



Bike Month 2010

[3rd Annual celebration of bikes, bike culture, and bike people in the Roanoke Valley]

A service of **RIDE Solutions**

May is bike month in the Roanoke and New River Valleys, and RIDE Solutions and our partners have filled the month with a host of rides, repair classes, safety courses, races, and fun. From Ciclovía to Clean Commute Fridays, from the Mayor's Ride to Movie Nights, we'll have something that bike experts, bike novices, and bike newbies can all get involved with. Events include:



Bike Awards: Nominations open until May 15th; winners announced on Monday, May 31, 2010. Do you know someone who has encouraged you to get out on your bike for health or fun? Has someone in local government or your own employer helped make your neighborhood or worksite more bicycle friendly. The Regional Bicycle Advisory Committee wants to recognize extraordinary individuals who have enthusiastically embraced the bicycle for fun and transportation.



Bike Ready: Sunday May 2, 2010, Virginia Western Community College. Free bike tune ups for kids and adults, with bike salvage/recycling offered by Sharebike.org for bikes that are beyond repair.



Mayor's Ride: Saturday May 1, 2010, 210 Reserve Ave. Roanoke City Mayor David Bowers will lead a short (2.5) mile ride along the Roanoke River Greenway to downtown Roanoke.



Bicycle Friendly Business Workshop: Thursday, May 21, 2010, 12:00 to 2:00 pm. A light lunch will be provided. The Commission will host a workshop for other local governments and businesses that are interested in the Bicycle Friendly Business designation and would like to walk through the process. To register, email Shane Sawyer at the Regional Commission.



Ciclovía : May 22nd, 2010 from 9:00 AM to 1:00 PM. Ciclovía is a temporary urban space in which a circuit of streets is open up for citizens to interact with each other through exercise, entertainment and fun: bicyclists, walkers, runners, artist and children all enjoyed selective streets of downtown Roanoke all traffic-free.



Clean Commute Day just got even more rewarding: Now, every Friday in May you pledge to use a clean commute mode, you're entered into a drawing for a new **iPod Touch!** Go to www.ridesolutions.org/cleancommute to take the pledge.



www.bikeroanoke.com/events

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