



May is National Bike Month

Remember your first bike ride? The freedom, the fresh air, the cards in the spokes going “thwak, thwak, thwak?” Consider riding your bike again! Bicycles are clean-air, zero-emission vehicles for quick trips or daily commutes. Most trips Americans take are short – usually less than 3 miles – and these short trips could easily be traveled by bicycle for many people.

May is National Bike Month, an opportunity to celebrate the power of the bicycle and the many reasons to ride. Established in 1956, National Bike Month is a chance to showcase the many benefits of cycling – and encourage more folks to give it a try. Whether you bike to work or school; ride to save money or time; pump those pedals to preserve your health or the environment; or cruise to explore your community – it all adds up to cleaner air.

National Bike to Work Week runs from May 16-20. Bike to Work Day is May 20! Get tips and find a refueling station near you with free snacks, coffee and more by visiting Bike Austin’s [Bike to Work Day website](#). Plan ahead for a safe ride by viewing [Austin’s full bicycle map](#) or a [regional bike route map](#).