

Spartan Echo

"The Voice of the Spartan Community"

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HEALTH / LOCAL

May is Bike Month in Norfolk

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Now in its ninth year, Norfolk Bike Month is a community celebration of biking and this year is the first year the City of Norfolk has 31 days of events. Throughout the month of May, cyclists of all ages and abilities are invited to a variety of rides and bike-related events in Norfolk.

No bike? No problem! With the city's bikeshare program, it's never been easier to pick up the Pace. (<https://ridepace.com/norfolk/>) Cyclists can join social rides, bike-in to a movie, and more. It's even easier to find your way around downtown with new signs for the Elizabeth River Trail. With 31 miles of bicycle lanes and paths all over Norfolk, there's never been a better time to ride.

A sample of community events are planned throughout May, such as:

- Tour De ORF (<https://www.facebook.com/events/1919326041526628/>), May 5
- Manic Mondays (https://www.facebook.com/events/276392493023487/?event_time_id=276392553023481), May 6
- Norfolk Bike Expo (<https://www.facebook.com/events/454348925106532/>), May 7
- ERT Bike-athon (<https://www.facebook.com/events/2284070878326810/>), May 9
- Brews by Bike (<https://www.facebook.com/events/2220943344821966/>), May 10
- Ride of Silence (<https://www.facebook.com/events/214416585949603/>), May 15
- Glow Ride IV (<https://www.facebook.com/events/447755629100283/>), May 17, The Plot (NEON District)
- Party on the Pier: Bike Perks (<https://www.facebook.com/events/2531542416859470/>), May 30

The City of Norfolk is dedicated to providing safe, alternative modes of transportation. As one of the most multi-modal cities in the region, safe and healthy streets are a priority, so residents are encouraged to take a short survey (https://www.opentownhall.com/portals/77/Issue_7448) to provide feedback on biking throughout the Mermaid city.

A complete calendar of events, details for Norfolk Bike Month and bike safety can be found at <https://www.norfolk.gov/bike> (<https://www.norfolk.gov/bike>).