

May is **BIKE MONTH**



What is May is Bike Month?

May is Bike Month is a virtual bicycling challenge hosted on Love to Ride, a fun, free online platform which supports individuals, workplaces and communities to ride their bikes. Using behavior change principles, they educate, incentivize and run campaigns to support more people to ride - whether for fun or transportation!



Benefits of joining Love to Ride



Support your staff to bicycle - It doesn't matter if they are in the office or working remotely, you can create a focal point for biking at your business. A workplace profile page will give you access to stats, goal setting, Quick Courses, tips articles and more.



Take part in campaigns - As part of our year-round platform, we run a number of campaigns where riders can win prizes for riding their bike as well as encouraging their friends, family and co-workers to join in.



Benefit your community - Love to Ride helps communities measure their impact and collects data. It can then be used to inform good infrastructure decisions that will directly support your staff and their families to bike more.



Create a happier, healthier workforce - Bike commuters take half the sick leave of their non-biking co-workers. It also dramatically reduces their chances of heart disease, cancer and premature death by up to 40%.



Show your impact - see your company's data. You can track your CO2 savings, collective mileage, level of staff participation and more through your Love to Ride profile.



SACRAMENTO AREA
BICYCLE ADVOCATES

Register today at
mayisbikemonth.com

LOVE TO RIDE