



Mayisbikemonth.com

2009

Sacramento Region

May is Bike Month is Here!

Participating students will track any trips made by bicycle during the month of May.

May is Bike Month is a regional program to encourage cycling as an alternative mode of transportation, 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 www.mayisbikemonth.com.

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 www.mayisbikemonth.com to register your child online.

log
your miles



Why ride your bike?

- Improve air quality by riding a bike to school and making trips around your community
- Improve your general health and fitness
- Set an example for your community
- Save money on gas

REMEMBER:

Helmets are the law. For more information about bike safety for kids, go to www.mayisbikemonth.com/helmets