

## **National Bike Month is About to Roll into Town**

This May, the League of American Bicyclists is promoting [National Bike Month](#), during which people all over the country will be encouraged to promote bicycling of all kinds. Whether it is biking to school, work, a shopping destination, or for recreation, events are being held across the country to promote cycling and bicycle safety. The month long celebration began in 1956 and includes Bike-to-Work Week which falls on the third week in May (May 16 – 20), and Bike-to-Work Day which falls on the third Friday in May (May 20).

The League of American Bicyclists has prepared a [how-to-guide](#) for local organizations to use in the development of events to promote safe and responsible cycling. The nine-step guide presents businesses and communities with ideas for incentives, such as *Breakfast/Energizer Rallies* which provide free food and hold giveaways for those who participate or *Commuter Challenges* which pit local companies against each other in a friendly competition to see who will have the highest percentage of bicycle ridership to work. Other options, such as holding Smart Cycling Classes, provide communities new ways to encourage safe bicycling and healthier lifestyles. Their website, [www.bikeleague.org](http://www.bikeleague.org), also provides a large number of resources from promotional materials to radio and video public service announcements, to help promote planned events in an area.

Some of New Jersey's local Transportation Management Associations (TMA's) have joined in the National Bike Month celebration and are sponsoring month-long events to encourage individuals to ride their bikes to work, run errands, and to make other trips. The following list highlights some of the National Bike Month events being held throughout the State.

### Trans Options

(Morris Sussex, and Warren Counties; including suburban areas of Passaic, Union, and Essex Counties)

#### **Bike to Work Challenge**

- The event will provide free food, refreshments, and giveaways during National Bike to Work Week at several Bike to Work Breakfast Stops located throughout Trans Options' service area.
- They also offer FREE Bike Right Classes and 'Lunch and Learns' for employers and groups of residents of all sizes.
- For more information on the Bike to Work Challenge, [click here](#) or for all other inquiries contact [Bill Feeny](#) at 973-267-7600
- Register for the Trans Options Bike to Work Challenge [here!](#)

### Keep Middlesex Moving

(Middlesex County)

#### **Bike to Work Week Event**

- The event is geared to promote cycling to work, in addition to healthier lifestyles in Middlesex County
- By riding to work you could win a chance at a \$100 gift card!
- Register for the Keep Middlesex Moving Bike to Work Week Event [here!](#)

HART TMA  
(Hunterdon County)

**Just Bike Hunterdon**

- The event looks to promote the use of bicycles for commuting to work, transit, and local errands by reducing the number of car trips you make.
- By signing up you will need to keep track of your weekly cycling and be automatically entered into prize drawings.
- The more days you ride, the more chances you have to win.
- To register for Just Bike Hunterdon, [click here](#), or for all other inquiries contact [Tara Shepherd](#) at 908-788-5553.

Many other bicycling events are occurring throughout New Jersey during Nation Bicycle Month, so be sure to check out our [events page](#) with many different events happening across the state! Happy cycling!

Comments or questions? Please contact us at [njbikeped@ejb.rutgers.edu](mailto:njbikeped@ejb.rutgers.edu).