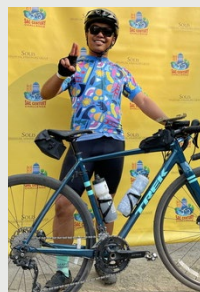
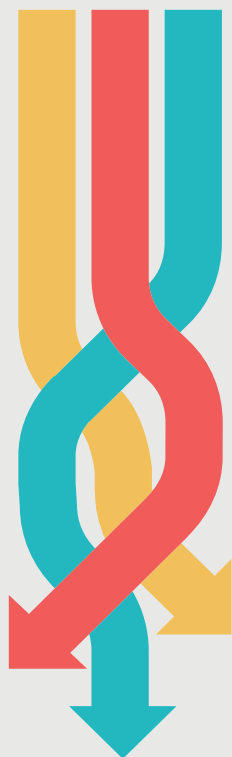




May is **BIKE MONTH**



Roll with us!

Win great prizes

Ride anywhere, anytime, anyplace

**MAY 1-31, 2023**

**LOVE TO RIDE**



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City of  
SACRAMENTO

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# May is Bike Month is back!

Are you ready to ride your bike in Sacramento Region's annual bike challenge? Join the friendly competition, win prizes, and help your workplace top the leaderboard!

This May, hop on your bike to celebrate and promote the countless benefits that bike riding can bring. Ride as an individual or join your workplace to compete against other workplaces across the Sacramento region.

## 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.
- **One short 10-minute ride** will earn you points and help your workplace climb the leaderboard.
- **Share the love!** Encouragement is key during May is Bike Month and we want people to invite their co-workers, friends and family across the Sacramento region to join in.
- **Win amazing prizes** by participating and encouraging others to discover or rediscover riding.



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



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## What is May is Bike Month?

May is Bike Month is a virtual bicycling challenge hosted on Love to Ride, a fun, free online platform which supports individuals, workplaces and communities to ride their bikes. Using behavior change principles, they educate, incentivize and run campaigns to support more people to ride - whether for fun or transportation!



## 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 - Love to Ride helps communities measure their impact and collects data. It can then be used to inform good 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**



*May is* **BIKE MONTH**



**MAY 1–31, 2023**

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)



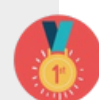
4

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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