

Press Release



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FOR IMMEDIATE RELEASE

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COALITION TO CELEBRATE MAY AS BIKE MONTH

The *Health and Wellness Coalition of Wichita (HWC)* is dedicated to improving physical activity and promoting good nutrition for all generations living in the greater Wichita area. In an effort to raise awareness and get citizens physically active, neighborhoods, businesses and schools are encouraged to plan new bicycle events and participate in already established events during the month of May, Bike Month. Contact the Coalition to have an event listed, we will help you celebrate!

Wichita Million Mile Month. The HWC challenges citizens to log one million bike miles by the end of May. Make conscientious 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*.

Bike to Work Fridays. The HWC encourages workers to keep their car 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. A number of schools in U.S.D. #259 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.

Watch City Channel 7. During the month of May be extra cautious and aware of bicyclist on the roadways. Observe traffic rules, stay alert and share the road.

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. Be aware, you may be randomly chosen to receive a free t-shirt, bike helmet, bike lock, safety vest or reflective stickers.

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.

Scheduled Events

Tuesday, May 3, City Council Meeting, 9:00 AM, Bike Month Proclamation from the City of Wichita Mayor Brewer.

Wednesday, May 11, 9:00 a.m. Sedgwick County Commission Meeting, Bike Month Proclamation from the Sedgwick County Commissioners.

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.

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.

Wednesday, May 18th, Ride of Silence. 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.