

## **National Bike Month is coming up in May! Celebrate Bike Month in Richmond & the East Bay**

Spring is the time to get riding again, and to encourage friends and families to bike too! Biking has a lot of great benefits, including:

- Saving money on gas, parking and transit
- Bypassing congested traffic or transit schedules
- Reveling in the convenience of the door to door commute and hassle free parking
- Getting 40 minutes of exercise (the average commute) directly improves physical and mental health

There are plenty of great options to celebrate Bike Month in Richmond and the greater East Bay. Here is a short guide to getting started enjoying Bike Month to the fullest:

### **Bike to Work Day 2017: Thursday, May 11<sup>th</sup>**



Bike to Work Day 2017 is Thursday, May 11th. The City is collaborating with Bike East Bay, 511 Contra Costa, Rich City Rides, Richmond BPAC, and SunPower to host four Energizer Stations across the Richmond community. Stop by on your way to work for refreshments and a Bike to Work Day bag with all kinds of swag and goodies from local Richmond businesses, including Paragon Machine Works, The Pedaler Bike Shop, Visit Richmond, Nutiva, and more. Energizer Stations will be open 7:00 am-9:00 am along key bicycle routes:

- Richmond BART (open from 6:30am- 8:30am)
- Macdonald Avenue & Key Blvd
- Richmond Greenway (Ohio Avenue & Harbour Way)
- Marina Bay Park (along the Bay Trail)

Other Energizer Stations happening in the area include:

- Kaiser Permanente Richmond Medical Center
- The Pedaler Bike Shop
- UC Berkeley Richmond Field Station
- Native American Health Center

Visit the interactive Energizer Station maps at [youcanbikethere.com/energizer/](http://youcanbikethere.com/energizer/).

If you are a Richmond businesses interested in donating promotional items for the Richmond Bike to Work Day Bags, please email Patrick Phelan at [Patrick\\_phelan@ci.richmond.ca.us](mailto:Patrick_phelan@ci.richmond.ca.us).

### **Bike to Work Day Block Party: Thursday, May 11<sup>th</sup> at 4pm**

After your Bike to Work Day commute, visit the Bike to Work Day Block Party at 4pm in Downtown Richmond, organized by Rich City Rides. The event will have music, a bouncy house, petting zoo, bike parking and adult beverages. This community event is great fun for all ages. Join to celebrate Bike to Work Day 2017!

### **More Bike Info**

New to biking? Plan your route with the [511CC's route mapper](#).

Keep it going all May! Join Team Richmond and log your miles for the month long bike competition at [TeamBikeChallenge.org](http://TeamBikeChallenge.org).

Please visit [www.richmondenvironment.org](http://www.richmondenvironment.org) or call (510) 620-6512 for more information and to find out about more events throughout May.