

ride your bike  
lately?



## May Is Wichita Bike Month



### Wichita Million Mile Month

The *Health & Wellness Coalition of Wichita* has teamed up with the City of Wichita Parks & Recreation department to challenge citizens to log one million bike miles by the end of May. Make a conscious effort to bike more. Get on your bike for work, errands, and recreation. Go to <http://www.mycyclinglog.com/> to sign up and log your miles for the *Wichita Million Mile Month Group*.



### Bike to Work Fridays

Challenge yourself by keeping the car in the garage every Friday in May. Why not bike to work? The Central YMCA is even making it easier by opening its facility to those bikers that need changing and shower facilities. Pick up your "shower pass" at the Central Branch YMCA (402 N. Market) in order to have access to the locker rooms or email [deb-bie.williams@ymcawichita.org](mailto:deb-bie.williams@ymcawichita.org). Park your bike at the "Y" too. The bike rack is located just south of the building.



### Sedgwick County/Wichita Bike Month Proclamations

- Sedgwick County Commission Meeting, Wednesday, April 28, 9 AM
- City Council Chambers, Tuesday, May 4, 9 AM

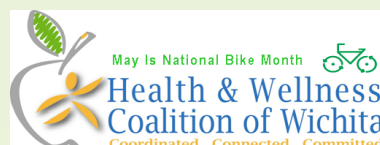


**Bike to the Old Towne Farmers Market. Saturday, May 8, 15, 22, 29, 7:00 AM to 12 Noon.** Bikers register at the information booth for a chance to win fresh produce.



**Bike to the Kansas Grown Farmers' Market, Saturday, May 8, 15, 22, 29, 7:00 AM to 12 Noon, 7001 W. 21<sup>st</sup>, Sedgwick County Extension Parking Lot.** Bikers register

at the Information Booth for a chance to win a canvas market bag and market tokens to purchase fresh produce!



# May is Wichita Bike Month.



Bicycling is the second most popular outdoor activity in the U.S.

47% of Americans say they would like more bike facilities in their community.

3 hours of riding per week reduces the risk of heart disease and stroke by 50%.

Twice as many bicycles are sold in the U.S. each year than cars.

The average American household spends over \$8,000 year on owning and driving their cars.

Bicycling reduces road congestion and air pollution.

\$10 is saved each day by commuting 10 miles round trip by bicycle



**Wicked Wind 100, Sunday, May 16<sup>th</sup> 7:00 am registration, 8:00 am ride starts.** This year Lake Afton will be the starting point for the Wicked Wind 100. Look for your Wicked Wind brochure in local bicycle shops or on-line at [www.ozbikeclub.com](http://www.ozbikeclub.com).



**Ride of Silence, Wednesday, May 19<sup>th</sup>**, a National Ride to remember fallen riders. Ride will start at 6:30 PM. [www.ozbikeclub.com](http://www.ozbikeclub.com).



**I Bike Douglas, Saturday, May 22 ALL DAY EVENT**, sponsored by Douglas Design District, Delano District and Wichita Downtown Development Corp. The day in celebration of the bike will promote the benefits of biking while also increasing the general public's awareness and respect for bicycle riders.



**Ride 'Round Town, Sunday, May 23, 2:00 PM to 5:00 PM .**

This is a bike ride you won't want to miss! Thanks to Coasters bicycle Club and Tom Sawyer Bike Shop, you'll enjoy an afternoon bicycling while stopping periodically to tour spectacular architecture. No special skills needed just come with your bike. Families are welcome. Don't miss it. Start and end at Tom Sawyer's Bike Shop, 1960 S. Broadway, Wichita, KS. Park at Self's Incorporated, 721 E. Mt. Vernon, just 4 blocks from Tom Sawyer's Bike Shop.

**COASTERS**



**TOM SAWYER**  
BICYCLE SHOP

SINCE 1963



**Bike/Walk Sunday, Sunday May 30 , 2:00 PM to 4:00 PM.**

Join the Bike/Walk Alliance on the last Sunday of each month. Central Riverside Park.



**June 12, 9:00 AM to 12 noon, The Mayor's Family Bike Day, Riverside Park.** Activities and fun events are planned for the whole family by the City of Wichita Park & Recreation Department Don't miss it!

#### Special thanks to these contributors!

Oz Bicycle Club, Tom Sawyer Bicycle Shop , Bicycle X-change, Coasters Bicycle Club, Bike/Walk Alliance, City of Wichita, Sedgwick County, Old Town Farmers Market, Kansas Grown Market, Douglas Design District and our media partners.

**Bicycle X-CHANGE SHOPS**

MAIN STORE - WEST  
908 W. DOUGLAS AVE.  
WICHITA, KS 67203  
TEL: 316.262.9878  
FAX: 316.262-0999

EAST STORE  
1516 E. CENTRAL  
WICHITA, KS 67214  
TEL: 316.264.6427

