Roll With Central Oklahoma Bike To Work Day is May 20
Why Celebrate Bike Month?

Biking is Healthy
Integrate physical activity into your day.

Biking is Green
Reduces air pollution.

Biking saves Money
Parking costs, fuel, and congestion.
BIKE TO WORK
NORMAN
CENTRAL OKLAHOMA
MAY 15
2015

START OPTION 1:
Moore Norman Technology Center, Ride begins at 7:30 AM.

START OPTION 2:
Norman Regional Hospital’s Education Center Parking Lot, Ride begins at 8:00 AM.

EVENT DETAILS:
Celebrate National Bike to Work Day. Three different ride starts will all converge at Andrews Park to meet fellow cyclists and local dignitaries at 8:30 AM. Come help raise awareness of bicycling for fun, fitness and transportation.

START OPTION 4:
Murray Case Sells Swim Center, Ride begins at 8:00 AM.

OTHER WAYS TO PARTICIPATE:
Ride your bike to work. OR Check the bikedayok.com website for other opportunities to ride throughout Bike Month.

EVENT PARTNERS:
- Norman Regional Health System
- Moore Norman Technology Center
- OU
- BLN
- Norman Parks and Recreation

The Association of Central Oklahoma Governments assists in the coordination of Bike to Work Day events. For additional information, visit BikedayOK.com or call (405) 234-2064.
Why Celebrate Bike Month?

MAY IS BIKE MONTH
With so many reasons to ride, what's yours?

#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH
Bike Month Activities

- Bike Maintenance Event
- Group Ride
- Bike to Work Event
- Community Bike Event
- Bike Safety Event
Bike to School – May 4
### May 2016

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- **May 1**: Oklahoma City, Oklahoma
- **8**: 6th Street Reunion & Bike Repair Day
- **15**: 6th Street Reunion & Bike Repair Day
- **22**: Oklahoma City - Full Moon Bike Ride
- **29**: Oklahoma City - Full Moon Bike Ride
Bingo

- Logged my miles in the National Bike Challenge
- Biked in the rain
- Rode somewhere I'd never ridden before
- Said hello to another bicyclist
- Added air to tires
- Biked at least 10 miles in one day
- Encouraged a friend to start riding
- Rode to school or work
- Rode to the grocery store
- Rode to a community meeting
- Joined a group ride
- Participated in a special Bike Month event
- Rode to a date
- Rode with kids
- Rode on a trail
- Rode on a velodrome
- Rode farther than I ever have before
- Changed a bike tire
- Went mountain biking
- Visited bikeleague.org
- Tweeted about biking
- Lubed my chain
- Visited my local bike shop
- I'm a member of the League
Questions?
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405-234-2264