



# May IS Bike Month

BIKING IS FUN!  
BIKING IS HEALTHY!  
BIKING IS GREEN!  
BIKING SAVES MONEY!

This is a bicycle celebration! There will be lots of opportunities to ride, socialize, and have fun. Please join us!



## *Bike Month Calendar for May*

- 6 TWO Smart Cycling Bicycle Rodeos:  
Children Elementary & Middle School age and Adults age 45+
- 10 Ride for Reading Delivery
- 13-14 CycloFemme
- 15 - 19 Bike to Work Week
- 17 Ride of Silence
- 19 Bike to Work Day

30, June 1 & 3 Traffic Skills 101 Class  
May 1<sup>st</sup> to September 30<sup>th</sup> National Bike Challenge  
\*We encourage you to check the website often as we update our education & bicycle maintenance classes.

**Enter to win \$800 worth of Saris Bike Parking and encourage more people to bike in your community.**

**Visit our website for details!**

[www.MgmBikeClub.org/BikeMonth](http://www.MgmBikeClub.org/BikeMonth)



# *The Top Ten Rules of Bicycle Safety*

1. Wear a helmet for every ride and use lights at night.
2. Conduct an ABC Quick Check (see website) before every ride.
3. Obey traffic laws: ride on the right, WITH traffic.  
In Alabama, bicyclists have all the same rights & responsibilities as drivers of motor vehicles.
4. Ride predictably & be visible at all times.
5. At intersections, ride in the right-most lane that goes in your direction.
6. Scan for traffic & signal lane changes & turns.
7. Be prepared for mechanical emergencies with tools & know-how.
8. Control your bike by practicing bike handling skills.
9. Drink before you are thirsty & eat before you are hungry.
10. Have fun!

[www.bikeleague.org](http://www.bikeleague.org)

## *Why riding a bicycle is so important to me...*

As a young 5 year-old girl figuring out life after open-heart surgery, riding a bicycle gave me my health back and the confidence to challenge my body. While riding, I felt fast in the otherwise slow moving world that had been created for me. Riding a bicycle provided me with the opportunity to connect & play with other children in a way that I felt I had lost.

As an adult, bicycling has allowed me to continue to pedal toward my best self & to genuinely connect with my community. I didn't have a choice with heart disease, but you might. So why not give biking a try!

Allow us to empower you with the knowledge & tools to safely engage in a fun & healthy activity.

**Deana Acklin**

**Bike Month Coordinator**

**LCI #5381 [www.bikeleague.org](http://www.bikeleague.org)**

**[BikeMonth@MgmBikeClub.org](mailto:BikeMonth@MgmBikeClub.org)**

