



Sacramento Region

Mayisbikemonth.com

2009

NEWS RELEASE

MEDIA ADVISORY

FOR IMMEDIATE RELEASE
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LOCAL ACTIVITIES FOR BIKE TO WORK DAY – THURSDAY, MAY 21 *609,354 miles logged so far*

Who: Over 6,500 people across the Sacramento region are logging bike miles this month. This Thursday, even more individuals across the region will participate in Bike to Work Day. May is Bike Month honorary co-chairs Davis Mayor Pro Tem Don Saylor and Roseville Councilmember Jim Gray will join thousands of bicyclists at events across the region.

What: Several morning rides and energizer stations, and a large lunchtime BikeFest at the State Capitol.

**When/
Where:** Thursday, May 21

Rides

6 a.m. – Bike Breakfast and Ride, Folsom and Rancho Cordova to State Capitol

Folsom start: Sutter Street Light Rail Station Plaza; Rancho Cordova start: American River Trail at Hagen Park. Free breakfast for bicyclists at both locations headed to downtown Sacramento, as well as giveaways and a raffle for a new bike. Details: 916-852-7409.

Breakfasts & Energizer Stations

6:00 to 10:00 a.m. – Sacramento County Regional Parks: American River Parkway – Free Parking & Breakfast
Complementary parking, coffee, juice and bagels for bicyclists. Details: 916-875-6961 or www.sacparks.net.

6:30 to 9:00 a.m. – Cafe Colonnade, 2495 Natomas Park Dr. -- South Natomas Bike to Work Day Breakfast
Free breakfast for South Natomas TMA members who ride their bikes. Details: 916-646-0928.

7:30 to 9:00 a.m. – Lions Gate Hotel (poolside) – McClellan Park Bike to Work Breakfast
Hosted by the McClellan Park TMA. Reservations required: brager@mcclellanparktma.org or 916-570-5314.

6 a.m. to 3 p.m. – State Capitol, West Steps (10th & Capitol Mall) - Energizer Station for all bicyclists
Hosted by Caltrans. Details: 916-653-2750.

6 to 9 a.m. – Bike in Breakfast! Bike to Work Day, Arco Arena Entrance at Truxel Road
Hosted by the North Natomas TMA. Details: 916-419-9955.

Bike to Work Day Celebration

11:00 a.m. to 1:00 p.m. – BikeFest at the State Capitol, West Steps

Bicyclists will descend on the Capitol for grand prizes, giveaways and bike-related fun. Anyone with a printout from mayisbikemonth.com showing their miles logged will get a t-shirt, fruit freeze and raffle ticket for a new commuter bike. Also featuring bike shops and groups, valet parking and safety checks. Details: 916-321-9000.

Why: The regional challenge is for residents to ride one million bicycle miles in May. Bicycling is a zero-emission commute, and helps improve physical health. May is Bike Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. More information is at www.mayisbikemonth.com.

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