



Sacramento Region

Mayisbikemonth.com

2010

NEWS RELEASE

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LEADERS: "BIKE ONE DAY OR EVERY DAY IN MAY" *Region Kicks Off Month Promoting Bicycling*

WEST SACRAMENTO – On a sunny day seemingly made for bicycling, over 100 residents from as far away as Placerville gathered in West Sacramento to kick off May is Bike Month. Bicycling has taken off in the Sacramento region as an easy way for people to get to work or school, run errands, or just ride for fun. Sacramento was recently ranked fourth in the nation for bicycle commuting and the region is a prominent part of the Amgen Tour of California, racing through cities from Auburn to Winters.

Placerville Mayor Pierre Rivas and Andrea Lepore of Sacramento's Hot Italian Pizza & Panini Bar challenged residents young and old to try bicycling for at least some of their trips in May, and log their miles towards a regional goal of 1 million miles at www.mayisbikemonth.com.

"Nearly 40 percent of all trips are two miles or less, so we're asking people to enjoy our beautiful region and avoid driving for some of those smaller trips," said co-chair and Placerville Mayor Pierre Rivas.

In addition to the known health benefits of bicycling, savings on gas 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.

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, individual, group and employer challenges, rallies, awards, safety clinics and organized rides.

Just in time for Bike Month, the Sacramento Area Council of Governments has launched a bicycle trip planner (www.sacregion511.org/bicycling/trips/) with detailed routes for the entire region. The trip planner draws on local government data, user information and a community forum to offer the best information for novice and veteran bicyclists.

For a growing list of events in Davis, Placerville, Roseville, Sacramento and many more communities across the Sacramento region, visit: www.mayisbikemonth.com/events.asp.

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.

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