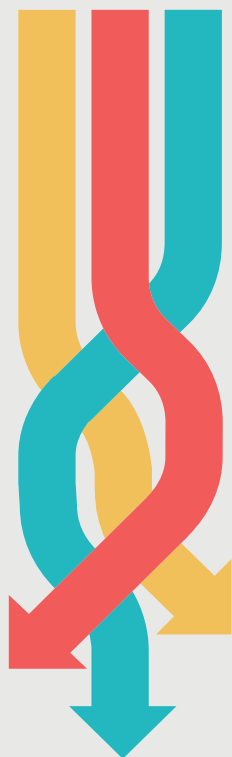




*May is* **BIKE MONTH**



**MAY 1-31, 2024**



Bike with us!

Have fun and win prizes

Use pedal power to improve your community

BikeSacRegion365



LOVE TO RIDE



[mayisbikemonth.com](https://mayisbikemonth.com)

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# May is Bike Month is back!


Are you ready to ride your bike in Sacramento Region's annual bike challenge? This May, you can contribute to the effort to make the Sacramento Region a better place to ride a bike, help combat climate change and, of course, have fun!

During May is Bike Month, hop on your bike to celebrate and promote the countless benefits that bike riding can bring. Every time you enjoy a bike ride, log it on your Love to Ride profile to participate. The Love to Ride app makes logging rides a breeze, and you contribute anonymous data to help planners make infrastructure better.

Anyone in the region can join the challenge. Even organizations can get involved and compete in a friendly competition between regional workplaces.

## Taking part is simple:

- **Everyone can join in!** From regular riders to people who haven't been on a bike in years (or ever).
- **Ride anywhere, anytime** during May for fun, fitness, and to get from point A to B.
- **Log your rides on the app** or website to earn points, enter prize drawings and make your community a safer place to bike.
- **Spread the love!** Invite your co-workers, friends and family across the Sacramento region to join in on the fun while making a meaningful difference to the riding community.
- **Win amazing prizes** by participating and encouraging others to discover or rediscover riding.



Ready to get healthier, be happier, save money and help save the planet? Log in or create a profile at [mayisbikemonth.com](https://mayisbikemonth.com)



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LOVE TO RIDE