

# RIDE YOUR BIKE DURING THE MONTH OF MAY

MAYISBIKEMONTH.COM



Participating students will keep track of any trips made by bicycle during the month of May. May is Bike Month is a regional program to encourage bicycling as an alternative to driving or riding in a car, to improve air quality and enhance physical fitness.

May is Bike Month is open to schools, individual youths, and adults. You can get more information online at [mayisbikemonth.com](http://mayisbikemonth.com) or by calling 916.340.6229.

## NOT SURE IF YOUR SCHOOL IS PARTICIPATING?

Ask your child's principal or teacher. If your child's school is not participating, your child may participate as an individual youth. Visit [mayisbikemonth.com](http://mayisbikemonth.com) to register your child online.



## REMEMBER

HELMETS ARE THE LAW.

For more information about bike safety for kids, go to [mayisbikemonth.com](http://mayisbikemonth.com)



MAY IS BIKE MONTH challenges people to choose bicycling for all types of trips including those related to work, school, errands, and recreation throughout the Sacramento region.

## WHY RIDE YOUR BIKE?



Improve air quality by riding to school and around your neighborhood



Improve health and fitness



Set an example for your community



Save money on gas

# RIDE YOUR BIKE DURING THE MONTH OF MAY

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Your child's school is participating in May is Bike Month. Students are encouraged to keep track of the number of miles they ride a bicycle during the month of May.

## WHAT IS MAY IS BIKE MONTH?

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## CAN CHILDREN PARTICIPATE IF THEIR CLASS OR SCHOOL IS NOT PART OF THE PROGRAM?

**YES!** If your child's class or school is not participating, your child may participate as an individual youth. Please visit [mayisbikemonth.com](http://mayisbikemonth.com) to register your child online.



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# BIKE MONTH IS ALMOST OVER!!!

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## ARE YOU RIDING YOUR BICYCLE TO SCHOOL? ARE YOU RIDING YOUR BICYCLE FOR FUN? DON'T FORGET TO TRACK YOUR BICYCLE MILES!

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