

Community Bike Activities



Bike to School Day

Wednesday, May 5
Various Locations
All ages
FREE

Join students and adults around the nation on May 5th to celebrate the benefits of bicycling, walking, and rolling to school. Bike to School an annual event that encourages biking, walking, and rolling for the following reasons:

- Students get physical activity that improves their health and academic performance
- Teaches students safe bicycling and roadway skills
- Raises community awareness of where improvements need to be made to make biking, walking, and rolling safe and enjoyable
- Reduces traffic congestion, vehicle emissions, and speeding near schools

For more information and to register for a free t-shirt visit:
<http://cubikemonth.weebly.com/bike-to-school-day.html>

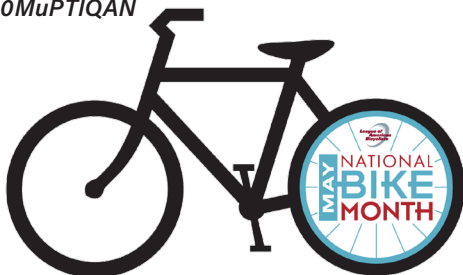
Beginning Bicycling for Adults – Bicycling Skills 123 Class

Saturday, May 8, 9:30am-12pm
All Ages
FREE

Do you want the confidence to bicycle more? Join local League Cycling Instructors, certified through the League of American Cyclists, to learn:

- Basic bicycle handling and traffic skills
 - Illinois Rules of the Road
 - Safety – common causes of crashes and how to avoid them
- Students need to take the on-line Illinois Bike Safety Quiz prior to attending the class. Use this link for the quiz:
<https://forms.gle/SajqyXxnV5RPAjWX9>
- The class will be 3 hours with on-bike training. Students must bring their own bike and helmet.

Preregistration for this class is mandatory Register here: https://bikeleague.secure.force.com/lab_events?id=a0k1M00000MuPTIQAN



Mother's Day Bike Ride via the Green Loop in Urbana

Sunday, May 9, 2:30-4:30pm
All Ages
FREE

There is no better way to celebrate Mother's Day than to take a bike ride! We will meet in the parking lot next to Anita Purves Nature Center, ride around Crystal Lake Park, then bicycle to Leal Park and enjoy a treat at the Culver's on Race. We will take a short ride South from Leal Park to visit the Boneyard Creek, and then cycle back to Crystal Lake Park. All bikes and abilities are welcome! Please bring money for a treat if you would like one. Helmets are mandatory! For more information see: <https://fb.me/e/8F4d3ooL0>

Urbana Park District Southern Green Loop Ride

Saturday, May 22, 2-4pm
All Ages
FREE

Did you know the City of Urbana and the Urbana Park District have a plan to connect our city's parks with a "Green Loop" that allows people to bicycle from one park to another? Join us for a bike ride to explore a southern portion of the Green Loop. We will meet in the parking lot at Meadowbrook Park that is located off Race St. south of Clark Lindsey. We will bicycle the loop around Meadowbrook, then using the sidepath we will bicycle to the Pines at Stone Creek, to Southridge Park, to Larson Park, and then back to Meadowbrook. The loop is about 6 miles total. All bikes and abilities are welcome! This is a leisurely ride. Helmets are mandatory.

Cycling Games: Teaching Bicycle Skills and Safety through Games

June 13-19
All Ages
FREE

Learning to bicycle gives us lifelong healthy living skills as we can bicycle from preschool through retirement. Learning good bicycling skills should begin early and in Denmark they begin teaching bicycle skills in preschool through games. The Danes have been teaching bicycling in schools for 40 years and every child in Denmark learns basic bicycle safety skills. During the week of June 13-19 an instructor who works with the Danish Cycling Embassy will be teaching us about how they do this. We will be offering a free public lecture and social event one evening that week at a local brewery. For those who would like to learn more about how to teach children, there will be a free training workshop that will be held June 18. To get more information on how to attend, please check for updates on the C-U Bike Month website at <http://cubikemonth.weebly.com/bicycling-education.html>.

For more events, rides, classes, and fun during Bike Month check the C-U Bike Month website at <http://cubikemonth.weebly.com>.