

May is Bike Month!

The Piedmont Triad Celebrates National Bike Month

Bike Month Events

Friday, May 1

6pm – 9pm Shop by Bike

Where: Downtown Greensboro
Description: Bike downtown to your favorite business or try something new and enjoy special discounts! Event is part of the First Friday celebration
www.downtownfridays.com/

Saturday, May 2

10am - 1pm Burlington Bicycle Rodeo

Where: 216 E. Front St., Burlington
Description: Kids bike event with hands-on instructional bike safety obstacle course. www.JLBicycle.com

Sunday, May 3

1pm – 4pm Bike Me! Collective Open Bike Shop

Where: Bike Me! Shed at the HIVE, 1214 Grove St.
Description: The Bike Me! Collective helps rehabilitate bicycles for low or no cost. Bikes are free to the public so long as you put in some work to fix 'em up! The open bike shop is held every Sunday from the spring through early fall in the parking lot behind the HIVE. Bike shop will be closed during inclement weather. For more information, contact Bike Me! at bikemecollective@gmail.com

Thursday, May 7

6:30pm – 7:30pm Bike Maintenance 102

Where: REI @ Friendly Center, 3334 W. Friendly Ave, Suite 140
Description: Learn the different parts of a bike, learn how to tell if they are working properly, and if they are not, determine if professional help is needed. The class will also cover very basic brake and rear derailleur adjustments.
www.REI.com/stores/108

Saturday, May 9

8:30am – 1:00pm Spinz for Hope

Where: 3029 S. Main St. High Point
Description: 9th Annual bike ride to benefit Relay for Life of Guilford County, with 21, 37 & 57 mile routes. Contact David Clodfelter, (336) 861-6480
www.raycatchers.blogspot.com

Sunday, May 10

1pm – 4pm Bike Me! Collective Open Bike Shop

Monday, May 11

Bike to Work Week

7am – 9am Bicycling in Greensboro Refueling Station

Where: Spring Garden Bakery, 1932 Spring Garden St.
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.BikeGSO.org

9am – 11am Fallen Law Enforcement Ride

Where: Stop at Greensboro Governmental Center at 9:30am
Description: A group of Charlotte area police will ride over 400 miles to Washington, DC, to recognize fallen law enforcement officers. Route passes through Asheboro, Randleman, Greensboro, Burlington and north to Virginia.
www.biketoDC.com

7:30pm – 9:30pm Beginners Bike Repair Workshop

Where: Cycles De Oro, 1410 Mill St., Greensboro
Description: Beginners bike repair workshop to include changing flat tires, proper inflation, lubing chain, basic gear shifting theory & practice, and road side emergencies.
www.cyclesdeoro.com

Tuesday, May 12

Bike to Work Week

7am – 9am Friendly Bike Refueling Station

Where: Friendly Bikes, 2823 Spring Garden St., Greensboro
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.friendlybike.com/

7:30pm – 9:30pm Moderate Skill Level Bike Repair Workshop

Where: Cycles De Oro, 1410 Mill St., Greensboro
Description: Moderate skill level bike repair workshop that includes gear and brake cable replacement & adjustment, bearing play adjustment, more extensive varieties of lubrication. www.cyclesdeoro.com

Wednesday, May 13

Bike to Work Week

7am – 9am PART Refueling Station

Where: UNC Greensboro Traffic Circle, 1400 Spring Garden St.
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.partnc.org/

7:30pm – 9:30pm Bicycle Movie Night

Where: Cycles De Oro, 1410 Mill St., Greensboro
Description: Bike Movie night in vacant space next door. Free with popcorn & lemonade, door prizes from vendors, bring a lawn chair.
www.cyclesdeoro.com

Thursday, May 14

Bike to Work Week

7am – 9am REI Bike Refueling Station

Where: REI @ Friendly Center, 3334 W. Friendly Ave, Suite 140
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.rei.com/stores/108

7am - 9am Bryan YMCA Refueling Station

Where: Kathleen Bryan YMCA, 501 W. Market St, Greensboro
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.bryanymca.org

7:30pm – 9:30pm Advanced Bike Repair

Where: Cycles De Oro, 1410 Mill St., Greensboro
Description: Advanced skill level bike repair workshop that includes spoke replacement and basic wheel truing, replacing bearings in hubs.
www.cyclesdeoro.com

Friday, May 15

Bike to Work Week

National Bike to Work Day

5am - 11:59pm Discounted Bus Fare on Greensboro Transit Authority

Where: Any GTA Bus Route
Description: Secure your bike to any GTA fixed route bus then board and receive a half-price fare: just 60 cents!

7am – 9am Downtown Burlington Bike Refueling Station

Where: J and L Bicycle 216 E. Front St., Burlington
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.JLBicycle.com

7am – 9am Downtown Greensboro Bike Refueling Station

Where: Governmental Plaza @ Greene St.
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.tinyurl.com/gdotbikeped

7am - 9am Bicycling in Greensboro Refueling Station

Where: Total Wine, 2976 Battleground Ave.
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.bikegso.org

Sunday, May 17

1pm – 4pm Bike Me! Collective Open Bike Shop

Wednesday, May 20

7am – 9am Safe Guilford Refueling Station

Where: Wesley Long Hospital, 501 N. Elam Ave.
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.
www.tinyurl.com/wesleylonghosp

6:30pm – 7:30pm Ride of Silence

Where: Wrangler/VF Jeanswear, 400 N. Elm Street, Greensboro
Description: A moderate-paced, silent ride to honor those who have been killed or injured while bicycling. BIG's Social event to follow the ride.
www.tinyurl.com/rideofsilencegso

Sunday, May 24

1pm – 4pm Bike Me! Collective Open Bike Shop

Saturday, May 30

1:30pm – 5:30pm 3rd Annual Bike Safety Day

Where: Little Stars of Bethlehem Pre School, 1355 Jonestown Rd. Winston-Salem
Description: In honor of Joshua Palomares-Beckles with the assistance of the Winston-Salem PD and Safe Kids Forsyth. Free Helmets and bicycle course for young children. www.wswelstar.org

Saturday, May 31

1pm – 4pm Bike Me! Collective Open Bike Shop

12pm – 3pm Moses Cone MedCenter Helmet Fitting

Where: Emergency Dept. Moses Cone MedCenter, 2603 Willard Dairy Rd. near NC 68, High Point
www.tinyurl.com/highptmedcenter

Piedmont Triad

Ongoing Rides & Events

Alamance Bicycle Club (Recreational)
www.alamancebicycleclub.org
Bike Me Collective
<http://gsohive.org/partners/bikeme/>
Bicycling in Greensboro (Advocacy)
www.bikegso.org
Bike Triad (Mountain Bike)
www.biketriad.com
CycleSafe (Advocacy)
www.cyclesafe.org
The Greensboro Velo Club (GVC) and Fat Tire Society (Recreational and Mountain Bike)
www.greensborovelo.com
Triad Cycling (All Types)
<http://www.gsovelo.com/>
Triad Wheelers Bicycle Club (Recreational)
www.triadwheelers.com
The Piedmont Flyers Bicycle Club (Recreational)
www.piedmontflyers.com

Brought To You By:

Bicycling In Greensboro (BIG)
BikeMe! Collective
Cycles de Oro
Downtown Greensboro, Inc.
Friendly Bicycle
Get Healthy Guilford
Greensboro Department of Transportation
Greensboro Dept. of Parks & Recreation, Trails Division
Greensboro Transit Authority
Greensboro Urban Area Metropolitan Planning Organization
Guilford County Department of Public Health
High Point Metropolitan Planning Organization
J & L Bicycles
Kathleen Price Bryan Family YMCA
Moses Cone Hospital
Paceline Bicycles
Piedmont Authority for Regional Transportation (PART)
Piedmont Triad Council of Governments – PedPower
REI Greensboro
SAFE Guilford
Spinz Bicycle Shop
Triad Air Awareness
VF Corporation
Wesley Long Hospital
Winston-Salem Police Department