Richland Public Health Presents Bike to Work Week

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May is National Bike Month. Take the challenge by biking to work! Richland Public Health invites the public to take part in National Bike to Work Week, May 14 through May 18.



In partnership with Richland Moves!, Mind Body Align, Y-NOT Cycling, Cycling Sports Center, and Linden Road Presbyterian Church, the featured events throughout the week are focused on bike safety and awareness, all leading up to Bike to Work Day on May 18. In an effort to build a more bike-friendly community, this annual event is a step towards encouraging an active lifestyle.

SCHEDULE

Monday, May 14th
6:00pm
Mansfield Richland County Public Library-Main Branch
43 W. 3rd St., Mansfield
Bicycling Basics and Safety Education in the Community Room.

Tuesday, May 15th
6:00pm-8:00pm
Richland Public Health
555 Lexington Ave., Mansfield

Slow Roll group bike ride. Meet at Richland Public Health parking lot at 6 pm to practice riding a bike to work. We can address your questions and concerns. We'll roll out at 6:30 -- will ride through Woodland area to the new bike trail on W. Cook Rd. to Trimble Rd.

Wednesday, May 16th
6:00pm-9:0pm
Cycling Sports Center
779 Laver Road, Mansfield
Mansfield Local cyclists will join others across the globe in a free, silent, slow-paced ride of about 6 rolling miles in honor of those who have been killed or injured while riding a bicycle on our public roadways. Helmet Required. Starting from Cycling Sports Center.

Thursday, May 17th
6:00pm
Y-NOT Cycling
64 E. Main St., Lexington
Slow Roll South from Y-NOT Cycling

6:00pm
Mind Body Align
20 N. Mulberry St., Mansfield
On-Road Bicycling Education Ride. Starting from Mind Body Align. Registration required. To register call Ellen at 419-774-3542 or email eclaiborne@richlandhealth.org

Friday, May 18th
Bike to Work Day!
Is work too far for you to commute by bike? Park your car at the Linden Road Presbyterian Church location (160 South Linden Road, Mansfield) and ride your bike the rest of the way into work.
Pick up your “swag bag” at Linden Road Presbyterian Church. Bags have healthy snacks and other goodies, including your 2018 “Bike to Work” reflective bike sticker.

For more details or questions contact Ellen at 419-774-3542 or email eclaiborne@richlandhealth.org

Photo Credit: Facebook Event Page