

Seacoast Bike Month 2021

(Still Social Distancing Edition)



May 1st—31st, all over the Seacoast and right at your office (or home office)!



Commuter Smart B2B Challenge. Form a team at work to bike, walk or telework. You're doing it now anyway so why not make it more fun and take credit? Bikers will receive special awards for the most trips. Free & open to all Seacoast NH employers. www.commuteSMARTseacoast.org/Challenge/b2b-challenge-2021



May 1st—31st, On trails all around the Seacoast!

Seacoast Trails Passport Challenge. Feeling cooped up with COVID? Venture out with your family and explore ten terrific trails around the region this month and win prizes. Get one entry into the prize drawing for each trail visited, and win stickers and swag from bike shops and other partners just for participating. Free & open to all. For more info go to: www.therpc.org/transportation/bicycle-and-pedestrian/trailpassport



Whenever Works for You Between May 1 & June 30

Cycle the Seacoast—Virtual Ride! Challenge yourself to stay active and support the American Lung Association's work on critical lung health research. Complete 25, 50 or 100 miles on an indoor or outdoor bike at your own pace and in segments if you like. All virtual participants who raise \$200 by 6/30/21 will receive a medal and event t-shirt. Weekly challenges and prizes too! Register at www.BikeTrekNewEngland.org



Friday, May 21st, Bike to Work (at Home) Day!

Go for a ride, take a photo and share it with us on social media. Get out for a 20 minute ride before you plug into work, or at lunch or instead of work. Bike with your kids, your spouse, your quarantine buddy. Bike solo! Take a selfie and post it to #SeacoastBikes and the Bike Month Facebook page at: <http://www.facebook.com/seacoastbikes/>
Add LAB's national #BikeThere hashtag too!



Saturday, May 22nd, Portsmouth and Surrounding Communities

SABR Slow Roll. Nice riding weather is back! Join friends and/or meet new friends on a relaxed bike ride followed by a bite to eat at one of the many restaurants with outdoor seating in downtown Portsmouth. Start time details TBD. For more info got to the SABR Facebook page at: <http://www.facebook.com/seacoastbikes/>



Saturday, June 5th—Kittery and Surrounding Communities

Bike Maine Women's Ride—Kittery Edition. The Women's Ride provides an opportunity for ALL women—cis, trans, intersex, non-binary, and anyone else who identifies as a woman—to gather, celebrate, learn, ride, and support each other, regardless of where they live or how they ride. Meet at 10:30am at the Kittery Lions Club at 117 State Road in Kittery. Suggested donation of \$35 but donate any amount you feel you can. <https://bikemaine.org/wr-2021-kittery-road-ride>



Anytime You Like—Watch Them All

LAB Smart Cycling Videos—Brush up on your bicycling skills and knowledge of Traffic Laws. The League of American Bicyclists has put together a terrific set of short videos with tips on shifting gears, intersection positioning, basic bike safety checks, fitting and adjusting your bike, what to wear and other topics. All are available online at: <https://bikeleague.org/ridesmartvideos>

Seacoast Bike Month Presented by:

