



April 2016

May is Bike Month!!

TBA and the five southside cities have partnered to develop a regional calendar of events for Bike Month in May, including Chesapeake's Bikefest on May 1, the Knott's Island Century on May 7, and 3 different bike rodeos to help kids learn bike skills.

Bike to Work Week is May 16-20, and Bike to Work Day is Friday May 20. Look for pit stops by HRT throughout the region, plus both Portsmouth and Virginia Beach are hosting bike rides with their mayors.

Each day will have a fun ride or event, so everybody has an excuse to get out and ride.

You can find the calendar at both tbarides.org and bikeleague.club.

5 Ways That Cycling Can Change Your Life

Thanks to the [Global Cycling Network's](#) fun little YouTube video, the top 5 ways cycling improves your life are as follows:

1. Extend your life span – healthy lifestyle and regular exercise is kind of a given.
2. Make new friends – whether you ride in a group or just like talking about cycling with other cyclists, the common interest is a great way to meet people.
3. Improved mental health – Improves memory and reasoning, and reduces stress and depression
4. Saving Money – Every time you ride your bike instead of driving or taking the public transport, the bike saves you many dollars. As much as \$6,000 a year according to Forbes magazine
5. Exploring new areas – Many cyclists may ride on roads they may not drive in order to avoid traffic or adding miles to a route. Also many cycling events outside your local area provide an opportunity to travel.

Upcoming Rides & Events:

- The Tour De Cure presented by The American Diabetes Association – **Saturday, April 30th**
 - The TBA already has a team so sign up today and ride with us if you wish!
- BikeFest Chesapeake – **Sunday, May 1st**
 - Bring your bike and enjoy 12+ miles of paved trails and great family-friendly bike activities including a bike rodeo and maintenance demos.
- National Bike Month Sunset Ride – **Sunday, May 1st**



- Bring your friends and family as we enjoy a leisurely sunset ride along the Elizabeth River Trail
- National Bike to School day – **Wednesday, May 4th**
- The 40th Annual Knotts Island Century – **Saturday, May 7th**
 - Enjoy the scenic routes through Chesapeake, Virginia Beach, Currituck and take the ferry to Knott's Island for a beautiful ride. This is our 40th year and we hope you can join us! Registration is open.
- VCU Health Cap2Cap Ride – **Saturday, May 14th**
 - Registration is available with the Virginia Capital Trail Foundation
- National Bike to Work Week – **Monday, May 16th thru Friday, May 20th**