

# May is Bike Everywhere Month!

## School, Work, Errands, Everywhere!



**Subject: May is all about the perks of human powered transportation!**

May is National Bike Month and Bike Everywhere Spokane Month as well! It's a month dedicated to the idea that two wheels are better than four and teaching people about the perks of this wonderful human powered mode of transportation. Bicycling is good for our health, both physically and mentally and it's healthier for your wallet as well! Bikes take up less space than a car, reducing traffic congestion and you never have a problem parking! And you never see exhaust fumes coming from a bike, making our environment cleaner!

There are lots of great events to help you take advantage of Bike Month, especially during National Bike to Work Week!

- **Monday, May 14<sup>th</sup>** – Kickoff Breakfast
- **Tuesday, May 15<sup>th</sup>** – Energizer Stations
- **Wednesday, May 16<sup>th</sup>** – Ride of Silence
- **Thursday, May 17<sup>th</sup>** – Guided Bike Rides
- **Friday, May 18<sup>th</sup>** – Pizza, Drinks & Prizes



And during May, when you commute by bicycle, riding the bus, vanpooling, carpooling or walking just once and track it on [MyCommute.org](http://MyCommute.org), **you'll automatically be entered to WIN 1 of 10 bicycle safety swag bags.**

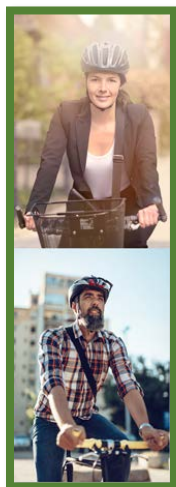
[Click here for more information on these and other bicycle events in May](#), or for more information on how you could WIN, contact me **<name>**, your ETC at **<number>** or email me!



[MyCommute.org](http://MyCommute.org) | [CommuteFinderNW.com](http://CommuteFinderNW.com) | [MyCommuteSpokane](http://MyCommuteSpokane)



**Subject: Make the most of your commute and National Bike Month!**



It's no secret, bicycling has been declared one of the healthiest activities people can take up. Health wise it helps you slim down, manage and prevent diabetes and high blood pressure, decrease stress and reduce chances of depression and I could go on... There are also the benefits when you combine bicycling with your commute! You save money on vehicle maintenance, gas and sometimes insurance costs; plus, you help reduce air pollutants and traffic congestion!

Don't forget, when you commute by bicycle or any other commute alternative like carpooling, walking, vanpooling or riding the bus and track it on [MyCommute.org](http://MyCommute.org) you could **WIN 1 of 10 bicycle safety swag bags!**

[Click here for more information on these and other bicycle events in May](#), or for more information on how you could WIN, contact me **<name>**, your ETC at **<number>** or email me!



[MyCommute.org](http://MyCommute.org) | [CommuteFinderNW.com](http://CommuteFinderNW.com) | [MyCommuteSpokane](http://MyCommuteSpokane)



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