

FOR IMMEDIATE RELEASE

Contact: Cindy Mackey, 757-754-4553, cindymackey@cox.net Rachel McCall, 757-623-1757, rmccall@downtownnorfolk.org

Celebrate The 10th Annual Norfolk Bike Month Throughout May

NORFOLK, Va. – April 2021– For more than a decade, Norfolk has celebrated National Bike Month each May. It's a chance to showcase the many benefits of bicycling and encourage more folks to give biking a try.

In 2021, we'll be celebrating as always, but with more focus on learning the ropes and biking in your neighborhood. Some annual events will return - Bike to Work Week (and Day) – but we encourage you to bike solo or with friends and family throughout the month. Bike to coffee or just around the block for some fresh air.

With a focus on well-being and safety, organizers are highlighting how you can #BikeThere during Bike Month and experience Norfolk's expanding bike network and trails. Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of a movement for safer streets, connected communities, a healthier planet, and happier people.

Norfolk Bike Month is a city-wide community celebration sponsored by Lime and organized by the City of Norfolk, Downtown Norfolk Council, HRT's Traffix, the Elizabeth River Trail and many other partners.

Norfolk celebrates Bike Month with a few signature events including weekly easy, medium and fast-paced rides with community cycling groups.

- o Tour de ORF casual ride, May 2
- Mountain bike trail ride, May 10
- National Bike to Work Week, May 17-23
- o Bike to Work Day! May 21 featuring six pit stops for cyclists
- o Glow Ride, May 21, The Plot in the NEON District

For a listing of all Bike Month activities, check out <u>downtowntownnorfolk.org</u> or visit <u>norfolk.gov/bike</u> for city-wide biking information and resources. Download the full <u>calendar of events</u> and browse <u>cycling</u> resources for any type of rider. Be sure to tag us in your bike posts in May with #nfkbikemonth!

Downtown Norfolk Council is a private, not-for-profit membership organization comprised of businesses and individuals working toward a dynamic, attractive and prosperous Downtown. DNC also manages the Downtown Norfolk Improvement District, a 50-block special services district with enhanced services that keep Downtown friendly, safe and spotless. Connect with Downtown Norfolk on Twitter, Facebook and Instagram or visit DowntownNorfolk.org.