

MAY IS BIKE MONTH



UNLOCK YOUR CITY

cascade.org/bikemonth #UnlockYourCity

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UNLOCK YOUR CITY!

Experience the sights and sounds of your neighborhood from a front-row seat. Unlock your city and bike everywhere in May! Sip coffee with a mountain vista, pick up treats at your local farmers market and smell the spring flowers on your way.

Communities around the region are celebrating National Bike Month, and Cascade Bicycle Club invites you to join thousands of your neighbors in a monthlong celebration of bicycling!

Whether this is your first year bicycling or fiftieth, May is the best time to bike—to the movies, work, school or just for fun. If you're new to biking, Cascade will be there to support you and celebrate your choice to bike.

We've planned a great lineup of events, themed group rides and workshops—join us!

GET READY TO RIDE

Take a free bike commuting or maintenance class, stop by a family biking demonstration or get your bike tuned up at a free bike maintenance event.

TAKE THE BIKE MONTH CHALLENGE MAY 1-31

Register for Cascade's annual fun, free online trip-tracking contest at cascade.org/challenge. Challenge yourself and others to ride as much as possible this May, earn bragging rights and prizes for your bike trips, and inspire a friend to try biking.

All participants are eligible for a free souvenir. Team captains get a free T-shirt and invite to the Pike Brewery Captain's Bash (April 29).

New this year: You can track all your bike trips on our sleek new website! Trips can be to work, to coffee or just for fun.

PARTICIPATE IN F5 BIKE TO WORK DAY ON MAY 15

Enjoy treats and swag at morning commute stations all over the region, or host your own DIY station in your neighborhood. Join a ride, rally and stop by an after party on your way home. Find commute station locations and DIY station toolkits online. Stop by the Velo Bike Shop After Party on your way home.

EXPLORE YOUR CITY WITH A FRIEND

Help a friend or colleague get started with encouragement, route-finding help and tips for riding in traffic.

SIGN UP YOUR CHILD FOR BIKE TO SCHOOL MONTH

Encourage your elementary, middle and high school students to establish healthy habits and ride their bikes to school. Cascade hosts a friendly Bike to School Month competition and provides incentives to students who bike to school. Parents can sign up to organize Bike to School Month or Bike to School Day (May 6) festivities at their elementary schools. Middle and high school students can register for the online challenge at cascade.org/bts.

ORGANIZE DIY BIKE FUN IN YOUR COMMUNITY

Find fun DIY events and themed ride ideas for all ages in Cascade's online DIY Bike Month toolkits. Submit your event to our online Bike Month calendar and we'll help you spread the word.

VOLUNTEER

Lend a hand and volunteer for a community bike event, captain a Challenge team, mentor a new rider or volunteer at a Cascade event.

LEARN MORE

Find new rider resources, and get involved at cascade.org/bikemonth.

WHAT'S SO GREAT ABOUT BIKES?

We're glad you asked!

We all know that bicycling is great exercise, saves money and is good for the environment, but did you know:



It's fast and (almost) free.

Two thirds of all U.S. trips are two miles or less.¹ A person on a bike can cover that distance in about 10 minutes (and you don't have to circle the block looking for a parking spot!)



It will make you happy.

Seriously! People who bike to work report lower stress and greater feelings of freedom, relaxation and happiness.²



Everyone's doing it.

Bicycling is on the rise in the Puget Sound region. Bike counts in Seattle grew over 39% between 2013 and 2014.³ In 2014, over 2,400 people started riding for the first time during Bike Month.

Sources: 1. peopleforbikes.org 2. St-Louis, E., Manaugh, K., van Lierop, D., & El-Geneidy, A. (2014). The happy commuter: A comparison of commuter satisfaction across modes. Transportation research part F: traffic psychology and behaviour, 26, 160-170. 3. Based on 16 consistent morning bike count locations in Seattle in 2013 and 2014.

 Cascade membership powers Bike Month. Join Cascade at cascade.org/join

 Don't want to lock your bike up downtown? Don't have a bike? Try Pronto Cycle Share for short trips in Seattle. Learn more at prontocycleshare.com.

THANKS TO OUR SPONSORS

A special thanks to our title sponsor F5. These bicycle friendly businesses help to make Bike Month possible.



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www.cascade.org

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