



Sacramento Region

Mayisbikemonth.com

2010

NEWS RELEASE

MEDIA ADVISORY

FOR IMMEDIATE RELEASE
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LOCAL ACTIVITIES FOR BIKE TO WORK DAY – THURSDAY, MAY 20
678,000 miles logged so far

Who: Over 6,500 people across the Sacramento region are logging bicycle miles this month. This Thursday, even more individuals across the region will participate in Bike to Work Day. Honorary co-chairs Placerville Mayor Pro Tem Pierre Rivas and HOT ITALIAN Co-owner Andrea Lepore will join hundreds of bicyclists at events across the region celebrating May is Bike Month.

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

**When/
Where:** Thursday, May 20

Breakfasts & Energizer Stations

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

7:30 to 9 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.

7 a.m. to 1 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.

6:30 to 9 a.m. – Hagan Park, Rancho Cordova
Hosted by the 50 Corridor TMA and Bureau of Automotive Repair. Details: 916-852-7409.

Bike to Work Day Celebration

11 a.m. to 1 p.m. – BikeFest at the State Capitol, West Steps
Bicyclists will join together at the Capitol for grand prizes, giveaways and bike-related fun. Anyone with a printout from mayisbikemonth.com showing their miles logged are eligible to 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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