



# May Is Bike Month

## Why Bike to Work ?

May is bike month and bicycle activities can help promote individual health and recreation as well as have positive impacts on the community and the environment.

Bike Month helps:

- Get more people riding more often and safely to improve physical activity levels.
- Increase the voice and visibility of the cycling community.
- Lead the way toward improved facilities and the cycling environment.
- Promote cycling as a transportation alternative.

It is a widely held belief that when there are more cyclists on the road, they are more visible, motorists are better prepared to deal with them, and the rate of accidents involving vehicles lowers. We also know that cycling for transportation is better for the environment and individual health. The more cyclists on the road, and the more visible, the more the city and county governments help us to improve facilities and conditions for bicycling. Help bicyclists in the city become more visible by joining us by riding through Bike Month... and beyond.



## BIKE TO WORK



May is the perfect time to bike to work. Biking to work builds moral, encourages camaraderie, and is a great way to get active in your community. Active employees are more alert, take fewer sick days and are more productive. Biking also reduces your carbon footprint, reduces traffic congestion and can save you money. The *Health & Wellness Coalition of Wichita* is dedicated to promoting physical activity and good nutrition for every generation in the greater Wichita area. Plan now to be a part of Bike Month. Who knows you may enjoy it so much you'll make it Bike Year.

### Bike to Work Friday(s)

Plan now to have *Bike to Work Friday(s)* in May. Provide routes or maps highlighting friendly ways to ride to work. Provide a ride-matching service so that novice cyclists can commute with the experienced bikers. Sponsor "commuter convoys". Meet at several suburban locations and ride into the city together.

Provide incentives for your employees to bike to work. Get your *Bike to Work Friday(s)* campaign going by letting everyone who bikes to

work "dress down" for the day. You could also provide a refreshment area upon their arrival. How about allowing those that bike to work to come to work an hour later or leave an hour earlier? Also consider hosting a Smart Cycling Class where a bike professional comes in to talk about commuting safely.

E-mail information about your event to the Health & Wellness Coalition of Wichita ([debbie.williams@ymcawichita.org](mailto:debbie.williams@ymcawichita.org)) or call Debbie at 264-4066 ext. 221.

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*The bicycle is the  
vehicle of the future.  
It's efficient, it's  
economical, it's  
healthy, it's  
ecological, and it's  
fashionable and fun!*

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