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.