



# Bike Month: Celebrating 50 Years

**W**hen Bike Month was started in 1956, the idea of more than \$5 billion set aside in a federal transportation bill for bicycling was impossible to imagine. Now, 50 years later, SAFETEA-LU sets aside just that amount, and Bike Month is celebrated by hundreds of thousands of people across the United States.

So, in commemoration of this spectacular event, held each May, here are 50 ways to celebrate Bike Month.

**01. Track Community Miles**

by Marilyn Bryant, Executive Director, Sacramento Transit Management Association, Sacramento, Calif.

The Sacramento region campaign to encourage bicycling celebrates Million Mile May again this year. As the region's cyclists log their miles on [www.bikecommutemonth.com](http://www.bikecommutemonth.com), the website will track their cumulative progress towards bicycling one million miles in May. Commute, errand and recreational miles—they all count. To kick-off the campaign, employees will be encouraged to start bicycling to work on May 1, and to gather across from the state capitol at 11:30 a.m. Following the press conference, a 20-minute group ride will be escorted by city bike police officers.

**02. Decorate a cake or cookies with a bicycle theme.**

**03. Ride with your child to school.**

**04. Go to a bicycle festival.**

**05. Try a New Type of Cycling: Cyclocross**

By Grace Voss

Cyclocross racing is a combination of the steeplechase race in track and field and a cross country running race, with a bicycle added for extra excitement and degree



Mike Martin of the Santa Cruz County Cycling Club Race Team placed sixth out of 14 racers in the single-speed race last fall at a race in Soquel, Calif.

of difficulty. It involves riding a bike over hill and dale and across obstacles, while maintaining one's balance and not losing that all-important bike chain! It is a difficult sport, demanding both speed and endurance as racers must cover circuits that last either 30 or 60 minutes.



**06. Make a CD of songs with the word bicycle in the title or the band name. Suggestions include The Bicycle Thieves, *Bicycle Race* by Queen, and *A Bicycle Named Heaven* by Catie Curtis.**

**07. Become a League Cycling Instructor**

**08. Visit the bike museum in Buffalo, N.Y.**

**09. Do your first century (100 miles on a bike to commemorate 50 years of Bike Month!).**

**10. Give a Progressive Dinner or Murder Mystery Game on a Bike**

by Darlene Tussing, Alternate Modes Coordinator, Billings, Mt.

It would be great to have a progressive dinner along a trail. Various user groups could put on various portions of the dinner and you would ride your bike between courses ... to the next course. At the end, you could have a place where everyone could gather for a social. You could also play a murder mystery game on a bike ride. You would see certain clues as you ride a route and at the end of the ride, you'd have a social gathering and find out who is the best biking Sherlock Holmes.

**11. Join your local bicycle club**

**12. Join your local advocacy group**

**13. Join the League!**

**14. Do a chalk drawing in front of your house wishing a happy birthday to bicycling**

**15. Take a League Education class.**

**16. Throw a Bike Fest**

Monica Strobel, Transportation Solutions, Denver, Colo.

Our non-profit—a transportation management organization in Denver—came up with an innovative addition to our Bike to Work Day celebration in Denver last year. We offered a bike helmet decoration competition among stores in the area as a benefit for the Share A Cycle project, which collects and completely refurbishes used kid's bikes for donation to children in need in the Denver area. Helmets were judged on Bike to Work Day, and riders are treated to food, giveaways, music and more!



We had nearly 30 stores participate and even the mayor of Denver joined our celebrity panel of judges at the event.



- 17. Wear spandex to your next board meeting.
- 18. Write your congressman about the importance of bicycling.
- 19. Plan a cycling vacation.
- 20. Organize a neighborhood bike parade.
- 21. Submit a photo of you on your first bike to the League.
- 22. Commute to work on a bike!  
Bill Yoggerst, Bike Commuter, San Diego, Calif.

What's the best way to celebrate the 50th anniversary of National Bike Month? Commute to work on a bike! Shortly before May 18, 2001, San Diego's Ride-your-Bike-to-Work day, I quit looking at the obstacles and started looking at the solutions for bike commuting to work. My goal was to ride the 20-mile, round-trip twice a week. It seemed like a long distance to a weekend mountain biker. But off I went on that beautiful Friday morning with my notebook computer and a change of clothes in a back pack. I'm fortunate enough to work for a company that has bike racks, lockers and shower. In the locker room I met Jim Parsons, who I proudly informed of my accomplishment. He smiled and

sincerely congratulated me. Then he went on to tell me about his bike commuting....for the last 25 years. I met my goal over the next month. By July I was riding four or five days a week. Now, five years and over 14,000 miles later, I'm still at it.

- 23. Rent a book on the history of bicycling from your local library.
- 24. Organize a group to clean the local bike trail
- 25. Work with your state DOT to clean the shoulders of a great riding road.
- 26. Visit the Bicycling Hall of Fame in Somerville, NJ.
- 27. Visit the Bicycle Museum of Ohio in New Bremen.
- 28. Attend a local cycling race.
- 29. Purchase a Share the Road license plate in your state, if they are available. If your state doesn't have one yet, call your DOT to get one made!
- 30. Participate in IMBA's Take a Kid Mountain Biking Day in October
- 31. Attach playing card to your bike wheel and ride around like you did when you were a little kid.
- 32. Be Inspired by a Faster Rider than You  
By Lorri O'Hollaren DC

I am a 46-year-old woman who loves to cycle. A few years ago I did



My future husband and myself riding the Tour de Blast up Mount St. Helens.

a club ride called the Chilly Hilly. As I was cycling up a hill, passing many other riders, I was feeling quite the stud. Suddenly, behind me, I caught the face of another woman in my rear view mirror. I noticed she had a strange cadence but was gaining on me rather quickly. Judging from her face, she seemed about my age, size, and attitude. As she continued gaining I wondered why her revolutions had such an odd timing. As she passed me, I found that this amazing women rider was pushing with one leg. Her left leg was missing at the knee! She left me in the dust on that hill as I cheered for her.

- 33. Take a Family Ride on a Local Trail.
- 34. Attend a Mayor's Bicycle Advisory Committee Meeting in your Town.
- 35. Put on a Bike Rodeo in your kid's school
- 36. Invite your Mayor to sign the BFC Action Plan
- 37. Rent a Classic Bicycling Movie and Have a Screening  
Blake Gordon, Yellow Bike Project, Austin, Texas

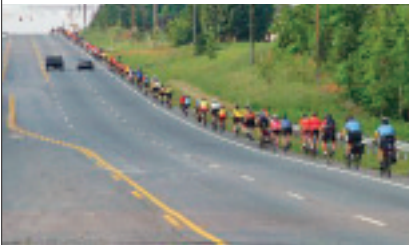
My friend and I have organized some Bike-In movies, and the local cycling club expressed some interest in doing the same. I'm a huge fan of outdoor movies in general and the idea of biking to it is fantastic. All you need is a projector, screen/sheet, speakers, and a nice yard or open space. My friend ran one on a pedestrian bridge that goes over a river here and got a lot of interest.

- 38. Ask your employer to install bike racks at your workplace
- 39. Write a letter to the editor of your local paper on the virtues of bicycling
- 40. Attend your first bike race
- 41. Invite your local official to ride with you on your next outing

**42.** Go to a Bike Town Event

Jean Crow, Program Manager, Palmetto Conservation Foundation, Spartanburg, N.C.

In conjunction with National Bike Month in May, Bike Town Spartanburg program gave away a free bike and bicycling accessories worth more than \$500 to 22 Spartanburg County residents and organized its first annual Bike Town Week. The week included numerous cycling events; the Lollapalooza Loop, an Assault training ride; Cycle Cinema, free movie nights featuring cycling-themed films; Ride of Silence, part of a national effort to bring awareness to injured or killed cyclists; and the Vic Bailey Classic Criterium, a closed-circuit professional bike race in downtown Spartanburg.



the back line and front line pictures are from our Ride of Silence - 150 riders!! (Credit: Richard Dillard)



The "thru finish line" and "revving engines" shots are from our Vic Bailey Classic downtown criterium (Credit: MyGamePix.com)



- 43.** Write a "thank you" letter to your local advocacy group for the work they do
- 44.** Start your own local advocacy group if you have no one to write to!
- 45.** Buy the new League jersey and wear it everywhere!
- 46.** Ask your employer to provide showers at work.

- 47.** Download the Bike Month Organizers Kit from the [www.bikeleague.org](http://www.bikeleague.org) and plan your own event.
- 48.** Ride a different bike than usual: Try a tandem, a tricycle or a unicycle!
- 49.** Teach a child to ride a bicycle, or sign them up for a League Kids I course.
- 50.** Start planning for Bike Month 2007!

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