



Celebrate Norfolk's 11th annual bike month filled with 31 days of free biking events

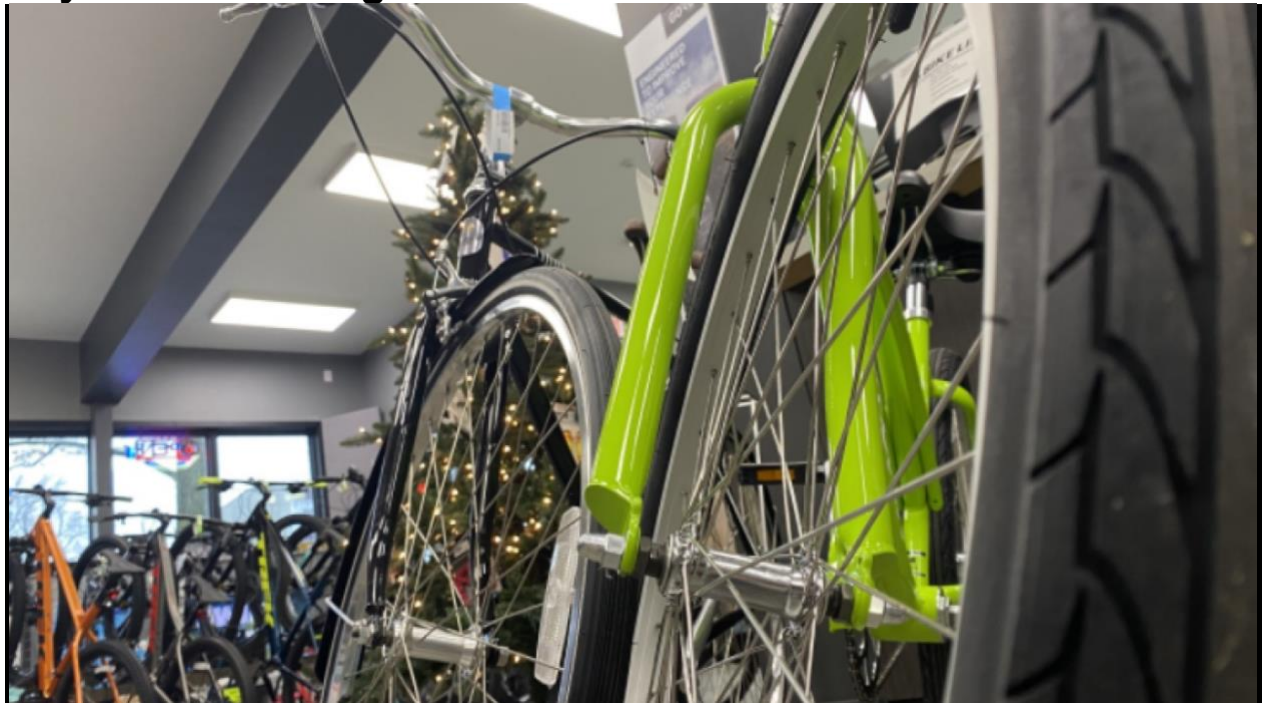


Photo by: WRTV photo/Megan Shinn

Bike shops like the Bike Lane in Broad Ripple have experienced an increase in business during the pandemic.

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NORFOLK, Va. - It's officially May 1 and the start of the annual Norfolk Bike Month begins.

This May, the city is encouraging residents and visitors to trade gas power for pedal power during the 11th Annual Norfolk Bike Month.

The 31-day celebration is organized by the city, Downtown Norfolk Council, Traffic Commuter Options and other community partners.

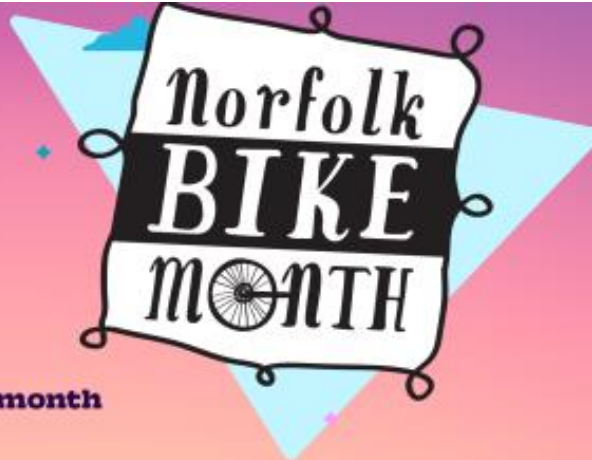
Throughout May, residents will be able to celebrate through numerous events, such as a bike ride with family through the Northside Park Bike Trail, a solo ride on the Elizabeth River Trail, or meeting fellow bike enthusiasts at events like the Norfolk Bike Expo and Glow Ride VI.

View the calendar below and choose which bike adventure you will take on:

11th Annual Norfolk Bike Month

May 2022

Join us for healthy, fun, and free biking events all month!



Learn more at norfolk.gov/bike

Get social [#nfkbikemonth](https://twitter.com/nfkbikemonth)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 - Slow-Mo Sunday - Coffee Outside - Tour de ORF	02 - East Coast Adventure Ride	03 - East Coast Road Ride - Norfolk Bike Expo	04 - Bike to School Day - Mountain Bike Ride - Super Casual Ride	05 - BAPTC Meeting - East Coast Rides - Bike Polo Night	06 - Freshopia Night Ride - Late Night Ladies' Ride	07 - East Coast Road Ride - Boom Box Ride
08 - Mams Bike to Brunch - Slow-Mo Sunday	09 - East Coast Adventure Ride	10 - East Coast Road Ride	11 - Super Casual Ride	12 - East Coast Rides - Bike Polo Night	13 - Bikes, Brews, & Baseball - Late Night Ladies' Ride	14 - East Coast Road Ride - Boom Box Ride
Bike to Work Week						
15 - Slow-Mo Sunday	16 - East Coast Adventure Ride	17 - Pedego Mermaids Tour - East Coast Road Ride	18 - Bike Maintenance Clinic - Super Casual Ride	19 - East Coast Rides - Bike Polo Night	20 - Bike to Work Day - Glow Ride	21 - Bike Polo Tournament - Saturday Morning Adventure - East Coast Road Ride - Boom Box Ride
22 - Bike Polo Tournament - Slow-Mo Sunday - Crucial Taunt Jaunt	23 - East Coast Adventure Ride	24 - East Coast Road Ride	25 - Super Casual Ride - Pedego Light Up the Night	26 - Virginia Zoo Bike Night - East Coast Rides - Bike Polo Night	27 - Late Night Ladies' Ride	28 - Bike Botanical Tour - East Coast Road Ride - Boom Box Ride
29 - Slow-Mo Sunday	30 - East Coast Adventure Ride	31 - East Coast Road Ride	All Month - Pedal Pusher Bingo - Garden Bike Nights - Virginia Arts Festival Bike Nights			



This year, there are new dedicated bike lanes on Colonial Avenue in Park Place and along 26th and 27th Streets from the Villa Heights neighborhood to Hampton Boulevard.

This month is also a good time to remind bicyclists and motorists to be safe and vigilant while on the road.

Motorists are reminded to:

- Share the road with cyclists. Bikes are allowed on City of Norfolk streets whether in a bike lane or not.
- Keep a distance of at least three feet when passing a cyclist on the street. It's the law!
- Watch out when opening car doors when parked on a city street.
- Follow the posted speed limits. Speeding can have fatal consequences for both motorists and cyclists.

Bicyclists are reminded to:

- Follow the same rules of the road as a vehicle. Stop at stop signs and yield to pedestrians. Bike with the flow of traffic.
- Bike helmets are mandatory for those 14 years of age and younger. Wear bright clothing in the dark and use a white headlight or red taillight at night so others can see you.
- Use the bike lanes and buffered bike lanes. If you must ride on a sidewalk, be courteous to pedestrians. Riding on sidewalks is prohibited downtown.
- Park responsibly at designated bike racks or out of the right of way. Do not park in front of building entrances and do not block sidewalks or pedestrian access.