



# May is Bike Month is back!


Are you ready to ride your bike in Sacramento Region's annual bike challenge? This May, you can contribute to the effort to make the Sacramento Region a better place to ride a bike, help combat climate change and, of course, have fun!

During May is Bike Month, hop on your bike to celebrate and promote the countless benefits that bike riding can bring. Every time you enjoy a bike ride, log it on your Love to Ride profile to participate. The Love to Ride app makes logging rides a breeze, and you contribute anonymous data to help planners make infrastructure better.

Anyone in the region can join the challenge. Even organizations can get involved and compete in a friendly competition between regional workplaces.

## Taking part is simple:

- **Everyone can join in!** From regular riders to people who haven't been on a bike in years (or ever).
- **Ride anywhere, anytime** during May for fun, fitness, and to get from point A to B.
- **Log your rides on the app** or website to earn points, enter prize drawings and make your community a safer place to bike.
- **Spread the love!** Invite your co-workers, friends and family across the Sacramento region to join in on the fun while making a meaningful difference to the riding community.
- **Win amazing prizes** by participating and encouraging others to discover or rediscover riding.



Ready to get healthier, be happier, save money and help save the planet? Log in or create a profile at [mayisbikemonth.com](https://mayisbikemonth.com)



@mayisbikemonth



@mayisbikemonth



@mayisbikemonth

LOVE TO RIDE

*May is* **BIKE MONTH**



## What is May is Bike Month?

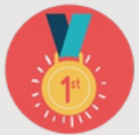
May is Bike Month is the virtual bicycling challenge making a difference. It's hosted on Love to Ride, a fun, free online platform which supports individuals, workplaces and communities to ride their bikes and help tackle climate change.



## Benefits of joining Love to Ride



Support your staff to bicycle - It doesn't matter if they are in the office or working remotely, you can create a focal point for biking at your business. A workplace profile page will give you access to stats, goal setting, Quick Courses, tips articles and more.



Take part in campaigns - As part of our year-round platform, we run a number of campaigns where riders can win prizes for riding their bike as well as encouraging their friends, family and co-workers to join in.



Benefit your community - By using Love to Ride app, riders help make the region a better place to ride. Anonymous data collected can be used to inform local infrastructure decisions that will directly support your staff and their families to bike more.



Create a happier, healthier workforce - Bike commuters take half the sick leave of their non-biking co-workers. It also dramatically reduces their chances of heart disease, cancer and premature death by up to 40%.



Show your impact - see your company's data. You can track your CO2 savings, collective mileage, level of staff participation and more through your Love to Ride profile.



SACRAMENTO AREA  
BICYCLE ADVOCATES

**Register today at**  
**[mayisbikemonth.com](http://mayisbikemonth.com)**

**LOVE TO RIDE**



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**MAY 1–31, 2024**

The challenge is a fun, free regional competition for individuals and organizations to get more people riding bikes. May is Bike Month kicks off on May 1 and continues through the end of the month with loads of events to attend and prizes to win.

Individuals, social groups, and workplaces can all participate, with a competition for the top spots on workplace leaderboards. For this competition, miles aren't the only way to win. In fact, riding for as little as ten minutes is a great place to start!

## Here's how your organization can support May is Bike Month

**1**

Register to participate as an individual at [mayisbikemonth.com](https://mayisbikemonth.com)



**2**

Register your workplace to encourage your co-workers to participate. Create or join a club to encourage your friends to participate.



**3**

Share resources from the promo pack with others in your network to encourage them to sign up, too! Download from [mayisbikemonth.com](https://mayisbikemonth.com)



**4**

Spread the word by posting photos and stories on the Love to Ride website and on your organization's social media channels.



**5**

Sweeten the pot of prizes by donating additional incentives to be awarded as part of May is Bike Month!



**Register at [mayisbikemonth.com](https://mayisbikemonth.com)**



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## Top 5 FAQs for Workplaces:

1

### How do we earn points?

Easy! By riding and encouraging others you can earn points to help your workplace climb the leaderboard. [Find out more.](#)

2

### Who counts as an employee?

All full and part-time staff. If your workplace has a board, volunteers, or students, encourage them to [create a 'group'](#). Use a naming convention to associate the group with your organization. For example: SABA Members.

3

### How do I set up a Workplace Profile?

Create a profile for yourself first, then you will be prompted to [search for your workplace](#). If there is already a profile for your workplace, you can join at this stage. If not, create one by typing in the company name and a few other details and you're done.

4

### What are departments?

Departments can be set up within Workplace Profiles for the divisions that may exist within your workplace. This may include departments such as HR, Finance, IT, etc.

5

### How do we win?

By earning points! Your workplace's points are the sum of all employees' points, including points for riding and encouraging. The more points you earn, the higher you climb on the leaderboard.

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## How to use this tracker

Thank you for your interest in getting your school/classroom involved in May is Bike Month! Due to privacy laws, children under 13 are not allowed to create their own profiles on Love to Ride, the May is Bike Month platform. Therefore, we're experimenting with the following workaround to enable their participation, gather feedback and gauge interest levels.

On the following pages, you'll find a weekly tracker where teachers can keep a record of students' miles each day. Even short rides are allowed, so please feel free to log fractions of miles if students rode to a nearby destination.

If you're interested in your class competing on the online leaderboards, we recommend doing the following.

1. As the teacher, create a 2nd Love to Ride profile (don't use your individual rider profile, which may already be affiliated with your school as your "workplace.") with a name like "Ms. Brown - 2nd grade teacher."
2. Using your 2nd profile, set up a new "workplace" for your class called something like "Ms. Brown's 2nd grade class - Sacramento Elementary"
3. As the "staff count" for your new workplace, use the number of students in your class, even if all students don't ride bikes.
4. On a weekly/daily basis (as you wish), log into your 2nd profile and log the total number of miles logged by your students on "your" profile.
5. Each class "workplace" can be joined together under one School umbrella "organization" profile, to see all classes in one place. Please email [support@lovetoride.net](mailto:support@lovetoride.net) with the specifics of your request for assistance with this.

There are some limitations to this workaround:

- a. "Your" profile (representing your students' collective miles) will not be eligible for prizes. This restriction does not apply to your own individual profile!
- b. You will be limited in the number of "day" points you can earn, because the day points of the individual students are not being represented.
- c. You will need to choose one ride purpose (fun/fitness, A to B) for the collective whenever you log a ride, unless you log each students' rides individually each day.





