



This year has been and will be different in many ways. May is Bike Month is one of those things that will be different this year. Different – but not forgotten! May is Bike Month means a lot to so many of us in the Sacramento Region. And it is something positive!

May is Bike Month is almost here and this year the region will hold a completely virtual campaign that celebrates the positive force that bicycling brings to our lives. Social distancing might keep us from hosting in-person events, but it won't stop us from bringing you inspiration and motivation to get out safely for solo rides. Hopping on a bike is a great way to enjoy the spring weather, get some exercise, and feel mentally refreshed.

Find May is Bike Month on [Facebook](#), [Twitter](#), and [Instagram](#) for new challenges, badges, theme weeks, prizes, and virtual events that highlight how getting some fresh air can keep your head and heart in the right place. And YES - t-shirts and socks will be included in the weekly drawings!

Bicycling is a perfect way to spend time outdoors. All bike trips count, so sign up now and LOG THOSE TRIPS in May!

May is Bike Month “To-Do” List:

1. [Register and make a pledge](#) during April to get your Early Bird badge. Take a solo ride and log it every week in May to be entered into weekly drawings.
2. Make a list of all the activities you can do on your bike. Get creative and challenge others to share their ideas!
3. Follow [mayisbikemonth.com](#) on [Facebook](#), [Twitter](#), and [Instagram](#) to get updates, ideas, and tips on local biking info, biking-related activities, theme weeks, and more fun.

