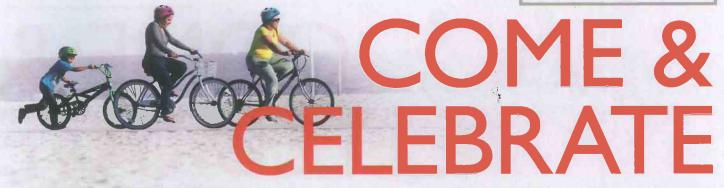
MAY IS NATIONAL BIKE MONTH



BIKE TO SCHOOL, BIKE TO WORK, BIKE TO SHOP & BIKE TO PLAY IN MAY!

MAY 2013 FEATURED EVENTS

For a full list of May events, go to bikelongbeach.org/events or call (562) 570-6618.

COMMUNITY BIKE SAFETY RODEO | YMCA Heartwell Park

Exercises & free use of equipment for families from 9 a.m. till 12:00 p.m.

CYCLONE COASTER VINTAGE RIDE | Portfolio Coffee House

A monthly cruise that meets at 9:30 a.m. and departs at 10:30 a.m.

STREET SAVVY ADULT BIKE EDUCATION | The Workshop, Bixby Knolls

Free class from 1:30 p.m. to 3:30 p.m. provided by Women on Bikes SoCal, Bike Long Beach and Metro.

BIKE MONTH PROCLAMATION | City Hall

Mayor Bob Foster recognizes National Bike Month at City Council at 5 p.m.

NATIONAL BIKE TO SCHOOL DAY | Citywide

LBUSD & Safe Moves programming for students.

BIKE SATURDAYS | Bike to local shops and restaurants displaying this sticker every Saturday to receive special offers and discounts. See our site for a list of participating businesses.





TOUR OF LB AND FAMILY FUN RIDE | Marina Green Park

Circuit tours and the 100-mile Cruz Gran Fondo begins at 6:30 a.m. The 5-mile family ride begins at 8:30 a.m. Free bike parking courtesy of BIKEable Communities.



BICYCLE FESTIVAL | The Pike at Rainbow Harbor

A post-tour party featuring Beachwood Barbeque, entertainment, bike clinics and the VIntage Bike & Fashion Show at 1 p.m. with live swing music for dancing all day.



FIX YOUR BIKE DAY WITH BIKEWORKS | McBride Teen Center

Bring your bike for free repair workshops and bike safety clinics with BIKEable Communities and Safe Moves from 3:30 p.m. to 5:30 p.m. Participate in two activities and get a free bike helmet courtesy of Kohl's and LB Memorial Medical Center.



Everyday, Bikestation offers secure valet bicycle parking at the First Street Transit Gallery.

FOR MORE INFO VISIT **BIKELONGBEACH.ORG** OR CALL (562) 570-6618.

FOLLOW THE RULES

Always yield to pedestrians. Bike with the Flow of Traffic. Please wear a helmet.











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MAY 2013 FEATURED EVENTS



INTRO TO RACING CLINIC | El Dorado Park

New riders of all ages and skill levels are invited to train on race tactics and skills on the safety of a closed course with BIKEable Communities from 5 p.m. to 8 p.m.



FAMILY FUN RIDE | Bikestation

A Leisure 5-mile ride through downtown and neighborhood sites with Cali Bike Tours from 4:30 p.m. to 6:00 p.m.



BIKE TO WORK DAY | Cal State Long Beach and City Hall

Stop at CSULB on the corner of Palo Verde & State University Drive from 7 a.m. to 9 a.m.; City Hall Civic Center Plaza from 6:30 a.m. to 8 a.m. for coffee, breakfast to go, freebies and bike checks courtesy of JAX Bicycles. Free rides on Metro for cyclists!



GARDEN TOUR | Belmont Shore

The Green Genie, a local landscape expert will visit drought-tolerant landscapes and answer questions; 10 a.m. to 2 p.m. as part of the Water Department's Lawn to Gardens Tour.



KNOW YOUR NEIGHBORHOOD BIKE TOUR | 7th District

Take a tour with Councilmember James Johnson 10:30 a.m. to 12:30 p.m.

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FREE VALET BIKE PARKING | Downtown Long Beach

Commute by bike and park free at Bikestation or take transit to the 30th Annual Long Beach Pride Celebration all weekend.



BIKE TO CHURCH DAY | The ROCK Christian Felllowship Church

A leisure family ride led by Cali Bike Tours begins at the Ruth Bach Neighborhood Library starting at 8:30 a.m.; includes a free smoothie at Jamba Juice on the ride home at 12:00 p.m.



KIDICAL MASS | Georgie's Place in Bixby Knolls

The first anniversary of Kidical Mass, a family-friendly bike ride that begins at 1 p.m.



VELO CARAVAN CLASSIC RIDE | The Bicycle Stand

Bring your classic Road Mixte, touring or middle weight. A relaxed but sporting ride from 10 a.m. to 12:00 p.m.



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FOLLOW THE RULES

TIPS FOR A SAFE TRI

Slow when passing bicyclists. Take caution at intersections. Watch when opening car doors.







