Army, Sacramento

We will be providing free bikes and repairs to Sacramento areas homeless in downtown Sacramento across from the Salvation Army on North B Street. Visit www.cycles4hope.org for more information on donations and volunteering. For other information, email shawn@cycles4Hope.org.

Green Schools Expo, Central Park, Davis

For more information visit: www.cityofdavis.org/bicycles/may-is-bike-month/2009/

Sunday, May 24

7 a.m. – Auburn Downtown Criterium, Old Town Auburn

Registration is now open. To register visit: www.bikereg.com/events/register.asp?eventid=7626

Entry fee includes NCNCA surcharge. Valid USCF license required or 1-Day license may be purchased. Promoter reserves the right to add or combine fields, be there 1 hour prior to start time. Same-day registration: \$10 additional fee, opens at 7:00am, closes 15 minutes before start of each event, cash or check only. Second category: \$10 entry fee.

Tuesday, May 26

6:30 p.m. – Bike Movies at the Varsity Theatre, Veer, Davis

Davis Bicycles will bring *Veer* to the Varsity Theatre as a fundraiser for the new Davis Bicycle Collective or "Bike Fourth" (formerly the Bike Church at the UC Davis Domes) that has just opened at 4th & L. For more info visit: www.davisbicycles.org.

Wednesday, May 27

5 to 8 p.m. – Traffic Skills 101, Bicycle Chef Bicycles, 3184 N Street, Sacramento

This fast-paced, nine-hour course is the League of American Bicyclist course that prepares cyclists to be comfortable riding on the street by giving them a full understanding of bicycling and by practicing lane positioning and developing the skills to avoid crashes. Students need a helmet and a multi-speed bike.

The \$50 course Includes a student manual and covers all the following:

- On the road training
- Emergency skills, crash avoidance techniques
- Changing a flat, overview of maintenance
- Bicycle selection and fit
- Equipment and accessories
- Positioning in the lane to communicate and bicycle on the street with cars.

Call Sacramento TMA to RSVP by May 22nd: 916-737-1513. Bicyclists will ride streets in midtown and downtown Sacramento. To request a class in your area, email Jeffery Rosenhall at rosenhall@yahoo.com.

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.