

Celebrate National Bike Month in Centre County



Did you know? May is National Bike Month. Throughout the month, you'll see bike-friendly events from a number of organizations around the State College area.

CentreBike is encouraging the community to try riding a bike to work, school or just for recreation!

Centre Region Bike-Friendly Events:

- **Friday April 29, 7:30am–4pm Bike Month Kick-off and “Ask a Cyclist”**
Have a question about biking in Centre County? Volunteers will be at Allen Street Gates to answer questions and offer maps/resources. Contact CentreBike with questions: <https://centrebike.org/contact-us-2/>
- **Sunday, May 1, 11:30am - Linden Loop Ride** - Participate in a fundraising ride for the Rock Hill School - either the 28 mile ride (12:30pm) or the 5 mile family ride (1pm). Register online at <http://bit.ly/lindenloop2016>
- **All Fridays in May, 8am – 9:30am – Free Coffee for Bike Commuters**
Trying riding your bike to work! Locations in State College will offer free coffee or breakfast to bike commuters. May 6 – Old Main Steps, May 13 – Freeze/ Thaw Cycles, May 20 – The Bicycle Shop, May 27 – Sidney Friedman Parklet
- **All Wednesdays in May, 6pm – Beginner Mountain Bike Ride** – Nittany Mountain Biking Association (nittanyymba.org) hosts an easier ride with lots of encouragement. All ride levels welcome! Meet at Galbraith Gap Parking Lot at Rothrock State Forest (beyond Tussey parking lot, on your left)
- **Tuesday, May 17, 5:30pm - Forum: Building A Bike Friendly Community** - Hear from local leaders on the state of our Regional Bike Plan, what's working in other cities, and where the Centre Region is headed. Hosted at State College Borough Building, in the Community Room. Contact CentreBike with questions: <https://centrebike.org/contact-us-2/>
- **Saturday, May 21, 10am – Family Ride Around Town** – Easy ride (5-7 miles) along shared paths through town. Great for kids! Come out and enjoy the fresh air and fellow slow-rolling cyclists. Meet at Sidney Friedman Parklet in State College. Contact CentreBike with questions: <https://centrebike.org/contact-us-2/>
- **Thursday, May 26, 6:00pm – Beginner Road Ride** – Interested in longer distance group riding, but new to the sport? Join State College Cycling at Haymarket Park for a “Slow and Easy” 10-15 mile ride to learn the ropes. Email statecollegecycling-owner@yahoo.com with questions.
- **All Month** – Anyone that rides a bike can track their miles ridden on the National Bike Challenge (<https://nationalbikechallenge.org/>) Thousands of cyclists nationwide participate and prizes are awarded. Last year, Centre Region took 14th in the nation!

Why ride your bike in May?

- Creates active, healthy lifestyle
- Reduces stress
- Saves money on gas & parking
- Avoids traffic
- Reduces environment impact

CentreBike

CentreBike is a 501(c) organization, founded in 2000, to help facilitate the vision of a more cycle-friendly community in the Centre Region. We are a coalition of cyclists working for cyclists, with the goal of promoting bicycling as a means of recreation and transportation. Our interests includes infrastructure, education, safety, awareness, and to make cycling accessible for all ages.