



acog

ASSOCIATION OF CENTRAL OKLAHOMA GOVERNMENTS

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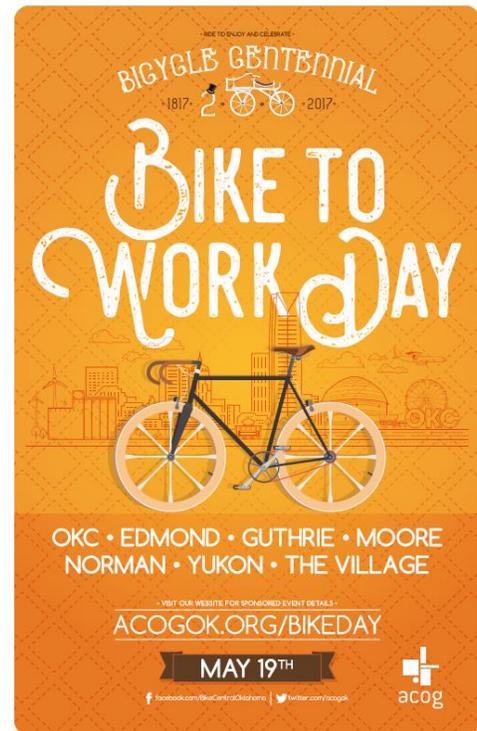
May 15, 2017

CENTRAL OKLAHOMA CELEBRATES BIKE TO WORK DAY MAY 19

OKLAHOMA CITY --- In an effort to foster awareness of alternative transportation and more bike-friendly communities, the Association of Central Oklahoma Governments (ACOG) will celebrate Bike to Work Day this Friday, May 19.

According to John G. Johnson, it is Central Oklahoma's biggest day of the year to show area leaders that Central Oklahomans ride bikes. The following ACOG members have planned formal events: **Oklahoma City, Edmond, Guthrie, Moore, Norman, The Village and Yukon.**

According to the League of American Bicyclists, National Bike Month was established in 1956. The celebration provides a chance to showcase the benefits and legitimacy of cycling as a mode of transportation. Some people will ride for their wallet, others will ride for their health or the environment. Either way, Bike Month provides many occasions to celebrate the power of bicycling.



There are several events scheduled for the month of May, including the National Bicycle and Pedestrian Documentation Project, May 15-21; the Oklahoma Bike summit, May 19-20, and Bike to Work Day, May 19. [A full calendar of events](#) is available on the ACOG website including rides in **Oklahoma City, Edmond, Guthrie, Moore, Norman, The Village and Yukon.**

National Bicycle and Pedestrian Documentation Project

The National Bicycle and Pedestrian Documentation Project is an opportunity to gain count data for cyclists and pedestrians. Cities in Central Oklahoma have been counting since 2014. Last fall, Chuck Mikkelson of the Oklahoma City Running Club organized volunteers to count at Lake Hefner. Based on calculations, ACOG was able to determine that approximately 1.3 million people visit the East Wharf at

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Lake Hefner. With this information, it is easier to show the need for bicycle and pedestrian related facilities.

Oklahoma Bike Summit

The Oklahoma Bike Summit is being held in Muskogee and Tahlequah this year. On Friday, the event will be in Muskogee, where panel discussions will focus on cycling for healthy living and rehabilitation. On Saturday, May 20, the event takes place in Tahlequah and features bike rides, lunch, and shopping in downtown Tahlequah, as well as a discussion on how Tahlequah can better accommodate the biking community.

Bike to Work Day

The big event in Central Oklahoma is Bike to Work Day, which takes place on May 19th this year. Several of the cities in Central Oklahoma have bike rides scheduled for this day. In the coming weeks, be sure to look at both ACOG's Bike Month webpage as well as your local city's website for information about events being hosted in your area.

Every year since 2005, ACOG has helped cities in Central Oklahoma prepare for **Bike to Work Day**. ACOG communicates with participating cities to obtain maps of the intended routes as well as ride start times and other information pertinent to the event. We promote local events on Bike Month calendar and [create fliers for cities for their local events](#).

200th Birthday of the Bicycle

This year also marks the 200th birthday of the bike. To celebrate, ACOG will be hosting a series of blog entries surrounding this phenomenal machine. These entries will explore the history behind the bike, including how it influenced the automobile, and will discuss the bicycle's influence on women's independence. There will also be an entry for tips on how to ride the city safely and efficiently and another discussing how ACOG is helping to push Central Oklahoma to become more bike-friendly. For more information, visit acogok.org/BikeDay.

