

Why Bike Month?

May is bike month and bicycle activities can help promote individual health and recreation as well as have positive impacts on the community and the environment.

Bike Month helps:

- Get more people riding more often and safely to improve physical activity levels.
- Increase the voice and visibility of the cycling community.
- Lead the way toward improved facilities and the cycling environment.
- Promote cycling as a transportation alternative.

It is a widely held belief that when there are more cyclists on the road, they are more visible, motorists are better prepared to deal with them, and the rate of accidents involving vehicles lowers. We also know that cycling for transportation is better for the environment and individual health. The more cyclists on the road, and the more visible, the more the city and county governments help us to improve facilities and conditions for bicycling. Help bicyclists in the city become more visible by joining us by riding through Bike Month... and beyond.



Neighborhood Bike Expo



May is the perfect time to get your friends, neighbors, and coworkers together for an exciting time of fun, fellowship and fitness. The *Health & Wellness Coalition of Wichita* is dedicated to promoting physical activity and good nutrition for every generation in the greater Wichita area. What better way then to get people outdoors on a bicycle.

Putting a Bike Expo together can be relatively simple. It's just a matter of choosing a day and time and inviting your neighbors to join in. You may need to scope out a route too. This can be either around your neighborhood or on a local bike path already established. You might even decide to use a park that is close.

Now decide on "other fun stuff" you might do. You could have everyone come with their bikes decorated and parade them around the neighborhood, giving a prize to the best looking bike. Once you've completed your ride, you could have everyone stick around for a BBQ or pot-luck supper. You might even throw in some carnival style games or ask your community police officer to come and share bike safety tips. The possibilities are endless.

E-mail information about your event to the Health & Wellness Coalition of Wichita (debbie.williams@ymcawichita.org) or call Debbie at 264-4066 ext. 221. Send pictures too.

Organizing Your Bike Expo

1. *Choose a date & time.*
2. *Decide on a meeting place & a route.*
3. *Decide on the "other fun stuff" & ask others to help.*
4. *Invite your friends, neighbors and/or coworkers.*
5. *When the day arrives get everything organized and most of all have FUN!*