

THE SPOKE 'N WORD

Vol 31, Issue 2 - April 2012

INSIDE THIS ISSUE:

- [From the Editor](#) P. 2
- [Caption Contest](#) P. 3
- [Is it Tune-Up Time?](#) P. 4
- [Rules of the Road](#) P. 5
- [Cycling Calendar](#) P. 6
- [Why Hills?](#) P. 7
- [Bike Safety Checks](#) P. 8
- [May is Bike Month](#) P. 9

UPCOMING EVENTS IN THE CNY AREA

12th Annual

OCC Earth Day Cleanup

Saturday, April 21, 2012,
9:00 AM.

Starts at Jerome's Fire Apparatus on Caughdenoy Rd., 1/2 mile north of Route 31. Clean up materials and breakfast will be supplied.

OCC Bike Fair

Thursday April 26, 6pm
Belle Domani, 5988 East Taft Road, N. Syracuse

Tour de Syracuse 2012

May 19th & 20th
A 2 day, three event Omnium bike race in Central New York. This year moves the TT to Saturday to run in parallel with the Crit

PRESIDENT'S MESSAGE

BY MIKE LYON

While I have been on the board for a number of years, mostly as treasurer, I have not served as President. We had some turnover on the board from last year, with a number of people as first-time board members but not new to the club. If the first few meetings are any indication we have a great board which will help make this year an interesting one.

As a club we try to deliver what our members want as well as attract new riders. This last item is a real head scratcher. I was going through the minutes from a board meeting held in June of 1975 and guess what was on the agenda? How do we attract new member/riders? We have been wrestling with this for as long as the club has been active. One year we tried recreational rides out of Long Branch Park, which met with limited success but by the end of that season they were pretty much stopped. For a couple of years after that we tried "leisure" rides that were held in conjunction with our Saturday rides. Here too some headway, but for the most part people didn't return. The board felt that it could be due to the fact that they may have felt unwelcomed or intimidated by all the spandex and fast looking bikes. Two years ago we abandoned these for the Slow-N-Easy rides. I have to say that the first year was very disappointing. A lot of the rides involved just the two ride leaders. However, the following year, 2011, the rides caught on and we had more than 10 on most rides with a core ridership of about 8 that came nearly every week. I have to say that it was impressive to see people waiting in the rain for the ride leaders to show up on that first night.

I have to admit I did say to myself "Oh _____ now I have to ride in the rain". These rides will begin again in the near future (April 17) and we hope they will be even more successful this year.

Here are a few of the other things that will be happening this year: the Tour de Syracuse. We mixed this up a little and the time trial will be held on the same day as the Criterium and on a different course; the Grand Fondo, last year was the first time for the Grand Fondo. This was a great fun event with more than 100 riders. This year's looks to be even better; the Paul Swinburne Fall Century to benefit ALS, this was a great success last year raising \$2000 for that charity. This is a course that Paul designed and it is a really nice ride so join us if you can; the Cyclocross Race, this is for all of you that like to get really, really, really dirty and exhausted.

That's it for now but keep looking at the web-page and the listserv for upcoming events and announcements. I would like to thank all the ride leaders in advance for their help in running the 125+ rides that we offer. Don't forget to thank them and please BE SAFE OUT THERE.



Mike

FROM THE EDITOR

BY DAVE VANWIE

THIS MONTH: TIPS ON CYCLE COMMUTING

As the newest editor for OCC's newsletter I thought it would be nice to write a column each month to introduce myself and introduce our readers to a variety of topics. This issue I thought it would be timely to include a column on Commuting by Bike.

I'll be the first one to admit, I don't like to ride in the rain, and in Upstate New York we definitely have our share of wet days. But with a little planning you can make the most of the dry days we get. This will get you more exercise, save on gas and help to avoid most traffic delays.

Here are some of the basics I try to figure out before I head out in the morning:

Plan Your Route in

Advance - This seems to be the biggest problem I encounter when I ask people why they don't ride to work "There's no easy way to get there." I typically use a mapping website to go over the route and find the least traveled option. I'll usually pick 2 or 3 routes so I have some choices. In the past I have used public transportation through busy sections, or even drove a portion of the route. I would leave my vehicle in a parking lot for the day, and then ride the rest of the way to work. There's always an option.

Bring Your Clothes Ahead of Time - You could pack them in a backpack, to wear on your back, but it gets your back sweaty. You could also put them in a pannier and carry it on a rack, which is a good option, but you might not want your clothes to get wrinkled. What I've been doing (and it's not an original idea) is to bring my clothes to work the day (or a few days) before. This



also saves some extra pounds that I have to carry on my bike. You could even bring in clothes for the rest of the week. On the rain days, bring in clean clothes and bring home the dirty. If I get lucky enough to ride to work five days a week, I eventually have to

bring clothes with me, but like I said before, with the weather in Syracuse, commuting 5 days in a row just doesn't happen often.

do. A patch kit is good, but it's best if you carry a spare tube, a pump, and a couple tire levers so that you can quickly change the punctured tube for a new one, and patch the old one later at home if you want. Practice changing a tube at home so you're not doing it for the first time on the side of a busy road. OCC member's Helene and Andy Schimid are hosting some basic bike maintenance classes this month (April) so [check the website](#) for more info on when and where they are taking place.

DON'T MISS: "RULES OF THE ROAD" LATER IN THIS ISSUE

Any Bike Will

Do - You don't need a fancy racing bike or touring bike or anything special to commute. If you've got an old road or mountain bike that's good enough. You don't need to spend a lot of money on a bike and gear to get started. Later, you can always spend more, a little at a time, but whatever you've got is good enough for now. I ride my good road bike on days when the prediction is dry, but if there is a chance of rain, I'll take my old bike. It has fenders and older parts on it, but it works fine for an 11-mile ride and if I get wet, I don't worry so much about cleanup.

Know How to Fix A Flat - If you ride as much as I do, flats are a part of life. You never know if (when) you'll get a flat, but you don't want to be stuck walking your bike for several miles in the event you



Be Safe - And lastly, but certainly not least important, be safe when riding on the road. Always wear a helmet. Wear bright clothes and make sure you've got a flashing light or two (or three) for better visibility.

Carry a cell phone for emergencies. And be sure you know the rules of the road, bicycles are considered vehicles on the road and must abide by all the rules that cars do. Tom Fucillo's article in this same issue on "[Rules of the Road in NYS](#)" covers some of the biggies.

I hope to see more and more commuters as the weather warms up (even more than it already has!) getting some exercise on our nice roads and taking advantage of our wonderful Central New York scenery!

Dave

TIME TRIALS

BY RED & BEN DONZELLA

Hey all you Time Trial freaks! The season is almost upon us. As you may have heard Sam Sampere has moved on to greater things after doing super work running the Tuesday night Caughdenoy TT's. And for better or worse my wife Red and myself will assume the duties for the coming year. The first ride will be 24 Apr. at the usual time of 6pm at the Jerome Fire company parking lot.



Time Trialing for the uninitiated is a unique form of our sport that involves a short but intense burst of energy.

Any one can do it and we have had all levels of ability participate over the years, from the super fast very serious enthusiast to the rest of us normal folks. The advantages of it are that it's an excellent way to gauge your fitness and a way to improve it. If you are a Triathlete it becomes a great way not only to improve fitness but a way to learn how to parcel out a maximum effort for a given distance. Many of our local Tri people do a run after the Time Trial.

We have made a small change to the route and you can preview it by going to <http://www.mapmyride.com/> Under the "Routes" menu choose "Search Rides" and in the form "Search Routes" enter TTRoute "Around" Clay, NY, USA This should show you the route and if your computer can handle it do a Google Fly Over. Very cool. You don't have to join [Map My Ride](#) to do this. Let me know if it all works.

We hope to see everyone come out this season and set their new PR. Questions or comments can be made directly to us at benphoto2@verizon.net Ben Donzella



CAPTION CONTEST

We're looking for a caption for the photo at right.

Send your ideas to: roadbiker99@gmail.com.

Best caption will win an OCC Water Bottle. Winner to be announced in the next issue!



IS IT TUNE UP TIME?

BY HELENE & ANDY SCHMID

We all love our bikes...when they're working, right? Our bikes can be used for so many different things - transportation, recreation, fitness, and maybe even competition. Riding your bike can be so beneficial to your health, it improves cardiovascular functioning, leg strength, balance and coordination, weight loss, and can just boost your mood in general! But for those of us living in upstate NY, our bicycles typically aren't used during the winter months, and then we expect them to be working smoothly when spring arrives. Before you head outside for your first ride, try to spend some time making sure your bike is in good working condition. These basic tips will help you to ensure a safe ride all season long.



1 CLEAN YOUR BIKE. A clean bike extends the life of all its components, just as a clean car lasts longer. Use a basic biodegradable cleaner such as Simple Green, a towel and an old toothbrush to clean everything: the frame, chain, chain rings, cassette, derailleurs, pedals, brakes, and seat. Make an effort to use as little water as possible.

2 INSPECT YOUR BRAKES. First, check the brake pads. Just like the brakes in your car, bicycle brakes wear down over time and

need to be replaced. See if the pads are wearing evenly. If you notice an uneven wear pattern, you may need to have your brakes adjusted. Replace the pads if they show excessive wear. Next, squeeze the brake lever on your handlebars and watch the brake pads. They should hit the rim at the same time. If they don't, you need to adjust your brakes.

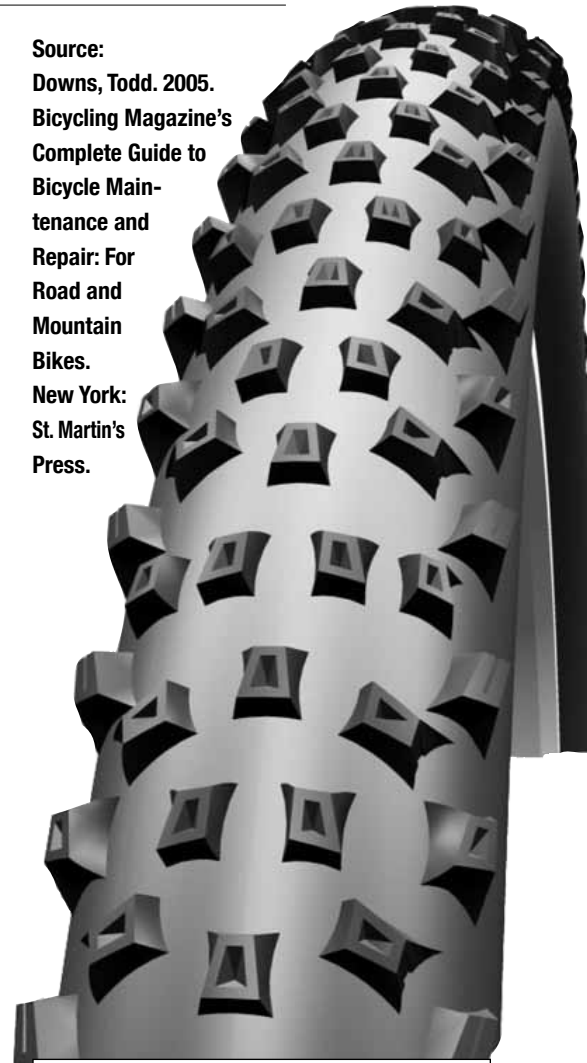
3 WATCH YOUR WHEELS. Inspect the rims for nicks, scrapes, dents or other damage. Next, elevate one end of the bike and spin the wheel. The wheel should move smoothly, without wobbling. Repeat for the other wheel.

4 CHECK THE TIRES. Check your tires for splits, cracks or tears, especially along the sides (where the tire does not touch the ground). You will also want to check the tread for uneven or excessive wear. If the brake pads were out of alignment, make sure they have not damaged the tires. And for those of you who were on a trainer all winter, you probably will want to replace your rear tire.

5 ADD LUBRICANT. Oil lubricant coats the chain and other components of the drivetrain, helping them last longer and work more efficiently. Lube also reduces accumulation of dirt and grime, which helps increase performance of the moving parts. Apply lubricant evenly to the chain while slowly rotating the pedals in a counterclockwise direction. Also, remember to lube moving parts on the derailleur, the pivot point on the brake levers and any exposed cable wire. Remember to wipe off any excess oil with a clean, dry rag, especially on the chain.

And of course, if you don't want to get your hands dirty, or if something just doesn't seem right, stop in to see your local bike mechanic, they'll have your bike up and running smoothly in no time!

Source:
Downs, Todd. 2005.
Bicycling Magazine's
Complete Guide to
Bicycle Main-
tenance and
Repair: For
Road and
Mountain
Bikes.
New York:
St. Martin's
Press.



Helene and Andy recently relocated up to the Syracuse area from Brooklyn, NY. Helene is a Physical Education Instructor at SU, a USAC Certified Cycling Coach, a Triathlon Coach with Fleet Feet Sports, a retired triathlete herself, and now races Cat 4 road races. Andy is a United Bicycle Institute graduate with professional and advanced certifications and a Park Tool School Instructor, and races Cat 4 road and cyclocross.



RULES OF THE ROAD

FROM TOM FUCILLO, ESQ.

Cyclists Are Required to Obey the Rules of the Road in New York State

Except for limited access highways, cyclists are authorized to share the road with motor vehicles in New York State, provided that they follow the “rules of the road” for cyclists. Those rules are found in various places within New York’s Vehicle and Traffic (“V&T”) Law.

Many of the following rules found within the V&T are well-known to experienced cyclists; others may surprise you. While some of these provisions can appear to be ridiculous to even the most cautious rider, violations could expose cyclists to possible fines. Think about that on your next group ride.

- a. **V&T §1230:** Provides generally that the applicable regulations within the Vehicle and Traffic Law (“V&T”), apply to bicycles operated on any public highway, on any private road that is open to public motor vehicle traffic, and on any path set aside for the use of bicycles.
- b. **V&T §1231:** “[e]very person riding a bicycle upon a roadway shall be granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle....” Use this one if an officer tries to tell you that you are not authorized to be on a public road.
- c. **V&T §1234 (a):** Bicycles shall be driven on a “usable bicycle lane” if one is provided, or if a “usable bicycle lane” is not provided, “near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic except when preparing for a left turn...” Bicyclists may leave these areas “when reasonably necessary to avoid

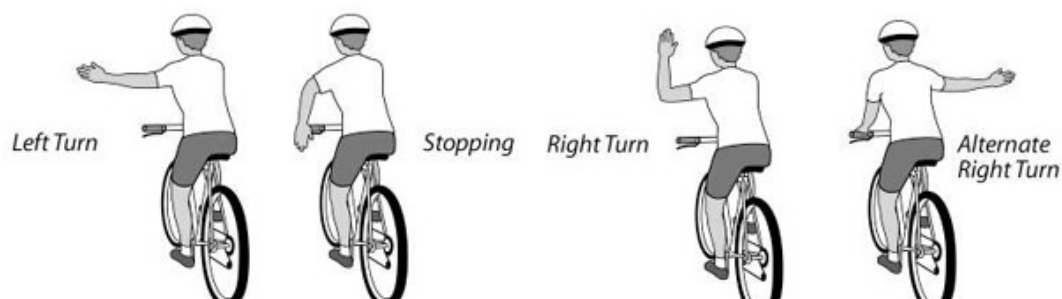
conditions that would make it unsafe to continue along near the right hand curb or edge.”

- If there is a designated bicycle lane, riders should stay in it unless temporarily avoiding parked cars or other hazards. This brings to mind the YouTube video by the angry cyclist who crashes into objects within the bike lane to make a point, because he was ticketed for not riding within the blocked lane. You can legally leave a marked bike lane to go around objects in your path.

- Cyclists may leave the right edge of the road in order to avoid glass, potholes, parked cars, etc., but then must return to the right edge or to the shoulder when the hazard has passed.

- d. **V&T 1234 (b):** If riding on the roadway, cyclists may not ride more than two abreast. If riding in a bike lane or upon the shoulder, cyclists may ride two or more abreast if sufficient space is available, except when passing a vehicle or other cyclists or pedestrians. Cyclists shall ride in single file when being overtaken by a vehicle.

- e. **V&T 1234 (c):** Any cyclist entering a roadway from a private road, driveway, alley, or from over a curb shall come to a complete stop before entering the roadway.
- f. **V&T §1146:** Drivers “shall exercise “due care” to avoid colliding with any bicyclist, pedestrian or domestic animal upon any roadway and shall give warning by sounding the horn when necessary.” This is an important provision which places the burden on drivers to avoid cyclists. It is a very helpful rule in the event of a vehicle/bicycle accident (unless you happen to be the driver of the vehicle).



[continued](#)

BIKE CALENDAR

APRIL

- 17 Start of [OCC Slow 'n Easy Rides](#)
Camillus, NY
- 21 [OCC Earth Day Cleanup and Ride](#)
Caughdenoy Rd, Clay NY
- 22 [GVCC Spring Classic](#)
Bloomfield, NY
- 22 [Chainstretcher](#)
Peekskill, NY
- 26 [OCC Bike Fair](#)
Syracuse, NY
- 28 [Pedal for Pets](#)
Ithaca, NY
- 29 [Binghamton Circuit Race](#)
Binghamton, NY

MAY

- 3 [TVC Thursday Night TT Series](#)
Binghamton, NY
- 5 [Kissena Velodrome Opening Weekend](#)
Flushing, NY
- 6 [Hollenbeck Spring Classic](#)
Virgil, NY
- 12 [3rd Annual Green Lakes Duathlon](#)
Cazenovia, NY
- 19-20 [OCC Tour de Syracuse](#)
Syracuse, NY
- 17 [Ride Upstate for Upstate](#)
Syracuse, NY
- 27 [Race4Hope](#)
Borodino, NY
- 28 [Ride for Rotary](#)
Fayetteville, NY

JUNE

- 2 [Ride for Dignity](#)
Henderson Harbor, NY
- 3 [Tour de Cure](#)
Verona Beach, NY
- 8-10 [Great Finger Lakes Bike Tour](#)
Watkins Glen, NY
- 9 [Black Fly Challenge](#)
Inlet, NY
- 10 [B.I.K.E. Syracuse - Cycle de 'Cuse](#)
[Swinburne Memorial Ride](#)
Syracuse, NY
- 16 [GIRO of Otisco](#)
Skaneateles, NY

- 17 [Wilmington Whiteface 100](#)
Wilmington, NY
- 19-23 [Pedaling4Paws](#)
PA & NY
- 23 [Alpine Hill Climb Individual Time Trial](#)
Bear Mountain, NY
- 28-1 [Windham World Cup Mountain Bike Festival](#)
Windham, NY
- 30 [Ride for the Rescue](#)
Longbranch Park, Liverpool, NY

July

- 7 [Saratoga 12/24](#)
Schuylerville, NY
- 8-15 [Cycling the Erie Canal](#)
Buffalo, NY
- 14 [Ride for Alive](#)
Skaneateles, NY
- 14-15 [Wanderers Rides](#)
Madison County

RULES OF THE ROAD CONTINUED



- g. **V&T §1236(a):** Every bicycle operating between one-half hour after sunset and one-half hour before sunrise must be equipped with a white light in the front and a red or amber light in the rear (visible for 300 feet).
 - h. **V&T §1236(b):** No person shall operate a bicycle unless it is equipped with a bell or other device capable of emitting a signal audible for a distance of at least 100 feet (but may not use a siren or whistle).
 - i. **V&T §1236(d):** Every bicycle shall be equipped with reflective tires or reflectors mounted on the spokes (amber or colorless in front/red or colorless in the rear). Oops. How many of you removed those reflectors even before you removed the “pie plate” behind the cassette?
 - j. **V&T §375 24-a:** It is unlawful to operate a bicycle on the public highways if the operator is wearing more than one earphone attached to an electronic device.
 - k. **V&T §1237:** The following hand signals must be used by cyclists:
 - *Left Turn:* Left hand and arm extended horizontally;
 - *Right Turn:* Left hand and arm extended upward, or, right hand and arm extended horizontally;
 - *Stop or Decreasing Speed:* Left hand and arm extended downward.
- There are more, but you get the point. Many of these rules are breached on every ride. While it is rare to see law enforcement officers ticketing cyclists, a violation of many of these provisions could definitely impact the assessment of liability in the event of an accident. Ride safely.

WHY HILLS?

BY DAN WNOROWSKI

Many cyclists loathe climbing hills, and feel they are to be avoided, especially the steep ones. In CNY, we have hills everywhere, especially south of Syracuse and I-90. They are hard to avoid. I say embrace the hills! They are a challenge! They are fun! Not all agree, but they certainly can make for a stronger cyclist. Given the choice of Apulia Road or Bush Road, if I have the time, give me the climb! I love mountain climbing and I love biking, hence the attraction to riding up hills on my bike. I even have a bike built just for competitive races, like the "Bumps Series" (see link below).

But there is work and there are tricks to make biking hills easier. Training on hills to ride hills is important. This is the essence of specificity of training. Start small. Do small hills first. Then do repeats. String a few hills together with recoveries in between. Stay in the saddle as much as possible to save energy. Cadence is your friend (80-90 rpm). "Spin, and stay in..." Sit back on the saddle. Keep the hands on top of the bars. Keep the upper body quiet. Shoulders are kept back for ease of breathing.

To make them easier, you need a lighter bike, and a lighter cyclist. The optimal hill climbing cyclist weighs two pounds per inch of height (Tom Danielson 5'10" 130 pounds, 8th 2011 TdF, Mt. Washington record holder at 49:24 2002). It is said that one extra kilogram carried on a hill climb like Mt. Washington (4720' over 7.6 miles at 11.9% average grade, max 22%) is worth one minute. Your gears are important too. A triple or compact up front (34 teeth or less), and a 26-28 teeth low gear (big cog) in the rear will make all the hills in CNY accessible.



We have hills in excess of 20% grade at their steepest. The average grades of some of our "winners" are: Moon Hill Road (Spafford) 13.6%, Churchill-Stanton Road (Spafford) 13.5%, Dodge Road (Lafayette), 11.4%, Rockwell Road (Marcellus) 11.0%, Orloff Road (Lafayette) 10.4% (thanks to Ed Luban, OCC; see link below). The hills of route 20 in Cazenovia-Pompey are 7%. As a rule of thumb, any ride with 1,000'+ of climbing per 10 miles is "hill dense". Here are some superb web site links with more information about hill climbing for cycling:

Hill climbing tips:
<http://www.cptips.com/climb.htm>

The "Bible" of hill climbing for the avid hill climbing cyclist; great information- Doug Jansen:
<http://www.northeastcycling.com/>

Local CNY hill stats:
<http://onondagacyclingclub.org/onondagacyclingclub.org/climbs/>

A local "cult" ride for hill lovers: "Dante's Ride" (a "Full Dante's" is 18 hills, 140 miles and almost 14,000'):
http://www.genufix.com/dante's_ride.htm

A great fall Century, very hilly tour-type ride with excellent support at Bristol Mountain:
<http://www.highlandercycletour.com/>

A competitive Northeast hill climbing series (ten races, including Mt. Washington):
<http://www.hillclimbseries.com/>



BICYCLE SAFETY CHECKS

LOOK OVER YOUR BIKE BEFORE EVERY RIDE

Tires

- Inflation: Are both tires pumped up to correct pressure? You should always check to see if you tires are inflated before you ride. This will help decrease the chances of getting a flat.
- Condition of Tires: There should be no cracks or excessive wear. Also remove any foreign objects.
- Obstructions: Make sure there is nothing rubbing against your tire when you spin your wheel.

Wheels

- Quick Release or Wheel Nut: Quick-releases should be closed firmly and lever should not be exposed. Wheel nuts must be tight. Wheels should lay center of fork and frame when tightened properly.
- Rims: Wheel should not be hitting fork or frame. Rim should also not be in contact with the brake.
- Bearings: The wheel should spin freely and have no play if pulled in a side to side motion.
- Spokes: Check for missing or loose spokes.
- Rim Flaw: Look for wear on the braking surface and any dents or defects.

Handlebars and Saddle

- Stem: Brace the front wheel between your legs and gently turn your handlebar side to side. The stem must stay aligned to the center of the fork.
- Handlebar: Push on drops or gently try and twist bar. The bar should not slip or rotate in the stem.
- Saddle: Grab the tip and tail of the saddle. Try rocking the saddle front to back. It should not move. Saddles should be level or point slightly downwards.
- Seat Post: While grasping the saddle try and turn it left to right. The seat post should not move in the seat post clamp.

Frame and Fork

- Headset: Apply the front brake and rock the bike forward and backwards. There should be no hint of movement between the bearing races. (bottom of head tube and top of fork crown) Lift the front of the bike and move handlebars from side to side. Make sure the fork moves freely and there is no grinding in your bearings.
- Forks: Inspect the fork for cracks or damage.
- Frame: Inspect the frame for cracks or wrinkled paint especially where the down tube meets the head tube.

Drivetrain

- Bottom Bracket: Apply pressure to the crank arms with a rocking motion side to side. There should be no play in the BB.
- Pedals: Check that the pedals are fastened tightly and there is no excessive play in the bearings.
- Cranks and Chainrings: Cranks should be tight to the bottom bracket axle. Look for worn out or damaged chainrings.
- Levers and Cables: Check that shifters and brake levers are fastened properly to the handlebar. Look over all the cables to check for signs of wear or fraying (damaged cables can break while riding).
- Brakes: Make sure the brake pads contact the braking surface on the rim. Also check there is no contact from the tire to brake pad.
- Derailleurs and chain: Look at rear derailleur; it should be aligned with the chain line. (If this is bent inward or outward it can cause a chain to fall or derailleur to hit your spokes).
- Attachments: Are all of your extras attached properly? Are all of your attachments in the proper location?
- Lube: Your cables and drivetrain should be lubricated once a month or more depending on how much you ride.

Wash Your Bike

- While cleaning your bike you can inspect for damage and begin to understand all of its parts. A healthy bike has a happy rider.



Contributed by
ADVANCE CYCLERY
118 Seeley Rd.
Syracuse, NY 13224
(315) 449-2453
www.cnybikes.com

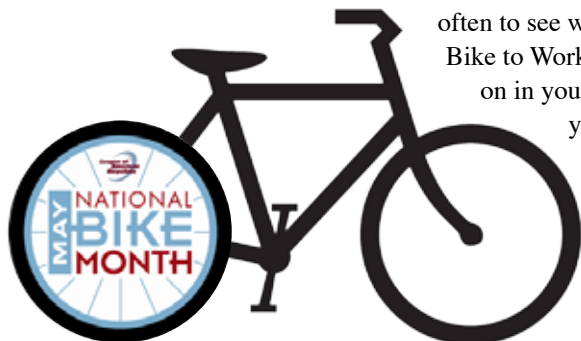


2012 TOUR de CURE

If you're planning rides for this year and would like to participate in one to help others, consider joining the OCC team that is taking part in the 2012 American Diabetes Association Tour de Cure.

Anyone can join. From beginning to experienced cyclists, there's a ride for everyone - go 15 miles or try 100k or 100 miles! They are well supported with water stops, food, well marked roads, maps and sag wagons for the longer distances. After the ride, there's a party to unwind and relax at the park with food, drink and music as well as share your experience with other cyclists.

The date is Sunday, June 3 at Verona Beach State Park. To sign up, go to www.diabetes.org, find the Verona Beach event, click on "Join a team" and search for Onondaga Cycling Club. Or stop by the 'Tour de Cure' table at the OCC Bike Fair on April 26th for more information.



EARTH DAY

JOIN US FOR THE 12th ANNUAL EARTH DAY CLEAN-UP: APRIL 21st

Each year the members and friends of OCC head out to Caughdenoy Rd. in Cicero to clean up a section of Onondaga County road adopted by the club (honest, it's got our name on it).

So come on out, have some fun, enjoy some laughter with friends, eat, clean up, go for a ride afterwards, and see why so many of our friends show up year after year.

Sign-in and breakfast pizza, donuts, coffee and hot chocolate will be served prior to the clean up. Gloves, vests and other safety equipment will be provided to all.



When: Clean-up is Saturday, April 21 2012, starting at 9:00 AM.

Where: Everyone meets at Jerome's Fire Apparatus on Caughdenoy Rd., 1/2 mile north of Route 31.

Post Clean-up Ride: As always, there's a ride after the clean up. The ride will kick-off at 11:00 AM and Mike Lyon will be the ride leader du jour.

MAY IS NATIONAL BIKE MONTH

WHEN IS BIKE TO WORK WEEK AND BIKE TO WORK DAY?

The League of American Bicyclists is the national sponsor of Bike Month, and this year Bike to Work Week is May 14-18 and Bike to Work Day is Friday, May 18. Bike Month Ideas

Bike Month Promotion

Help promote bicycling this May and every month! The League has free [Bike Month promo tools](#) like logos, posters and banners to place on your Web site this May. Printer files can also be requested at communications@bikeleague.org.

Bike Month Events

Check the Bike Month events section often to see what Bike Month and Bike to Work Week events are going on in your community. Also, post your area, club, business or school's Bike Month events on our Web site for free! [Post or find Bike Month events today.](#)

U.S. Bike Commuter Data

Do you want to know how many people ride bikes in America, who's riding, and how many miles of bike lanes there are? The Census Bureau collects American Community Survey (ACS) data from a sample of the population in the United States and gives us this insight. [Find out who's riding bikes in the largest 244 cities in the U.S.](#)

Ride Better

Are you planning on riding this Bike Month but need to freshen up on your bike safety and riding skills? The League has several bike education resources to help you ride confidently and safely this May. The League's [Ride Better](#) page has detailed the Rules of the Road and commuting tips to making riding fun and safe for all new and returning riders. [Simple bike maintenance and fix-it info](#) is also located on the Ride Better page.