

Here's how you can celebrate Bike Month in Downtown Norfolk

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April 30,
2019



Celebrate Norfolk Bike Month in May. (Southside Daily/courtesy of Downtown Norfolk Council)

NORFOLK — [Downtown Norfolk Council](#) has joined forces with the city, [HRT's TRAFFIX](#), [Social Cycling Norfolk](#), the [Elizabeth River Trail](#) and [Pace Norfolk](#) to celebrate Norfolk Bike Month throughout May.

[Norfolk Bike Month](#) is a regional community celebration of biking as a healthy, economical and environmentally friendly form of recreation.

The city has made a focused effort to become a bike-friendly community, and Norfolk Bike Month is the perfect opportunity to celebrate all that has been accomplished to make it easy, fun and safe to ride, officials said in a news release.

The city's expansion of the bikeshare program, installation and designation of new bike lanes and routes, as well as the continual installation of bicycle parking are just a few of the initiatives.

And, the 10.5-mile Elizabeth River Trail is a perfect place to enjoy a leisurely ride along 28 neighborhoods and the Elizabeth River, officials said.

In downtown, Pace Norfolk is back with 250 bikes with Downtown Norfolk Council as a sponsor.

The city has a new electric bike shop Pedego Norfolk opening, Bike Polo at MacArthur Center and Handlebards, a British bike theater troupe coming via the Virginia Arts Festival, and the popular 4th Annual Glow Ride.

In fact, there are bike events every single day throughout the month.

Here are some specific to [Downtown Norfolk](#).

But, for the full event schedule and a list of city-wide Bike Month activities, click [here](#).

On Twitter, tag them at: #nfkbikemonth or #downtownlikesbikes.

Here's a quick rundown of events:

May 3 — 5 p.m. — First Fridays, Granby Street

The first 25 bikers to use event bike racks will get a free beer ticket and bike goodie bag. The event includes food trucks and live music with Kat Wright and Del Florida. Stop by ENJOY: for a special pop-up bike repair shop 5-8 p.m.

May 7 — 6 p.m.: Norfolk Bike Expo, Slover Library

The community is invited to attend the second free, public event with bike advocates, ride groups, trail organizations, city staff and other cyclists for a social and educational bike fair.

May 15-22 — Virginia Arts Festival Presents The Handlebards

This lively British troupe will crisscross Norfolk on cycles, playing all parts of Shakespeare's *A Midsummer Night's Dream*, with props and costumes on their bikes. Five free shows throughout Norfolk and Portsmouth.

May 13-17 — National Bike to Work Week

Bike-to-Work Day is Friday, May 17, 7-9 a.m. DNC has expanded to host seven pit stops for bike commuters, with a pit stop located at The Plot with incentives, fruit and water. Riders headed into downtown can also visit other pit stops in MacArthur Square, the Waterside ferry dock, Chelsea, Ghent, Sentara's campus and Old Dominion University's Webb Center.

May 17, 8 p.m. — Glow Ride, The Plot in the NEON District

The 4th annual night-time mass bike ride takes place through the NEON District, Ghent, Freemason and Downtown. Decorate your bike in glowing and neon gear and meet at The Plot to ride with friends. The Handlebards perform at The Plot at 6:30 p.m. before the group ride.

May 18-19 — 3rd Annual Bike Polo Tournament

Norfolk's regional bike polo tournament with teams from up and down the east coast battle it out in this national qualifier at MacArthur Center Green. 9 a.m. to 9 p.m.

May 31 — Pedego Norfolk Grand Opening, MacArthur Square

Celebrate downtown's first bike shop and get a first look at the amazing collection of electric bikes and more.

May 31, 5 p.m. — Bikes, Brews & Baseball, Benchtop Brewing Co. and Harbor Park

Fans of the Elizabeth River Trail will meet up at Benchtop's tasting room and ride along the Elizabeth River Trail to a Tides game at Harbor Park to close out Bike Month.

Look for the Downtown Norfolk Ambassadors who will hand out prizes to riders throughout the month, officials said.

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