



*May is* **BIKE MONTH**



**MAY 1–31, 2023**

The challenge is a fun, free regional competition for individuals and organizations to get more people riding bikes. May is Bike Month kicks off on May 1 and continues through the end of the month with loads of events to attend and prizes to win.

Individuals, social groups, and workplaces can all participate, with a competition for the top spots on workplace leaderboards. For this competition, miles aren't the only way to win. In fact, riding for as little as ten minutes is a great place to start!

## Here's how your organization can support May is Bike Month

1

Register to participate as an individual at [mayisbikemonth.com](https://mayisbikemonth.com)



2

Register your workplace to encourage your co-workers to participate. Create or join a club to encourage your friends to participate.



3

Share resources from the promo pack with others in your network to encourage them to sign up, too! Download from [mayisbikemonth.com](https://mayisbikemonth.com)



4

Spread the word by posting photos and stories on the Love to Ride website and on your organization's social media channels.



5

Sweeten the pot of prizes by donating additional incentives to be awarded as part of May is Bike Month!



**Register at [mayisbikemonth.com](https://mayisbikemonth.com)**



SACRAMENTO AREA  
BICYCLE ADVOCATES

**LOVE TO RIDE**