

NATIONAL BIKE MONTH

National Bike Month is much more than 31 days in May. It's a celebration of bikes; an impetus to get rolling again; a gateway to riding more often; a time to evangelize the beauty of bikes; and much, much more. Since 1956, May has been recognized as National Bike Month, and the [League of American Bicyclists \(LAB\)](#) has sponsored this celebration of cycling for decades; as a means to advance the movement to build a Bicycle Friendly America for everyone.

WEEK 1

LEARN!

Getting back on the bike? [Here are five videos every new-ish bicyclist should watch to get the most out of their first ride.](#)

CONNECT!

We're calling attention to your local bike shop, [PROTEUS!](#) Proteus is a full-service bike shop, carrying road, gravel/cyclocross, touring, mountain, urban/hybrid/commuter/fitness bikes, accessories, parts, tools, clothes, and supplies. We have a full service repair facility, and offer professional builds, fitting, and outfitting services.

PLAY!

BIKE MONTH

B I N G O

Logged my miles in the National Bike Challenge	Biked in the rain	Rode someplace I'd never ridden before	Said hello to another bicyclist	Added air to tires
Biked at least 10 miles in one day	Encouraged a friend to start riding	Rode to school or work	Rode to the grocery store	Rode to a community meeting
Joined a group ride	Participated in a special Bike Month event!		Rode to a date	Rode with kids
Rode on a trail	Rode on a velodrome	Rode farther than I ever have before	Changed a bike tire	Went mountain biking
Visited bikeleague.org	Tweeted about biking	Lubed my chain	Visited my local bike shop	I'm a member of the League

WEEK 2

LEARN!

[BIKING DURING COVID-19](#) may seem tricky, but it is allowed in Maryland! Did you know? The Greenbelt City Council recently approved a new rule requiring masks inside [Buddy Attick Lake Park](#). This includes cyclists and joggers. Read more about riding with [BIKES AND MASKS](#).

CONNECT!

This week we are spotlighting [WABA!](#) The Washington Area Bicyclist Association is a 501(c)(3) member-supported organization founded in 1972 and serves the Washington, D.C. metropolitan region. WABA educates and advocates in the District of Columbia, Montgomery County; Prince George's County; Arlington County; Fairfax County; and the city of Alexandria.

WEEK 3

LEARN!

Wearing a bike helmet improperly is the same as not wearing a bike helmet at all. Watch this video about [HOW TO FIT A BIKE HELMET](#). Did you know? WABA offers a [CRASH TRACKER](#)? Data submitted through the crash tracker is used to make recommendations to elected officials and police, and it's important to capture data not recorded by official collection methods. You can read more about [WHAT TO DO AFTER A CRASH](#).

CONNECT!

We want to spotlight [Carry the Load](#), a non-profit organization that provides an active way to connect Americans to the sacrifices made daily by our military, veterans, first responders and their families. THANK YOU GREENBELT Military, Law Enforcement, Firefighters, and First Responders!



WEEK 4

LEARN!

Streets aren't just for cars, bikes belong too! Join WABA for a lesson on how to ride in traffic and take your riding to the next level. [Online How to: Riding in Traffic](#)