

## May is Bike Month 2021 Kicks Off

May is National Bike Month and here in Placer, we're joining the Greater Sacramento region to celebrate! PCTPA encourages riders of all skill levels to get outside and enjoy the mental and physical health benefits of riding their bikes. It's not just about getting from place to place; this year's bike month is focused on well-being and connection.

The excitement began with a virtual livestream event on May 1, hosted by the Sacramento Area Council of Governments (SACOG) and the region's transportation management organizations. The event featured appearances by representatives from every county in the Greater Sacramento Region, with each speaking about biking in their area and encouraging viewers to get outside on their bikes during the month of May. Placer County was well represented by Rocklin Mayor Jill Gayaldo, Rocklin Councilmember and PCTPA Director Ken Broadway, District 1 Supervisor Bonnie Gore, Auburn Mayor Matt Spokely, and Auburn Councilmember Daniel Berlant.

"We encourage everyone to get out on their bikes during National Bike Month to enjoy the more than 405 miles of bikeways we have in Placer County," said Councilmember and PCTPA Director Ken Broadway. "Whether you're riding with family, for fitness or fun, you are helping keep our community connected, supporting a healthier planet, and you are part of an activity that creates healthier and happier people."

The kickoff event also introduced Backyard Bike Tours, a fun opportunity for cyclists of all ages and abilities to get outside at their own leisure and discover local destinations near their own backyards. Though the period to participate in the kickoff event and win prizes has passed, cyclists are still encouraged to log onto [MayisBikeMonth.com](http://MayisBikeMonth.com) to check out the list of locations and discover the great biking destinations that their area has to offer.

Additionally, during the entire month of May, SACOG will be featuring different ways for cyclists to join in on the movement for safer streets, a healthier planet, and connected communities. Weekly themed rides, Bike to Work Week, and friendly community competitions are just some of the ways to participate throughout the month. Register at May is Bike Month to make a pledge for your own monthly bike goals and make sure to log your trips weekly to be entered in drawings for prizes. Take some time this month to #GetYourRideOn!

For more information visit [www.MayisBikeMonth.com](http://www.MayisBikeMonth.com) or call (916) 321-9000

### Virtual Livestream Kickoff Event

The Sacramento region "May is Bike Month" livestream event kicked off on Saturday, May 1, 2021 between 11:00 a.m. and 12:10 p.m. PDT via the "May is Bike Month" Facebook page at [@mayisbikemonth](https://www.facebook.com/mayisbikemonth).



SACOG Senior Program Manager Sabrina Bradbury (top left), District 1 Supervisor Bonnie Gore (top right), Auburn Mayor Matt Spokely (bottom left), & Auburn Councilmember Daniel Berlant all participated in the livestream.

