



ride your
bike lately?



May Is Wichita Bike Month

Bike to Work Fridays. The HWC encourages workers to keep their cars in the garage every Friday in May. Why not bike to work? Those that bike to work will be eligible to win a t-shirt, bike lock, helmet, safety vest or reflective stickers. Sign up at www.hwcwichita.org.



May 13 is Bike to School Day. Schools in and around Wichita will participate in *Bike to School Day*. The focus will be on educating students on bicycle safety. Participating students are eligible for prize drawings. Drivers are asked to be especially alert to ensure student safety.



It's What I Do

Wichita Million Mile Month. The HWC challenges citizens to log one million bicycle miles by the end of May. Make conscious efforts to bike more. Get on your bike for work, errands, and recreation. Go to <http://www.mycyclinglog.com> to log your miles for the *Wichita Million Mile Month Group*.

Wichita Bike Month Proclamations & Support

- City Council Meeting, Tuesday, May 3, 9 AM
- Sedgwick County Commission Meeting, Wednesday, May 11, 9 AM
- Watch City Channel 7 during May and learn bicycle and roadway safety.
- Check out City of Wichita Parks & Recreation website for bike activities at your neighborhood recreation center.



Random Acts of Bike-ness, Members of the Health & Wellness Coalition of Wichita will be out in the city all month "catching" people riding their bikes. You may be randomly chosen to receive a free t-shirt, bike helmet, bike lock, safety vest or reflective stickers.



Bicycling & the Tricks of the Trade, Genesis Health Clubs, beginning level bike class. They will take the time to properly fit the bike to you, cover safe form, and teach you other "tricks of the trade". Bring this flyer into Genesis Health Club at 854 N. Socora and participant in a class for FREE and receive a 1-week VIP pass!

Every Tuesday night in May 5:45pm

Thursday, May 5th 8:00am

Wednesday, May 11th 12:15pm

Tuesday, May 17th 9:15am

Thursday, May 26th, 9:15am

Weekly Bike Rides. *Oz Bicycle Club* is famous for weekly bicycle rides. Do you want to join others on a ride. Go to www.ozbikeclub.com for weekly ride information in your neighborhood.



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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 instead of car.

Wichita Bicycle Parking

Watch for the changing environment for bicycle parking in Wichita.

- Wichita Transit bus shelters.
- Downtown Delano Neighborhood
- Downtown Street-scape Improvements
- Douglas Design District



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Scheduled Events

✦ **Saturday, May 7, 9AM-1PM, Bicycle Safety Rodeo**, Homeland Foods, N. Main, Haysville. Sponsored by Via Christi SafeKids, EMS Sedgwick County. (Bring your helmet if you have one.)

✦ **Saturday, May 14, 21, 28, 7:00 AM to 12 Noon, Bike to the Old Towne Farmers Market.** Bikers could win a free t-shirt or bike helmet. Eat healthy and be physically active!

✦ **Saturday, May 14, 21, 28, 7:00 AM to 12 Noon, Bike to the Kansas Grown Farmers' Market**, 7001 W. 21st, Sedgwick County Extension Parking Lot. Bikers register at the Information Booth for a chance to win bicycle accessories.

✦ **Friday, May 13, Bike to School Day**, participating Wichita area schools.

✦ **Sunday, May 15th, Wicked Wind 100, 7:00 am registration, 8:00 am ride starts.** Look for your Wicked Wind brochure in local bicycle shops or on-line at www.ozbikeclub.com.

✦ **Sunday, May 15th from 2-3 pm: Historic Midtown Trail Clean up** - Meet at 13th & Market with a trash bag. There will be a short ride following the clean up.

✦ **Wednesday, May 18th, Ride of Silence, 6:00 pm.** A National Ride to remember fallen riders. Go to www.ozbikeclub.com.



✦ **Saturday, May 21, I Bike Douglas.** 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.

✦ **Saturday, May 21, American Diabetes Association, Tour de Cure.** Sedgwick County Park. Bring the whole family and bicycle together. Tour de Cure offers cyclists of all ages and abilities an opportunity to enjoy the beauty of bicycling outdoors. There is a leisurely short distance and more challenging lengths. Go to www.main.diabetes.org/TourSedgwickCo.

✦ **Wednesday, May 28th, 9:00 AM to 11 AM Bicycle Maintenance.** Maize Recreation Commission and Bicycle Exchange have teamed up educate you on your bicycle. Contact Stephanie@maizerec.com to register.

Go to www.hwcwichita.org for up-to-date listings for May's Bike Month.



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