



# LEAGUE of AMERICAN BICYCLISTS BIKE MONTH



## BACKGROUND

National Bike Month in May is a time to celebrate biking and the freedom, the joy, and the wellbeing it imbues within us. It's a time to encourage ourselves to bike a little bit farther and a time to encourage others to bike a little bit at all. Because we know that when more people ride bikes, life is better for everyone

## Important Dates

**National Ride A Bike Day:** Sunday, May 1st

**Walk & Bike & Roll to School Day:**  
Wednesday, May 4th

**Bike to Work Week:** Monday, May 16th  
through Sunday, May 22nd  
(#BikeToWorkWeek, #BTWW)

**Bike to Work Day:** Friday, May 20th  
(#BiketoWorkDay)

[Click Here For More Info](#)

## SOCIAL MEDIA GRAPHICS



[Click Here To Download](#)

## SAMPLE POSTS

Happy #BikeMonth! What's an easy way to add a little more activity to your day? Take your next trip to the grocery store, to meet up with friends, or to just about anywhere by bike.

This #BikeMonth, let's get more butts on bikes. Together, we can show our neighbors and our leaders why making it easier and safer to be on a bike is so important to so many people.

May means the #NationalBikeChallenge is back! Besides the gift of bike joy, you can roll away with some sweet prizes. Find out how you can join the challenge and help us make every mile in May count at [bikeleague.org/bikemonth](http://bikeleague.org/bikemonth).

The great thing about bikes is that there is always something new to try! Download the League's Bike Month Bingo card and do something different this Bike Month: [bikeleague.org/bikemonth](http://bikeleague.org/bikemonth).

## Tweets/Short Messages

May is #BikeMonth. Let's celebrate bike joy: the physical and mental well-being biking brings us and the power of being on a bike that unites us all.

It's #BiketoWorkWeek + Friday is #BiketoWorkDay! Tell us, what makes your bike commute worth it?

#DidYouKnow most trips people take are shorter than three miles? Make it fun by going from point A to point B by bike. #BikeMonth

The next time you #bikethere, take a picture and post it with #BikeMonth. We want to remind others that the possibility of trips you can take by bike are endless!

\*Tip: add a link to your organization's Bike Month activities or website to your posts.

\*Use #bikemonth, #bikethere and #bikepossible.

\*Click the icons below to follow and tag us.

