

# MAY **>>** IS <sup>still</sup> **<<** BIKE **<<** MONTH **>>**

The Centre Region is a Bicycle Friendly Community<sup>SM</sup>

**For Immediate Release – 05/12/2020**

## **MAY IS STILL BIKE MONTH**

**State College, PA** – Although it will certainly be different this year, the League of American Bicyclists (LAB) and other communities across the U.S. will **still** be celebrating National Bike Month in May. There are a variety of solo and virtual bike activities planned in the Centre Region. CentreBike and Centre Moves are offering some great prizes for those that participate.

The Centre Regional Planning Agency (CRPA) has partnered with State College Borough, Centre Region Parks and Recreation, Schlow Centre Region Library, Centre Moves, Penn State Transportation Services and CentreBike on several events that will be held throughout the month of May. Activities new this year include:

- Centre Region Family Bike Scavenger Hunt
- Bike Month Bingo
- Bike Lingo Word Search
- Spring Bike Anywhere Friday

Matthew Cox, CentreBike President, says, “It is great to see families and individuals out and about and being active in the Centre Region. We hope the community enjoys these new fun family friendly solo and household events.”

We want everyone to stay safe while riding and here are some riding tips:

- Always stay at least six feet from others . This might make some trails, and paths better to use. If a public trail is crowded find another place to ride.
- Visit paths and trails that are close to your home. Most travel requires you to stop along the way and may expose you to surfaces contaminated with the virus that causes COVID-19.
- Ride solo or with members under the same roof. Avoid gathering with others outside of your household.
- Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.

The third Friday in May is traditionally National Bike to Work Day but this year the League of American Bicyclists has moved the event to September 22. To give Centre Region residents an opportunity to stay active we are moving forward with Spring Bike Anywhere Friday on May 15.

Matthew Cox, CentreBike President, says, “All you have to do is ride your bike to shop, to eat or for recreation anytime on May 15, 2020 and register your ride by completing the form at Engage State College. Everyone that registers will be entered for a chance to win a \$50 Freeze Thaw Cycles gift card!”

Please visit [Engage State College](#) for information on how to register your ride and you can check out what is happening in the Centre Region at [www.crcog.net/bikes](http://www.crcog.net/bikes).

If you would like more information about these events, please contact Trish Meek at (814) 231-3050 or email at [tmeek@crcog.net](mailto:tmeek@crcog.net)

**\*\*\*\*\* See Bike Month Flyers Below \*\*\*\*\***

CENTRE REGION

MAY 1 - 31

# FAMILY BIKE SCAVENGER HUNT

Family = Solo or People Under the Same Roof

HELP US CELEBRATE NATIONAL BIKE MONTH

Ride your bike at 4 of the following 6 locations and snap a photo with your bike at each spot:

LOCATION

Millbrook Marsh Nature Center.....

Tudek Park Butterfly Garden .....

Autumn Meadow Park .....

PA Military Museum .....

Haugh Family Preserve .....

Orchard Park .....

PHOTO WITH

Barn

Butterfly Bush

Amphitheater

Abigail

Silo

Bike Repair Station

Send your favorite photo to [FamBikeSH@centrebike.org](mailto:FamBikeSH@centrebike.org) for a chance to win a \$50 Weis gift card. **Info: [www.centrebike.org](http://www.centrebike.org)**

To help avoid exposure to COVID-19 and still enjoy the outdoors:

- Maintain at least six feet from other individuals.
- Don't recreate in groups – adhere to social distancing



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# BIKE MONTH | BINGO!

HELP US CELEBRATE NATIONAL BIKE MONTH

Watched a video on bike repair	Biked in the rain	Participated in a Centre Region Bike Month event	Rode some place I'd never been before	Added air to my tires
Biked at least 5 miles in one day	Encouraged a friend to start riding	Visited <a href="http://www.centrebike.org">www.centrebike.org</a>	Rode in a park	Read the PA Bicycle Driver's Manual
Decorated my helmet for bike month	Attended a virtual Bike Month meeting	<b>FREE SPACE</b>	Did an ABC Quick Check	I'm a member of CentreBike
Rode on a trail	Watched a video about fixing a flat	Posted a photo of my bike on social media	Visited <a href="http://www.crcog.net/bikes">www.crcog.net/bikes</a>	Checked my lights
Visited <a href="http://www.bikeleague.org">www.bikeleague.org</a>	Watched a video on how to lock your bike	Lubed my chain	Visited <a href="http://www.CRPR.org">www.CRPR.org</a>	Rode on May 15- Spring Bike Anywhere Day



Send a photo of you and your Bingo Card to [bmb@centrebike.org](mailto:bmb@centrebike.org)  
 You can win 1 of 3 - \$25 gift cards to a local bike shop



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# BIKE MONTH | BIKE LINGO WORD SEARCH

HELP US CELEBRATE NATIONAL BIKE MONTH

E	R	I	M	S	E	S	T	E	R	S	E	A	A
T	E	M	L	E	H	H	N	U	E	I	S	S	F
F	R	A	M	E	T	A	N	D	E	M	T	E	K
E	R	T	I	S	L	R	S	H	A	G	H	K	B
E	P	N	U	E	L	E	P	N	R	R	G	O	R
T	O	M	K	B	L	D	R	A	G	A	I	P	A
S	E	I	U	L	E	U	O	R	N	N	L	S	K
O	B	A	A	P	B	S	C	E	A	N	A	P	E
T	S	D	G	M	C	E	K	E	E	Y	I	N	S
I	E	E	E	R	N	P	E	O	L	G	A	E	R
P	A	D	A	U	A	A	T	E	L	E	M	R	R
B	T	N	R	I	E	T	A	P	E	A	E	I	M
R	K	E	S	A	L	H	R	K	B	R	E	N	S
E	U	E	N	O	O	S	E	H	N	T	E	S	S

- BELL
- FRAME
- PEDAL
- SHARED USE PATH
- BIKE LANE
- GEARS
- PANNIER
- SPOKES
- BRAKES
- GRANNY GEAR
- PUMP
- SPROCKET
- TANDEM
- CRANK
- HELMET
- RIMS
- TUBE
- LIGHTS
- SEAT

Complete the word search by May 31.  
 Email a photo to [bikewordsearch@centrebike.org](mailto:bikewordsearch@centrebike.org)  
 You can win a Purple Lizard Map!



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# Spring Bike Anywhere Friday

May.  
15

RIDE | REGISTER | WIN

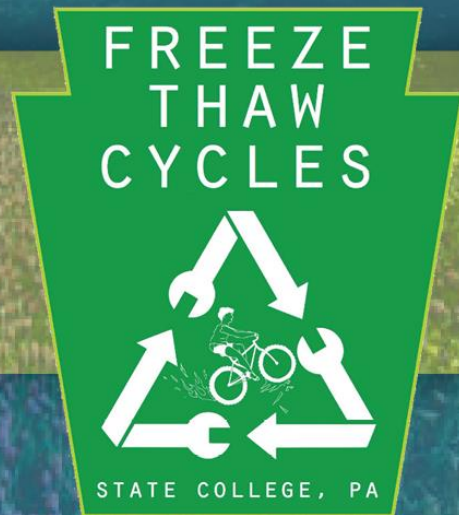
Ride your bike to work, school, shop, eat or for fun in the Centre Region and register to WIN a \$50 Freeze Thaw Cycles Giftcard



Register at  
[www.crcog.net/bikes](http://www.crcog.net/bikes)  
or use the QR code



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# Centre Region Bike Month Activities

HELP US CELEBRATE NATIONAL BIKE MONTH

## MAY 2020

May 1-31 National Bike Challenge  
May 1-31 Family Bike Scavenger Hunt  
May 1-31 Bike Month Bingo  
May 1-31 Bike Lingo Word Search



May 1 GOPA It's Still Bike Month Webinar  
May 6 Virtual SCB Bike Chat  
May 11 Virtual CentreBike Meeting  
May 13 Virtual Biking in the Centre Region 101 Class

### May 15 Spring Bike Anywhere Friday

**RIDE | REGISTER | WIN**

Ride your bike in the Centre Region and register to WIN a \$50 Freeze Thaw Cycles Giftcard



May 18 Virtual Bike Love  
May 19 Virtual Centre Region Bicycle Advisory Committee Meeting  
May 20 Ride of Silence

For more information, visit: [www.crcog.net/bikes](http://www.crcog.net/bikes)

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