



## **BAY STATE BIKE MONTH IN THE PIONEER VALLEY**

**2023 ANNUAL REPORT – FINAL  
SEPTEMBER 2023**

Prepared by the Pioneer Valley Planning Commission  
for the Pioneer Valley MPO

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English: If this information is needed in another language, please contact the PVPC Title VI Specialist at 413-781-6045. Spanish: Si esta información es necesaria en otro idioma, por favor contacte al especialista de PVPC del Título VI al 413-781-6045.

# ACKNOWLEDGEMENTS

This report was prepared in cooperation with the Massachusetts Department of Transportation, the U.S. Department of Transportation - Federal Highway Administration and Federal Transit Administration, and the Pioneer Valley Transit Authority. The views and opinions of the Pioneer Valley Planning Commission expressed herein do not necessarily state or reflect those of the U.S. Department of Transportation.



**Northampton Bike Breakfast** (Image courtesy of Friends of Northampton Trails)

## **Partner Organizations for the 2023 Bay State Bike Month in the Pioneer Valley:**

**Bike Walk Holyoke**  
**Connecticut River Conservancy**  
East Longmeadow  
**Franklin Regional Council of Governments**  
**Friends of the Columbia Greenway Rail Trail**  
**Friends of the Manhan Trail**  
**Friends of Northampton Trails**  
**Hampshire Bicycle Exchange**  
**Holyoke BikePed Committee**  
**Holyoke Planning & Economic Development**  
**Holyoke YMCA**  
**MassBike**

**MassBike CTRV**  
**MassDOT District 2**  
South Hadley  
**Speed and Sprocket Cycle Works**  
**WalkBike Springfield**  
**Way Finders**  
**Western Massachusetts Appalachian Mountain Club**

**Local Contacts:**

**Christy Bannis, Southwick/New Haven & Northampton Canal Greenway**  
**Shannon Bliven, Holyoke**  
**Alden Booth, The People's Pint**  
**Gary Briere, River's Edge Cycling**  
Liz Budd, Speed and Sprocket  
Dan Call, Westfield Columbia Greenway  
**Jack Carolan, Franklin Regional Council of Governments**  
  
Michelle Chase, Town of Agawam  
**Stephanie Colón, Mass in Motion, Holyoke Planning & Economic Development**  
Carly Comossi, Town of West Springfield  
**Sean Condon, Speed and Sprocket**  
**Todd Crosset, Granny's Baking Table**  
Rebekah DeCoursey, Town of Ware  
**Beatrice Dewberry, Way Finders**  
Cynthia Espinosa, Holyoke Bike and Pedestrian Committee, City of Holyoke  
Sean Fallon, Mercy Medical Center  
Dan Fitzgerald, Holyoke Historic Commission  
Karen Foster, All Out Adventures  
Joes Bike Garage, Haydenville  
**Beth Giannini, Franklin Regional Council of Governments**  
Donna Green, Friends of the Columbia Greenway Rail Trail  
Samantha Hamilton, Public Health Institute of Western Massachusetts  
Laura Hanson, MassDOT  
Cynthia Henshaw, East Quabbin Land Trust  
**Alexis Hosea-Abbott, MassBike / Easthampton Rail Trail Committee**  
**Elena Huisman, Friends of Northampton Trails**  
**Betsy Johnson, Walk Bike Springfield**  
**George Kohout, Friends of Northampton Trails**  
Caleb Langer, Sweet Spoken

Emily Langer, Sweet Spoken  
Yolanda Marrow, Baystate Health  
**Jonathan Mchatton, Friends of the Columbia Greenway**  
Jonathan Moss, Pioneer Valley Riverfront Club  
**David Neal, Holyoke YMCA HUBS**  
**Dawn Nims, Holyoke**  
Adam Novitt, Lilly Library  
Julia Oktay, Friends of Northampton Trails  
Brandi Pelletier, Pioneer Valley Transit Authority  
**Nik Perry, Sadie's Bikes - Greenfield/Turners Falls**  
**Don Podolski, New Horizons Bikes**  
**Alicia Purdy, Friends of Northampton Trails**  
**Jes Slavin, MassBike**  
Carmel Steger, Friends of the Columbia Greenway Rail Trail  
**Liz Sturgen, Friends of the Manhan Rail Trail**  
**Kristen Sykes, MassBike**  
Aaron Tauscher, Southampton Greenway Committee  
Alison Tetrick, Little Bellas  
Iohann Vega, Holyoke Media's Director of Media Engagement  
**Heather Vinskey, Hadley**

**Disclaimer:** We want to acknowledge the contributions of everyone who made this year's Bike Month a success and apologize for missing anyone not listed above. The use of bold type font in the preceding list indicates direct involvement in the planning of this year's events.



**Main Street Bridge in Westfield** (Image courtesy of Friends of the Columbia Greenway Rail Trail)



# BICYCLING IN THE PIONEER VALLEY

In 2023, the Pioneer Valley Planning Commission (PVPC) continued to partner with various public and private organizations to encourage bicycling in the Pioneer Valley. In collaboration with municipalities, advocacy groups, and businesses, PVPC promoted public awareness and advocated for policies and programs that encourage bicycling.



**Bike Audit Ride at Roosevelt Avenue in Springfield** (Image courtesy of WalkBike Springfield)

# BIKE MONTH OVERVIEW

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## INTRODUCTION

PVPC has been raising awareness about the importance of bicycling through working with local coordinators to organize a month full of bike related events in Hampden, and Hampshire counties. The effort aims at galvanizing the energy of local government officials, promoting events in the media, recruiting citizen volunteers, and encouraging the participation of local businesses.

Events for Bay State Bike Month 2023 were held from Saturday, May 6<sup>th</sup> to Saturday, June 10<sup>th</sup>. This is the 24th year that the Pioneer Valley Planning Commission has coordinated this initiative in the Pioneer Valley region. It was known as Bike Commute Week until 2019. During the past four years, it became a month of events to encourage participation throughout the region.

During the past several years, MassBike has taken a leading role in organizing this statewide initiative with biking groups across the state of Massachusetts. MassBike maintains a website and encourages event hosts throughout the state to list their event happenings to allow participants a one stop shop to find bike events of interest during this month. MassBike also promotes the Bike to Work Week designated by the American League of Cyclists which has been the impetus for past Bike Commute Week events in MA and the Pioneer Valley. Again, this year MassBike introduced bike challenges to encourage participants to get into gear for the season.

PVPC staff created a poster listing local bike events in the Pioneer Valley Region during the Bay State Bike Month 2023 and posted it on the PVPC's agency website. The media relations staff at PVPC posted the events to the PVPC Facebook and twitter pages to allow connected individuals and organization to spread the word about various bike events. There were a couple of self-guided activities added more flexibility to allow people to take part at their own pace and engage at their own comfort level. This year again featured the popular bike breakfast hosted by few partners throughout the region during Bike Month with sponsorships by local food businesses, such as River Valley Market, Tandem Bagel, Big E's supermarket, and Grannies Baking Table.

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## EVENTS AND HOST COMMUNITIES

Planning for Bay State Bike Month began in March 2023. At the first planning committee meeting, there were six attendees from various organizations. They agreed to continue to hold a Bike Month to allow flexibility in scheduling events and encourage participation by various

local communities over a longer period. They joined the statewide annual Bike Month held in May and synchronized their efforts with the League of American Bicyclists in designating May 15th to the 21<sup>st</sup> of 2023 as Bike Commute Week.

More than 20 events were held during the 2023 Bay State Bike Month in the Connecticut River Valley. These events took place in Amherst, Easthampton, Greenfield, Hatfield, Holyoke, Northampton, Northfield, Springfield, Westfield and Whately. Events were held during various times of day and days of the week to reach as many bicycle enthusiasts and potential cyclists as possible. Local events in order of occurrence included the following:

- Hatfield: Introduction to Recreational Road Riding
- Springfield: Riding to Make Roosevelt Ave. Safe
- Northampton: 4th Annual Art Wall
- Whately: Intro to Recreational Road Cycling
- Northfield: Northfield Mountain Ride and Relicensing Education Session
- Springfield: 2<sup>nd</sup> Annual Mural Ride
- Westfield/Hadley: Bike for Bagels on the Trails
- Greenfield: Franklin County 2023 Bike Breakfast
- Northampton Bike Breakfast
- Easthampton: Bike to the Northampton Bike Breakfast from Easthampton
- Westfield: Ride of Silence
- Holyoke: BikePed in the City
- Northampton: Fish Migration Bike Party
- Springfield: Bike to Beignets
- Northampton: 4th Annual Great Tree Bike Tour
- Hatfield/Whately/Deerfield: AMC 25 Miles Ride of Farms and Quiet Roads
- Holyoke: Mayoral Bike Ride
- Westfield: Mayor's Bike Ride
- Northampton: The 29<sup>th</sup> Garden Tour by Bike
- Amherst: Wednesday Night Rides

The following images depict various activities held in the Pioneer Valley region during the month of events. The following are images of the Northampton Bike Breakfast activities organized by the Friends of Northampton Trails group. The event included various speakers and tent booths by bicycle businesses and sponsors such as: Speed and Sprocket Cycle Works, River's Edge Cycling, Northampton Cycling Club (NCC), New England Mountain Bike Association (NEMBA), Appalachian club, and local radio station WHMP.





**Northampton Bike Breakfast**

Several events had an artistic theme for their bike activities as shown by the following images. The first image shows an activity venue that offered an outlet for expression to users of the Northampton trails on the poster boards mounted to fence along the Northampton Rail Trail during the annual Art Wall activity in celebration of Bike Month. The second image is for one of the murals along the annual Mural Ride in Springfield, which displays larger than life scale images of famous basketball players in action.



**Northampton Art Wall**



**Mural Ride in Springfield** (Image Courtesy of WalkBike Springfield's Second Annual Mural Ride)



The third artistic event combined decorative crafts with a nature trip following fish migration path through the valley's river and tributaries. The images below depict the Northampton bike party, where cyclists decorated their helmets with fishtail shapes using colorful craft paper.



**Fish Migration Bike Party in Northampton** (Images courtesy of Friends of Northampton Trails)

Bike Month events aim to encourage residents of the Pioneer Valley to get on their bikes or join by foot and replace car trips with green, active modes of transportation that promote good health and reduce the emission of greenhouse gases. These initiatives encourage mobility independence using transportation alternatives to the single occupancy vehicle. The various bike challenges also encourage people to commute by bike and make biking part of their regular travel.

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## PARTICIPATION

There was good participation in the Bike Month activities and more attendance this year at recurrent popular annual events. Participants displayed a wide range of riding levels and motivations for riding bicycles. This shows the continued success of initiatives that raise awareness about the importance of bicycling in the Pioneer Valley. It also demonstrates the

need for ongoing and sustained funding for bicycle infrastructure, improvements to trails, safety education, and bicycling activities in the Pioneer Valley. The next image is of the participants in the Mayoral Bike Ride in Holyoke through the city center.



### Mayor's Bike Ride in Holyoke

A List of events by community is shown in the table below. Event partners reported an estimate of over 700 participants at ten of the twenty-two events held this year. A couple of events were canceled due to rain. Another two events had no show on the day of the event. A fair level of participation at the rest of the events was expected, though not reported.



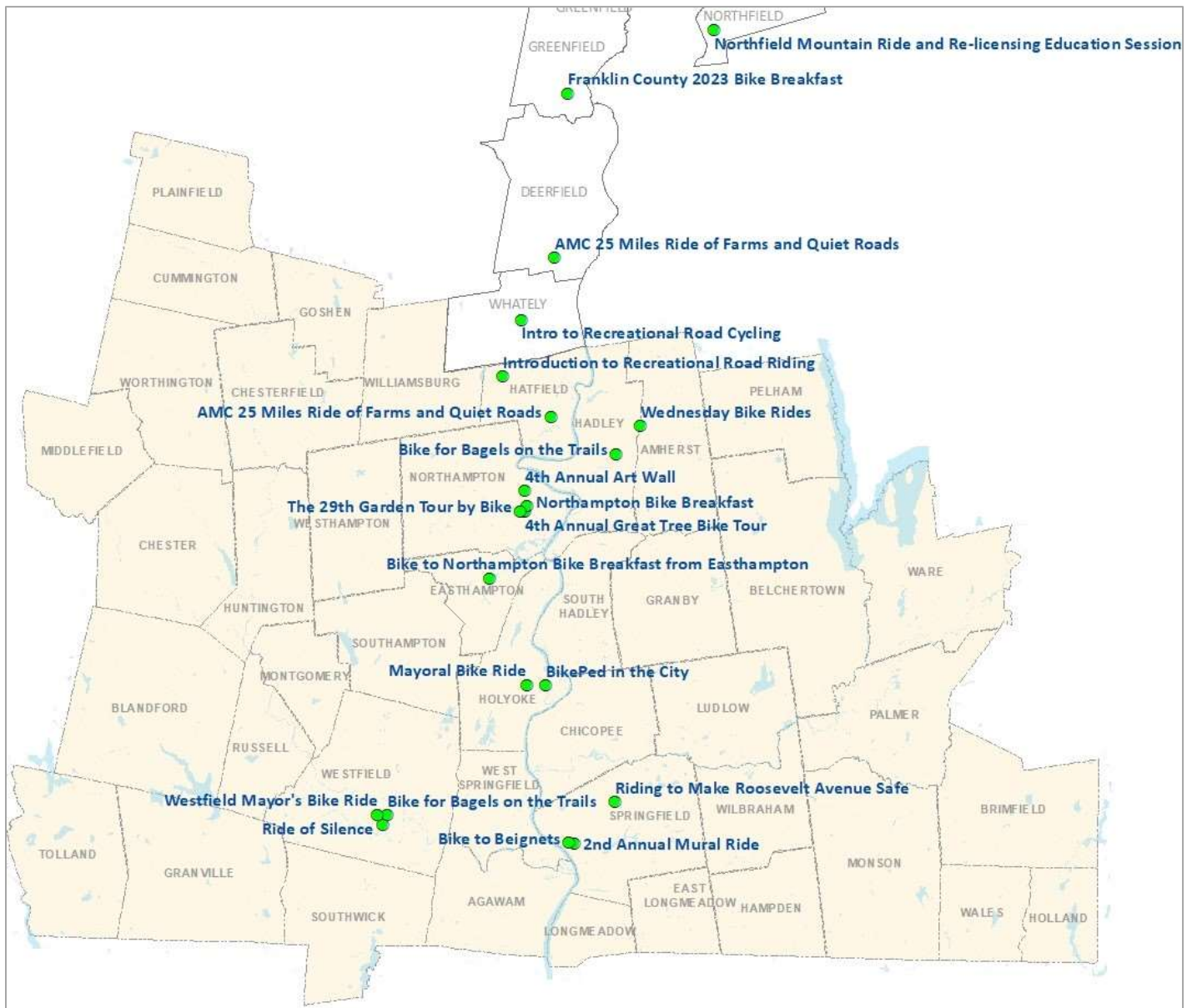
### Bay State Bike Month Events in the Pioneer Valley

COMMUNITY	TITLE OF EVENT	ATTENDANCE	WEATHER CONDITION	ADDITIONAL NOTES
<b>Amherst</b>	Wednesday Bike Rides	8-20		
<b>Easthampton</b>	Bike to the Northampton Bike Breakfast	3	Good	Most folks were probably unaware it was happening. Gather at event and ride back next year.
<b>Greenfield</b>	Franklin County 2023 Bike Breakfast	25	Good	Coordinate potential activities and information presented
<b>Hadley</b>	Bike for Bagels on the Tails	0	Rain/ Hot Sun	Interest was expressed on social media, but no show up.
<b>Hatfield</b>	AMC-Introduction to Recreational Road Riding	7		14 Miles, mostly flat
	AMC- Ride of Farms and Quiet Roads	3		25 Miles, mixed terrain through Hatfield/Whatley/Deerfield
<b>Holyoke</b>	BikePed in the City	5		
	Mayoral Bike Ride	15	Good	First time and very successful. Repeat next year.
<b>Northfield</b>	Northfield Mountain Ride and Re-licensing Education Session	NR		
<b>Northampton</b>	4th Annual Art Wall	50	Not a factor	10 days in effect
	4th Annual Great Tree Bike Tour	75	Not a factor	12-day event
	Northampton Bike Breakfast	85	Cold but bright	Mayor's proclamation, radio station broadcast from site, good press coverage by WWLP TV and Reminder newspaper
	Fish Migration Bike Party	50	Perfect	Collaboration with CT River Conservancy
	The 29 <sup>th</sup> Garden Tour by Bike	450 / 50 bicyclist	Good	Fundraiser for Forbes Library
<b>Springfield</b>	Riding to Make Roosevelt Ave. Safe	4	Perfect	
	2 <sup>nd</sup> Annual Mural Ride	2	Perfect	Do not schedule on Mother's Day
	Bike to Beignets	4		On Bike Commute Day. It was better in the past when attached to a scheduled group bike ride
<b>Westfield</b>	Bike for Bagels on the Trails	0	Rain/ Hot Sun	Interest was expressed on social media but no show up.
	Ride of Silence	12	Mostly clear, chilly	Two PD cruisers escorted the entirety of the ride. Passed by Westfield State just as the graduate commencement ceremony let out, so we had quite a few spectators. Chilly weather may have suppressed attendance, but we were very pleased with the number that participated.
	Westfield Mayor's Bike Ride	N/A	Rain	Canceled due to rain
	Central Section Grand Opening Celebration	N/A	Rain	Central Section was not yet open.
<b>Whatley</b>	AMC-Intro to Recreational Road Cycling	0		Canceled due to low attendance. 15 Miles, mostly flat

\*NR Not Reported



New partners joined the month-long initiative this year in addition to last year's. They offered a few more in-person events, an improvement on last year's lineup. The following map displays locations of this year's events and highlights participating communities.



**Pioneer Valley 2023 Bike Month Event Locations**

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## GIVE-AWAY MATERIALS

Bike Month themed stickers were made available this year by MassBike at select event locations. MassBike also offered educational materials related to the new [Massachusetts Vulnerable Road Users Laws](#) that required motorists to allow four feet when passing. Other giveaways this year included breakfast items hosted by several partners, and Beignets by Granny's Baking Table in Springfield.

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## WEBSITE AND SOCIAL MEDIA

MassBike hosts and maintains the website [www.baystatebikemonth.org](http://www.baystatebikemonth.org). This site provides information about events happening across the state, shown by town on a map as well as a list of events scheduled. PVPC staff posted the Poster of the events happening in the region to their bulletin boards and made copies available for partner communities and dropped off copies at business partner locations. In addition, PVPC used its social media platforms, Facebook and Twitter, to promote events across the region. Local news covered some of the events such as MassLive News Channel, Western Mass News, 22 News and the [Reminder](#); which can be viewed at the following weblinks:

<https://www.westernmassnews.com/2023/05/18/ride-silence-brings-road-safety-awareness-motorcyclists-honors-victims/>

<https://www.masslive.com/westfieldnews/2023/05/ride-through-westfield-tonight-urges-drivers-to-be-mindful-of-cyclist-safety.html>

<https://www.wwlp.com/news/local-news/hampden-county/city-of-holyoke-issue-plans-to-make-bicyclists-more-safe/>

<https://www.there minder.com/localnews/holyoke/mayoral-bike-ride-showcases-bike-friendliness-of-h/>

Local coordinators and partnering organizations, in many of the participating communities, posted announcements on their own websites and social media platforms to disseminate information about events they were hosting. Screen captures of their social media postings that advertise their events are included in the Appendix at the end of this report.

The images below depict the Bay State Bike Month 2023 announcement of events in May in the Pioneer Valley, as posted in the PVPC Facebook and Twitter pages.

 Pioneer Valley Planning Commission  
1h · 🌐

Still plenty of great opportunities to participate in this year's Bay State Bike Week!

Check out the link below to look up events to educate and celebrate all things biking in the Valley.



[BAYSTATEBIKEMONTH.ORG](http://BAYSTATEBIKEMONTH.ORG)  
**Bay State Bike Month Events**  
Bay State Bike Month means we're growing our statewide celebrati...

 **PVPC** @PVPlanning · 1h ...

Still plenty of great opportunities to participate in this year's @MassBikePV Bay State Bike Week!

Check out the link below to look up events to educate and celebrate all things biking in the Valley.



[baystatebikemonth.org](http://baystatebikemonth.org)  
Bay State Bike Month Events  
Bay State Bike Month means we're growing our statewide celebrations this year!

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## POSTERS

A color poster (11-inch by 17-inch) listing all events in the region, was a key component of advertising the Bay State Bike Month in the Pioneer Valley. Electronic files of this poster were emailed to partners throughout the region. Printed posters were distributed upon request with a concentration in the towns that hosted most events. The poster was created by the graphics staff from PVPC. Poster is displayed on the next page.



# 2023

## Bay State Bike Month

Events For Everyone in the Pioneer Valley

**Saturday, May 6, at 10:00 AM**

### AMC - Introduction To Recreational Road Riding

Advance registration required for location details in Hatfield.

For people new to recreational group cycling. 14 miles mostly flat, relaxed, group riding (9-11 mph). Safety/riding instruction and helmet fit check. Build confidence, learn bicycle upkeep, prepare for challenging rides. Road/ hybrid bike and a helmet needed.

**Thursday, May 11, at 6:00 - 9pm**

### Riding to Make Springfield's Roosevelt Ave. Safe

A Bike Audit: Help WalkBike Springfield improve the cycling safety of the 3.3-mile Roosevelt Ave. Bicyclists to document safety issues from East St. (return to Central) and then to Alden St. (and return) - total 6.6 miles. Foam noodles will demonstrate the 4-foot distance that vehicles must provide "vulnerable road users" per the newly enacted legislation. Springfield Central High School 1840 Roosevelt Ave, Springfield.

**Friday, May 12, at 12:00am - May 23, 2023**

### Northampton Art Wall

The Art Wall provides a safe space for people to share their trail-related doodles, drawings, poetry & thoughts. The Art Wall is located behind Taco Bell at the intersection of the MCRT and the NHNCG trails, 203 King St Northampton, MA.

**Saturday, May 13, at 10:00 AM**

### AMC Intro to Recreational Road Cycling - Whately

Advance registration required for location details in Whately.

For people new to recreational group cycling. 15 miles mostly flat, relaxed, group riding (9-11 mph). Safety/riding instruction and helmet fit check. Build confidence, learn bicycle upkeep, prepare for challenging rides. Road/ hybrid bike and a helmet needed.

**Thursday, May 13, from 12:00 pm - 3:00 pm**

### Northfield Mountain Ride and Relicensing Education Session

Learn and get involved with the FirstLight relicensing and join a led group ride hosted by Bicycle World on the beautiful trails at Northfield Mountain. Intermellow ride pace, but with some technical hilly terrain so bring your climbing legs! Northfield Mountain Recreation and Environmental Center 99 Millers Falls Rd, Northfield. Sign up here to save time at the trailhead: <https://x.gdn.io/e/bxSUQurCjzb>

**Sunday, May 14, at 1:00 pm**

### WalkBike Springfield's Second Annual Mural Ride

Starting at the Seuss character mural under Rte 91 at East Columbus & State St. (parking available at entrance to Riverfront Park). Slow/mostly flat ride to the South End, then to the North End visiting over 20 murals! Ending at Drury Way on Worthington Street.

**Sunday, May 14 and May 28 at 3:00 pm**

### Bike for Bagels on the Rail Trail, Westfield, MA or Hadley, MA

Alternating locations. Westfield, please park near the Rail Trail at Westfield Stop & Shop and in Hadley behind the Hadley Walmart. Locations alternate each week. This is a 20 mile round trip ride. Please contact [Dneal@holyokeymca.org](mailto:Dneal@holyokeymca.org)/Holyoke Urban Bike Shop in advance to verify which location falls on either date.

**Tuesday, May 16, at 8:00am - 9:30am**

### Franklin County 2023 Bike Breakfast

Celebrate Bike Week with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the Transit Center near concourse. Juice, coffee, fruit, and some sweet treats will fuel your morning bike commute.

J.W. Oliver Transit Center, 12 Olive St, Greenfield.

**Wednesday May 17, at 7:30am - 10am**

### Northampton Bike Breakfast

Walk, ride or roll-in to a simple outdoor breakfast with other cyclists and their families. A variety of bike clubs, advocates and reps will be on site promoting the many benefits of biking in our communities. Enjoy a free bagel, coffee, fruit, and pastries on your way to work or to simply start your day in style. Corner of Merrick Lane and King St. near Calvin Theater and Hotel Northampton in Northampton, MA, Friends of Northampton Trails.

**Wednesday, May 17, at 8:00am - 12pm**

### Bike to the Bike Breakfast from Easthampton

Ride 4 miles with us on the trail to Northampton's Bike Breakfast (a Bay State Bike Month Event). Enjoy the festivities and return. Or continue riding through Leeds, Haydenville, Florence, and back to Easthampton on trails/roads (25 miles of rolling terrain). Leaders and cue sheets provided. Millside Park, 2 Ferry St, Easthampton.

**Wednesday, May 17, at 7:00pm - 8pm**

### Westfield: Ride of Silence

Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road, and remain silent during the ride. Westfield Middle School, 30 W Silver St Friends of the Columbia Greenway Rail Trail

**Thursday, May 18, from 6:00 pm - 7:30 pm**

### Fish Migration Bike Party

Connecticut River Conservancy is partnering with Friends of Northampton Trails on a family-friendly, ride that will follow the fish that migrate up the Connecticut River and its tributaries. This ride will be educational and fun! Join us!

Pre-register at <https://FISH-MIGRATION-BIKE-PARTY.EVENTBRITE.COM> Meet in Pulaski Park, Main St. Northampton.

**Friday, May 19, from 7:30 am - 10 am**

### Bike to Beignets

For Bike-to-Work Day - All cyclists will get a free order of beignets at Granny's Baking Table, 309 Bridge St. Springfield

**Friday, May 19, at 12:00am - May 31**

### Great Tree Bicycle Tour, Northampton and Florence Neighborhoods

This self-guided tour of 11 majestic trees! Map / brochure available online at Friends of the Northampton Trails on Fri May 19. QR based audio files provide a clear description of each tree and its attributes. The 10-mile round trip is suitable for all skill levels. Participation is free. Roundhouse Parking lot in Northampton, MA

**Saturday, May 20, at 10:00 AM**

### AMC - Twenty-five Miles of Farms and Quiet Roads

Advance registration required for location details in Hatfield. Scenic 25-mile group ride in Hatfield, Whately, and Deerfield. Starts flat and climbs (600 ft ascent). Semi-rural with cows, horses, and goats. A moderate 12-14 mph with stop for snack. Functioning road bike, helmet, snack, water, spare tube needed.

**Wednesday, May 24, at 5:30pm - 7pm**

### Westfield: Mayor's Bike Ride

Join Mayor McCabe and the Friends of the Columbia Greenway Rail Trail on a bike ride through Westfield and on the Columbia Greenway Rail Trail to celebrate Bay State Bike Month! This is a family-friendly event and helmets are recommended. Westfield City Hall in Westfield, MA.

**Saturday, June 10, at 10:00 am**

### The 29th Northampton Garden Tour, by Bike

Garden Tour, hosted by Friends of Forbes Library, by bike! Enjoy biking to six spectacular home gardens and support our local library. In partnership with Friends of Northampton Trails, a bike route map will be provided in ticket packets. \$20 fee.

**Saturday, June 17, at 10:00 am**

### Westfield: Central Section Grand Opening Celebration

Join us to celebrate the grand opening of the Central Section of the Columbia Greenway Rail Trail! A ribbon cutting ceremony at the beginning of the Main Street Bridge, followed by a group walk and roll down the Central Section to the Westfield River Esplanade, where the celebration will continue. The entire community is invited!

**Wednesday (Bi-monthly) at 6:00 PM**

### Wednesday Night Rides - Hampshire Bicycle Exchange

Night rides bi-monthly on Wednesday. Bring your light. Expect some asphalt, some gravel and lot of bumpy single track. More information on Instagram at <https://www.instagram.com/hampshirebicycle/> Hampshire Bicycle Exchange in Amherst, MA.

### MassBike Bike Month Challenges

**Carry It With You Challenge:** Bicycles are for recreation, transportation, and a self-powered way to haul stuff around town. If you've loaded panniers, a rack, or found a way to carry something by bike - we want you to show us! One winner will receive a basket from Nantucket Bike Basket Co.

**Be a Bike Buddy Challenge:** Bikes are better with friends! This challenge is about sharing #bikejoy with friends! One winner will receive two bike locks from Kryptonite & two Bay State Bike Month T-shirts (one for the winner & one for the bike bud).

**Bike Month Ride Challenge:** Looking to log your miles during May? From May 1 - 31, join MassBike's Love to Ride Group. The challenge is to get more people riding. Visit: [https://www.baystatebikemonth.org/bikemonth\\_challenges](https://www.baystatebikemonth.org/bikemonth_challenges)



Use the QR code to find the Bay State Bike Month website.

Or go on line to [www.baystatebikemonth.org](http://www.baystatebikemonth.org)

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## ADVERTISING

The poster was an effective tool to provide a snapshot of all events in the Pioneer Valley. However, it provided limited space to share detailed information about each event. Again, this year, the poster included a QR code to facilitate easy access to the electronic version of the poster, which included hyperlinks to event details furnished by event organizers.

Many event announcements directed people to get further information from MassBike's website: <https://www.baystatebikemonth.org/>. Therefore, the website was an effortless way to provide additional information needed.

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## SURVEY

The annual Bay State Bike Month survey has been a useful tool for obtaining data from participants about their preferences, bicycling frequencies, and needs. Traditionally, this survey helped document the state of bicycle ridership in the region. Results from the survey are used to support future bike-related programs, policies, and projects. This year, MassBike distributed the survey questionnaire to their email list and posted it to social media outlets. The 2023 Bike Month Survey can be viewed at the following link: [2023 Bike Month Survey](#)

Six of the fifty-one responses to the statewide survey came from residents of the Pioneer Valley who either took part in or hosted a bike month event. Respondents came from various parts of the region. Four out of the six indicated that the Bike Month events encouraged them to ride their bicycles. All respondents were 35 years of age or older and half of them were 55 or older. The majority were men. The following excerpts are from responses to three of the questions.

1) What was your favorite part of Bay State Bike Month?

- Biking.
- Enjoyed the networking for Bay State Bike Month.
- That bikes are more present in the media.
- Seeing all of the options for riding in events besides our event.
- There was an event in the next town I could go to.

2) What can we do to make Bay State Bike Month better in 2024?

- Better advance notice, more events in Western Mass.
- Our poster at PVPC was put out a bit late (after May 1st) and ended up being a glorified schedule, super hard to read. Needed better design from a graphic designer.
- I'd like to see lots of small scale (table) information stands all over educating folks on the current and future state of bike laws and infrastructure.



- More options for celebrating bike events.
- Our town used to sponsor a bicycle breakfast event, which it does not do any more. It would be great if it continued to sponsor it in the future. Amherst is falling back further and further in bicycle awareness in comparison to surrounding towns.

### 3) What additional feedback do you have about Bay State Bike Month?

- Could use regional Bike/Ped groups meet & greets. Rides sort of accomplish this but more explicit event might help.
- In events we used to be able to renew our membership in person. It is not possible anymore, for some reason, which means my membership is slacking.
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## FUTURE GOALS

PVPC staff worked with Bike Month organizers and the Pioneer Valley Bicycle and Pedestrian Sub-Committee to establish the following goals for future events to celebrate the annual Bike Month.

- Encourage family friendly events as an opportunity to educate and promote the next generation of riders.
- Focus on health benefits and education of all ages, while promoting a multimodal transportation network to offer alternative transportation choices within the pioneer valley.
- Work with the PVPC Bike/Ped Committee to identify new communities to engage in future Bike Week Events for next year.
- Promote better attendance by grouping Cities that could work together, while identifying routes that make connections to and from each.
- Use future bike month planning meetings as an opportunity for event hosts to collaborate on creating larger events. Fewer but larger events could be more attractive to participants.
- Work with MassBike to develop and promote new events for next year.
- Research options for age-friendly participation in Bike Month Planning to remove potential technical barriers.
- During the planning stage, remind participating event hosts to include groups of people with disabilities in their outreach efforts.
- Offer family friendly bike rides throughout the region. The monthly nature of the Northampton Bike Party is an effective way to build community. Building on critical mass rides nationwide, the local initiative has turned into a social gathering including some treats at the completion of a casual group ride down the main street of a community.
- Increase efforts in social media coverage to promote Bike Month events.

- Work with communities to help them promote their events.
- Continue to work on improving the ability to promote events. Media outreach worked well using flyers and postcards sent out as well as advertisements on local radio.
- Address the issue of a text heavy poster due to doubling of the number of events. The use of a graphic with a QR code pointing to the detailed schedule of events could be more effective. Or offer a choice for a sub-regional poster that lists fewer events close to where the poster is being hung. An example would be to group Easthampton, Holyoke and Northampton events in one poster. Another idea is to color code events or group them by town/city to easily identify event locations in a busy poster.
- Increase organization and coordination around the information being presented and other potential activities during the bike breakfast event. Work more with the local bike shops for this event.
- Most people who rode their bikes from Easthampton to Northampton to attend the bike breakfast seemed to be more experienced bikers as opposed to casual bikers. Given the time of the event in the morning and during the school year, the attendees were all adults. Maybe in the future, there could be some way to attract a wider aged audience.
- Explore the use of automated counters to detect participation at major events.
- Promptly reach out to Bike Week Event Organizers to get estimates of attendance at the conclusion of Bike Month.

## APPENDIX

- **National Bike Month Promotion**
- **Bike Month Poster**
- **Baystate Bike Month Website**
- **Survey**
- **Social Media Coverage**
- **Great Tree Bicycle Tour Map**



## EVENTS

NATIONAL BIKE SUMMIT ▼

NATIONAL BIKE MONTH ▼

DRIVE LESS, BIKE MORE ▼

WEBINARS

JOIN/RENEW

DONATE

🔍 Search this website

MENU ≡

[Home](#) » [Events](#) » National Bike Month

## NATIONAL BIKE MONTH

May is National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling – and encourage more folks to giving biking a try.

**In 2023, we'll be celebrating all the ways people bike during National Bike Month.**

There are so many ways to celebrate Bike Month: with a commute during Bike to Work Week (and Day!), biking to coffee or around the block, or riding on May 7 for **National Ride A Bike Day**.

### Save the Date

**Bike to Work Week 2023 will take place May 15-21, 2023, and Bike to Work Day is on Friday, May 19!**

Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of our movement for safer streets, connected communities, a healthier planet, and happier people.

As the national sponsor of Bike Month, the League provides resources to help you and local organizations in your area plan an event, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide.

## PIONEER VALLEY EVENTS POSTER

# 2023

## Bay State Bike Month

Events For Everyone in the Pioneer Valley

**Saturday, May 6, at 10:00 AM**

### **AMC - Introduction To Recreational Road Riding**

Advance registration required for location details in Hatfield.

For people new to recreational group cycling. 14 miles mostly flat, relaxed, group riding (9-11 mph). Safety/riding instruction and helmet fit check. Build confidence, learn bicycle upkeep, prepare for challenging rides. Road/ hybrid bike and a helmet needed.

**Thursday, May 11, at 6:00 - 9pm**

### **Riding to Make Springfield's Roosevelt Ave. Safe**

A Bike Audit: Help WalkBike Springfield improve the cycling safety of the 3.3-mile Roosevelt Ave. Bicyclists to document safety issues from East St. (return to Central) and then to Alden St. (and return) - total 6.6 miles. Foam noodles will demonstrate the 4-foot distance that vehicles must provide "vulnerable road users" per the newly enacted legislation. Springfield Central High School 1840 Roosevelt Ave, Springfield.

**Friday, May 12, at 12:00am - May 23, 2023**

### **Northampton Art Wall**

The Art Wall provides a safe space for people to share their trail-related doodles, drawings, poetry & thoughts. The Art Wall is located behind Taco Bell at the intersection of the MCRT and the NHNCG trails, 203 King St. Northampton, MA.

**Saturday, May 13, at 10:00 AM**

### **AMC Intro to Recreational Road Cycling - Whately**

Advance registration required for location details in Whately.

For people new to recreational group cycling. 15 miles mostly flat, relaxed, group riding (9-11 mph). Safety/riding instruction and helmet fit check. Build confidence, learn bicycle upkeep, prepare for challenging rides. Road/ hybrid bike and a helmet needed.

**Thursday, May 13, from 12:00 pm - 3:00 pm**

### **Northfield Mountain Ride and Relicensing Education Session**

Learn and get involved with the FirstLight relicensing and join a led group ride hosted by Bicycle World on the beautiful trails at Northfield Mountain. Intermellow ride pace, but with some technical hilly terrain so bring your climbing legs! Northfield Mountain Recreation and Environmental Center 99 Millers Falls Rd, Northfield. Sign up here to save time at the trailhead: <https://x.gdln.io/e/vxSUQnGjzb>

**Sunday, May 14, at 1:00 pm**

### **WalkBike Springfield's Second Annual Mural Ride**

Starting at the Seuss character mural under Rte 91 at East Columbus & State St. (parking available at entrance to Riverfront Park). Slow/mostly flat ride to the South End, then to the North End visiting over 20 murals! Ending at Drury Way on Worthington Street.

**Sunday, May 14 and May 28 at 3:00 pm**

### **Bike for Bagels on the Rail Trail, Westfield, MA or Hadley, MA**

Alternating locations. Westfield, please park near the Rail Trail at Westfield Stop & Shop and in Hadley behind the Hadley Walmart. Locations alternate each week. This is a 20 mile round trip ride. Please contact Dneal@holyokeymca.org / Holyoke Urban Bike Shop in advance to verify which location falls on either date.

**Tuesday, May 16, at 8:00am - 9:30am**

### **Franklin County 2023 Bike Breakfast**

Celebrate Bike Week with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the Transit Center near concourse. Juice, coffee, fruit, and some sweet treats will fuel your morning bike commute.

J.W. Oliver Transit Center, 12 Olive St, Greenfield.

**Wednesday May 17, at 7:30am - 10am**

### **Northampton Bike Breakfast**

Walk, ride or roll-in to a simple outdoor breakfast with other cyclists and their families. A variety of bike clubs, advocates and reps will be on site promoting the many benefits of biking in our communities. Enjoy a free bagel, coffee, fruit, and pastries on your way to work or to simply start your day in style. Corner of Merrick Lane and King St. near Calvin Theater and Hotel Northampton in Northampton, MA, Friends of Northampton Trails.

**Wednesday, May 17, at 8:00am - 12pm**

### **Bike to the Bike Breakfast from Easthampton**

Ride 4 miles with us on the trail to Northampton's Bike Breakfast (a Bay State Bike Month Event). Enjoy the festivities and return. Or continue riding through Leeds, Haydenville, Florence, and back to Easthampton on trails/roads (25 miles of rolling terrain). Leaders and cue sheets provided. Millside Park, 2 Ferry St, Easthampton.

**Wednesday, May 17, at 7:00pm - 8pm**

### **Westfield: Ride of Silence**

Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road, and remain silent during the ride. Westfield Middle School, 30 W Silver St Friends of the Columbia Greenway Rail Trail

**Thursday, May 18, from 6:00 pm - 7:30 pm**

### **Fish Migration Bike Party**

Connecticut River Conservancy is partnering with Friends of Northampton Trails on a family-friendly, ride that will follow the fish that migrate up the Connecticut River and its tributaries. This ride will be educational and fun! Join us!

Pre-register at <https://FISH-MIGRATION-BIKE-PARTY.EVENTBRITE.COM>

Meet in Pulaski Park, Main St. Northampton.

**Friday, May 19, from 7:30 am - 10 am**

### **Bike to Beignets**

For Bike-to-Work Day - All cyclists will get a free order of beignets at Granny's Baking Table, 309 Bridge St. Springfield

**Friday, May 19, at 12:00am - May 31**

### **Great Tree Bicycle Tour, Northampton and Florence Neighborhoods**

This self-guided tour of 11 majestic trees! Map / brochure available online at Friends of the Northampton Trails on Fri May 19. QR based audio files provide a clear description of each tree and its attributes. The 10-mile round trip is suitable for all skill levels. Participation is free. Roundhouse Parking lot in Northampton, MA

**Saturday, May 20, at 10:00 AM**

### **AMC - Twenty-five Miles of Farms and Quiet Roads**

Advance registration required for location details in Hatfield.

Scenic 25-mile group ride in Hatfield, Whately, and Deerfield. Starts flat and climbs (600 ft ascent). Semi-rural with cows, horses, and goats. A moderate 12-14 mph with stop for snack. Functioning road bike, helmet, snack, water, spare tube needed.

**Wednesday, May 24, at 5:30pm - 7pm**

### **Westfield: Mayor's Bike Ride**

Join Mayor McCabe and the Friends of the Columbia Greenway Rail Trail on a bike ride through Westfield and on the Columbia Greenway Rail Trail to celebrate Bay State Bike Month! This is a family-friendly event and helmets are recommended. Westfield City Hall in Westfield, MA.

**Saturday, June 10, at 10:00 am**

### **The 29th Northampton Garden Tour, by Bike**

Garden Tour, hosted by Friends of Forbes Library, by bike! Enjoy biking to six spectacular home gardens and support our local library. In partnership with Friends of Northampton Trails, a bike route map will be provided in ticket packets. \$20 fee.

**Saturday, June 17, at 10:00 am**

### **Westfield: Central Section Grand Opening Celebration**

Join us to celebrate the grand opening of the Central Section of the Columbia Greenway Rail Trail! A ribbon cutting ceremony at the beginning of the Main Street Bridge, followed by a group walk and roll down the Central Section to the Westfield River Esplanade, where the celebration will continue. The entire community is invited!

**Wednesday (Bi-monthly) at 6:00 PM**

### **Wednesday Night Rides - Hampshire Bicycle Exchange**

Night rides bi-monthly on Wednesday. Bring your light. Expect some asphalt, some gravel and lot of bumpy single track. More information on Instagram at <https://www.instagram.com/hampshirebicycle/> Hampshire Bicycle Exchange in Amherst, MA.

### **MassBike Bike Month Challenges**

**Carry It With You Challenge:** Bicycles are for recreation, transportation, and a self-powered way to haul stuff around town. If you've loaded panniers, a rack, or found a way to carry something by bike - we want you to show us! One winner will receive a basket from Nantucket Bike Basket Co.

**Be a Bike Buddy Challenge:** Bikes are better with friends! This

challenge is about sharing #bikejoy with friends! One winner will receive two bike locks from Kryptonite & two Bay State Bike Month T-shirts (one for the winner & one for the bike bud).

**Bike Month Ride Challenge:** Looking to log your miles during May? From May 1 - 31, join MassBike's Love to Ride Group. The challenge is to get more people riding. Visit: [https://www.baystatebikemonth.org/bikemonth\\_challenges](https://www.baystatebikemonth.org/bikemonth_challenges)




Use the QR code to find the Bay State Bike Month website.

Or go on line to [www.baystatebikemonth.org](http://www.baystatebikemonth.org)



## BAY STATE BIKE MONTH WEBSITE

https://www.baystatebikemonth.org/bay\_state\_bike\_n



[Events](#)
[Resources](#)
[Bike Month Challenge](#)

[Join Our Mailing List](#)
[Bike Month Gear](#)

Home » Events

### Bay State Bike Month Events


Find bike events near you

01104

within ☐ 1 mile ☐ 5 miles ☐ 10 miles ☒ 25 miles ☐ 50 miles ☐ 100 miles

[SEARCH](#) or [HOST YOUR OWN](#)

Found 14 bike events:



Friday, May 12, 2023 at 12:00 AM through May 23, 2023  
Northampton Rail Trail in Northampton, MA

#### Art Wall

The Art Wall provides a safe space for people to share their doodles, drawings, poetry & thoughts on "being out on the trail makes me feel ...". The Art Wall is located behind Taco Bell at [\(show all\)](#)

[rsvp](#)

Wednesday, May 17, 2023 at 07:30 AM - 23 rsvps  
Merrick Lane / Calvin Theater in Northampton, MA

#### Northampton Bike Breakfast

Walk, ride or roll-in to a simple outdoor breakfast with other cyclists and their families. A variety of bike clubs, advocates and reps will be on site promoting the many benefits of biking [\(show all\)](#)

Wednesday, May 17, 2023 at 08:00 AM - 1 rsvp  
Millside Park in Easthampton, MA

#### Bike to Bike Breakfast from Easthampton

Join us in a bike ride from Millside Park to Northampton's Bike Breakfast (another BayState Bike Month ticketed Event):  
[https://www.baystatebikemonth.org/georgekohout/northampton\\_bike\\_breakf](https://www.baystatebikemonth.org/georgekohout/northampton_bike_breakf)  
[\(show all\)](#)

Wednesday, May 17, 2023 at 07:00 PM - 1 rsvp  
Westfield Middle School in Westfield, MA

#### Westfield: Ride of Silence

The Ride of Silence will traverse and unite the globe as nothing before it. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while [\(show all\)](#)

[rsvp](#)

Thursday, May 18, 2023 at 06:00 PM  
Pulaski Park in Northampton, MA

Thursday, May 18, 2023 at 06:00 PM  
Pulaski Park in Northampton, MA

### Fish Migration Bike Party



Join Connecticut River Conservancy (CRC) and Friends of Northampton Trails (FNT) during Bay State Bike Month for an educational bicycle ride through the Mill River watershed in Northampton [\(show all\)](#)

Friday, May 19, 2023 at 12:00 AM through May 31, 2023 - 8 rsvps  
Northampton & Florence neighborhoods in Northampton, MA

### Great Tree Bicycle Tour

This self-guided tour of 11 majestic trees should not be missed! The map / brochure will be available online at Friends of the Northampton Trails on Fri May 19. The QR based audio files w/ [\(show all\)](#)

[rsvp](#)

Friday, May 19, 2023 at 07:30 AM  
Granny's Baking Table in Springfield, MA

### Bike to Beignets

For Bike to Work Day - Friday, May19th, Bike to Beignets at Granny's Baking Table, 309 Bridge St. Springfield

All cyclists will get a free order of beignets from 7:30 - 10 am

[rsvp](#)

Saturday, May 20, 2023 at 10:00 AM  
Advance registration required for meeting location details in Hatfield, MA

### AMC TWENTY FIVE MILES OF FARMS AND QUIET ROADS

Join us for a scenic 25-mile ride in the Pioneer Valley towns of Hatfield, Whately, and Deerfield. The ride starts out on flat terrain for a good warm-up and then has some nice hills for g [\(show all\)](#)

Sunday, May 21, 2023 at 03:00 PM - 2 rsvps  
Alternating venues: Westfield Stop & Shop and behind Hadley Walmart in Westfield and Hadley, MA

### Bike for Bagels on the Rail Trail

Please park near the Rail Trail at Westfield Stop & Shop and behind Hadley Walmart. Locations alternate each week. This is a 20 mile round trip. Please contact [Dnsal@holyokeymca.org](mailto:Dnsal@holyokeymca.org) /Holyo [\(show all\)](#)

[rsvp](#)

Tuesday, May 23, 2023 at 05:00 PM  
START: Rohan Park 298 Sargeant St; FINISH: Fame Lounge, 286 Dwight St in Holyoke, MA

### MAYORAL BIKE RIDE

JOIN MAYOR GARCIA AND THE HOLYOKE BIKE AND PEDESTRIAN COMMITTEE FOR A 30 MIN BIKE RIDE AROUND THE CITY TO CELEBRATE BIKE MONTH



Saved to this PC



From the Berkshires to the Cape and everywhere around and in between, riders across Massachusetts are celebrating Bay State Bike Month this May!

Check out our **Events Calendar** to find bicycling events happening in your community. Everyone is welcome to submit their own bike-friendly events to the calendar. If you have questions, reach out to us at [bikeinfo@massbike.org](mailto:bikeinfo@massbike.org).

Join our **Bike Month Photo Challenges** for a chance to win great prizes. These challenges run all month long and encourage you to get out riding!

#### Save the Date

- Wednesday, May 3rd - **Massachusetts Walk, Bike, and Roll to School Day**
- Sunday, May 7th - **National Ride A Bike Day**
- May 15th-19th - **Bike to Work Week**
- Friday, May 19th - **Bike to Work Day**

Get your very own 2023 Bay State Bike Month t-shirt today

## 2023 BAY STATE BIKE MONTH SURVEY

How did you hear about Bay State Bike Month?

☐ MassBike Email

☐ Social Media

☐ Bay State Bike Month Website

☐ MassBike Website

☐ Employer

☐ A Friend / Family Member / Co-worker

☐ Other: \_\_\_\_\_

Home Zip Code

Your answer \_\_\_\_\_

Did the Bike Month encourage you to ride:

☐ More

☐ The Same (no change)

☐ Less

Please select all of the ways you participated in Bay State Bike Month

☐ Attended an event on the Bay State Bike Month Calendar

☐ Hosted an event on the Bay State Bike Month Calendar

☐ MassBike Social Media Challenges

What was your favorite part of Bay State Bike Month?

Your answer \_\_\_\_\_

What can do to make Bay State Bike Month better in 2024?

Your answer \_\_\_\_\_

What additional feedback do you have about Bay State Bike Month?

Your answer \_\_\_\_\_

Demographics

We are working to understand who our programming currently reaches. These questions are all optional.

Gender (Optional)

☐ Woman

☐ Man

☐ Non-binary

☐ Prefer not to state

☐ Other: \_\_\_\_\_

Age (Optional)

☐ Under 18 years old

☐ 18-24 years olds

☐ 25-34 years old

☐ 35-44 years old

☐ 45-54 years old

☐ 55-64 years old

☐ 65-74 years old

☐ 75 years old or older

Ethnicity (Optional)

☐ Asian

☐ Black or African American

☐ Caucasian

☐ Latino, Latina, Latinx or Hispanic

☐ Native American

☐ Native Hawaiian or Pacific Islander

☐ Two or more

☐ Other: \_\_\_\_\_

Next

Page 1 of 2

Clear form

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Submit

Page 2 of 2

Clear form

## SOCIAL MEDIA COVERAGE



Friends of the Columbia Greenway Rail Trail, Inc.

May 1 at 7:30 AM · 🌐

...

Today is May 1st, which means Bay State Bike Month has begun!

Bike Month is a celebration of all things bicycling all across the state and country, including in our own city of Westfield!

There are many events in and around our area to celebrate Bike Month, including the Ride of Silence and the Mayor's Ride here in Westfield!

Check out all the events going on this month at <https://www.baystatebikemonth.org>.



👍 5

1 share





**Friends of the Columbia Greenway Rail Trail, Inc.**

May 7 at 1:17 PM · 🌐

...

Today, Sunday May 7th, is National Ride a Bike Day!

And [MassBike](#) is right, there's no better place to enjoy the day than the Columbia Greenway Rail Trail here in Westfield!

So get out there on your bike and enjoy the beautiful weather!



**MassBike**

May 7 at 10:30 AM · 🌐

Today, May 7, 2023, is National Ride A Bike Day! Take this post as a sign that it's time to grab your bike, check your ABC's (Air, Brakes, Chain), put on your helmet, and get rolling.

There are so many beautiful places to ride in Massachusetts, like the Columbia Greenway Rail Trail in Westfield pictured here. Thanks to the advocacy of the [Friends of the Columbia Greenway Rail Trail, Inc.](#) for supporting such a gorgeous trail!

Where will your bike take you today?



26

2 comments · 2 shares





**Better Biking and Walking for Springfield, MA**

May 7 at 11:28 PM · 🌐

...

Come help us evaluate cycling on Roosevelt Ave. We'll use Pool Noodles to educate drivers about the new Give at least 4' to pass all vulnerable road users. Casual pace, lots of opportunities to stop and assess the roadway.



**Grannys Baking Table · Follow**

May 7 at 3:06 PM · 🌐

Please join us for a bike ride. Meet at Central High, 6 PM, Thursday, May 11. A 6.6 mile ride. Also an audit of Roosevelt Ave for bike safety and a demonstration ride of the new 4ft passing law ( bring a swim noodle if you have one).



2

2 comments

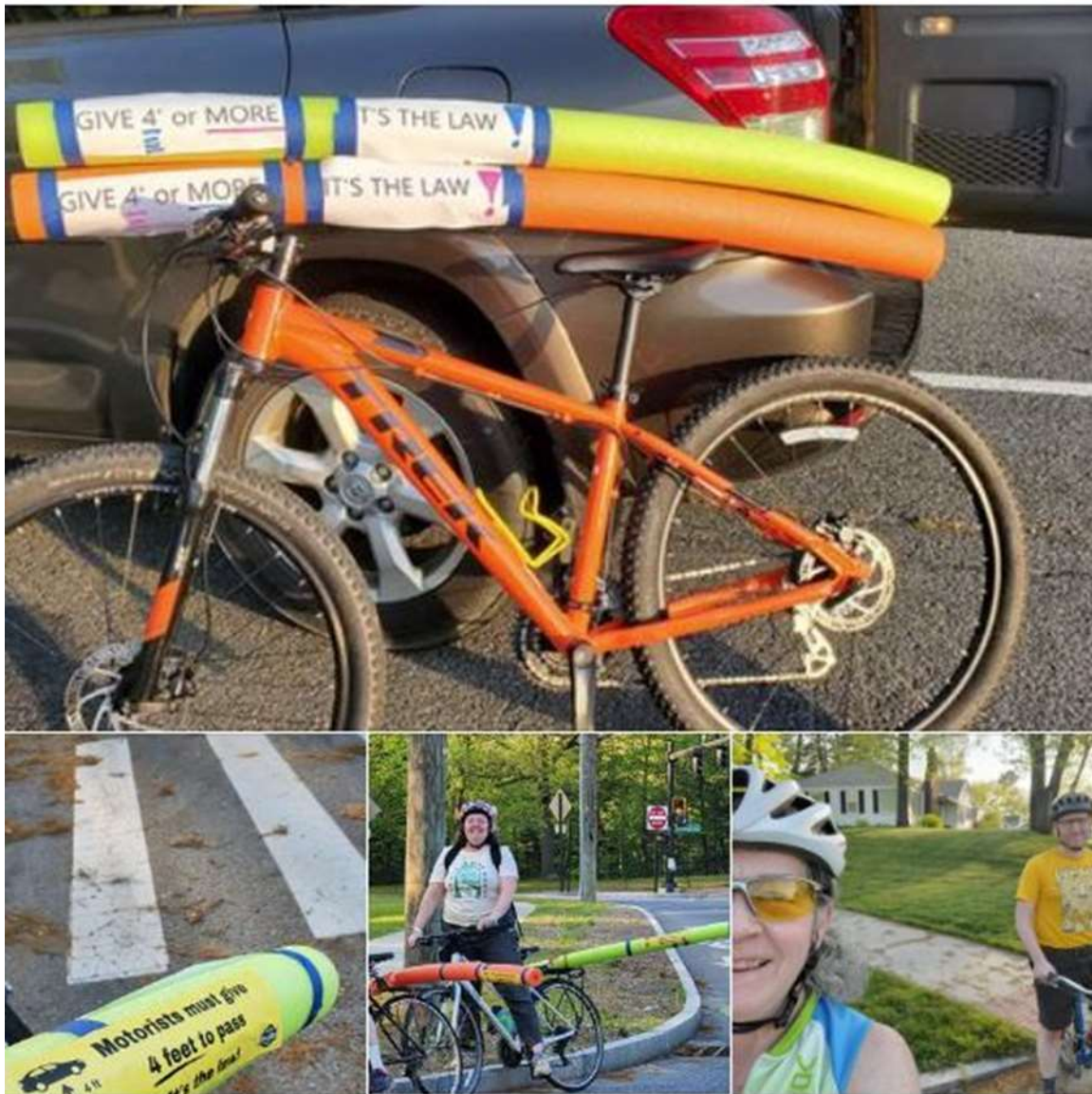


Better Biking and Walking for Springfield, MA

6d · 🌐

...

The Great Noodle Ride & Bike Audit on Roosevelt Avenue







Friends of Northampton Trails

May 9 · 🌐

...

Come be creative on the trail!



FRI, MAY 12

### Bike Month Art Wall

Behind Taco Bell at the intersection of the MCRT and the NHNCG trails.

☆ Interested



Friends of Northampton Trails

5d · 🌐

...

Don't miss your chance to add to the Art Wall off King St. Post your thoughts and doodles on what makes using the trails so healthy & positive. [MassBike Friends of Northampton Trails and Greenways](#) NoHo Arts





Friends of Northampton Trails

May 2 at 12:22 PM · 🌐

...

May is Bay State Bike Month and there are lots of fun things happening. Join us for these events coming up:

May 10 History of the Florence Rail Trail: Register at [HistoricNorthampton.org](https://HistoricNorthampton.org).

May 12 - 22 ART WALL: Come doodle on the art wall on the rail trail behind the Taco Bell. ... See more

## MAY IS BIKE MONTH!



**MAY 10**  
History of the  
Florence Rail Trail

**MAY 12-22**  
Art Wall

**MAY 17**  
Community Bike Breakfast

**MAY 18**  
Fish Migration Bike Party

**MAY 18-30**  
Great Tree Bicycle Tour

**SAVE THE DATE - JUNE 10**  
Northampton Garden Tour -By Bike!

Learn more at  
**FNTRAILS.ORG**



**MORE BIKE MONTH EVENTS  
CAN BE FOUND AT:**

**BAYSTATEBIKEMONTH.ORG  
AND @MASSBIKE**



5

2 shares





MassBike CTRV

May 15 • 🌐

...

[Friends of Northampton Trails](#) is hosting the Northampton Community Bike Breakfast this Wednesday, May 17th! Check out their event below for more details.

Other Bike to Work Week events in the region include:

Mon, 5/16 - Franklin County 2023 Bike Breakfast

([https://www.baystatebikemonth.org/.../franklin\\_county...](https://www.baystatebikemonth.org/.../franklin_county...))

Wed, 5/17 - Bike to Bike Breakfast from Easthampton

([https://www.baystatebikemonth.org/.../bike\\_to\\_bike...](https://www.baystatebikemonth.org/.../bike_to_bike...))

Fri, 5/19 - Springfield Bike to Beignets ([https://www.baystatebikemonth.org/betsyg.../bike\\_to\\_beignets](https://www.baystatebikemonth.org/betsyg.../bike_to_beignets))

## Free! COMMUNITY BIKE BREAKFAST



WED, MAY 17

**Community Bike Breakfast**

Merrick Lane

6 people went

☆ Interested

## FRANKLIN COUNTY 2023 BIKE BREAKFAST



**TUESDAY  
MAY 16**

**8-9:30 a.m.**

J. W. Oliver Transit Center  
12 Olive St., Greenfield

**ALL ARE WELCOME!**

Celebrate Bike Week with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the Transit Center rear concourse.

Enjoy juice, coffee, fruit, and some sweet treats to fuel your morning bike commute.

We'll have some fun  
giveaways as well!



Franklin Regional  
Council of Governments



Friends of the Columbia Greenway Rail Trail, Inc.

1h · 🌐

...

Thank you to everyone who joined us on the Ride of Silence. It was a meaningful experience for us all, and we certainly raised awareness among motorists and others along the way that cyclists have legal right to use the roadways.

Riders wore black armbands to honor someone who was killed, and a red one if they themselves had been injured.



👍❤️👏 9

1 comment 1 share





MassBike

May 17 · 🌐

...

It was a beautiful day for Northampton's annual Bike Breakfast! At the packed event, Northampton Mayor Sciarra proclaimed May 17, 2023 as Bike Commute Day in the city.

Jes, MassBike Communications Coordinator, joined a variety of local bike-friendly organizations tabling at the event including [Friends of Northampton Trails](#), Western Mass [Appalachian Mountain Club](#), [Northampton Cycling Club](#), [Will Bike 4 Food](#), Western Mass [New England Mountain Bike Association \(NEMBA\)](#), & [Speed and Sprocket Cycle Works](#).

Bike to Work Week continues to roll along, with more events happening across the state. Find an event near you at [www.baystatebikemonth.org](http://www.baystatebikemonth.org).





Friends of Northampton Trails

May 18 · 🌐

Join us tonight for a fun and educational ride!

<https://www.facebook.com/events/229499562907495>

# FISH MIGRATION BIKE PARTY

**THURSDAY, MAY 18TH**

**6 -7:30 PM Meet in Pulaski Park**

TO REGISTER FOR FREE, SCAN QR CODE OR VISIT:  
[HTTPS://FISH-MIGRATION-BIKE-PARTY.EVENTBRITE.COM](https://fish-migration-bike-party.eventbrite.com)



Connecticut River Conservancy is  
partnering with Friends of Northampton  
Trails on a family-friendly, casual 90-minute ride  
that will follow the fish that migrate up the  
Connecticut River and its tributaries.  
This ride will be educational and fun! Join us!

*Clean water. Healthy habitat. Thriving communities.*



**Connecticut River  
Conservancy**







MassBike CTRV

May 15 · 🌐

...

On Thursday, May 18th at 6pm join Connecticut River Conservancy (CRC) and Friends of Northampton Trails (FNT) for an educational bicycle ride through the Mill River watershed in Northampton!

The ride will follow the fish that migrate up the Connecticut River and its tributaries at this time of year. Participants are encouraged to decorate their helmets and bicycles to go along with the fish theme and we will have additional supplies to create your own fish fins or tail to attach to your bicycle.

Learn more & register at the link below



EVENTBRITE.COM

### Fish Migration Bike Party

This May, make like the fish and migrate with Connecticut River Conservancy and Friends of Northam...



David Neal

April 14 · 🌐

Bike for bagels is back!!!!

Hadley Walmart to easthampton Tandem bagel. Meet behind the Walmart.

Wheels roll at 8am

Pre order your bagel.

See you there

...



14

27 comments



David Neal

May 19 · 🌐

...

This Sunday BIKE FOR BAGELS is riding from the hadley Walmart. (Behind the the store), ALL are

welcome. Approx. 20 miles on the bike path. Social group ride. Breakfast is at the turn around at Tandem

bagel. Wheels role at 8am

Call ahead your breakfast, tends to busy on sundays at tandem.



11

2 comments



BikePed Holyoke

3d · 🌐

...

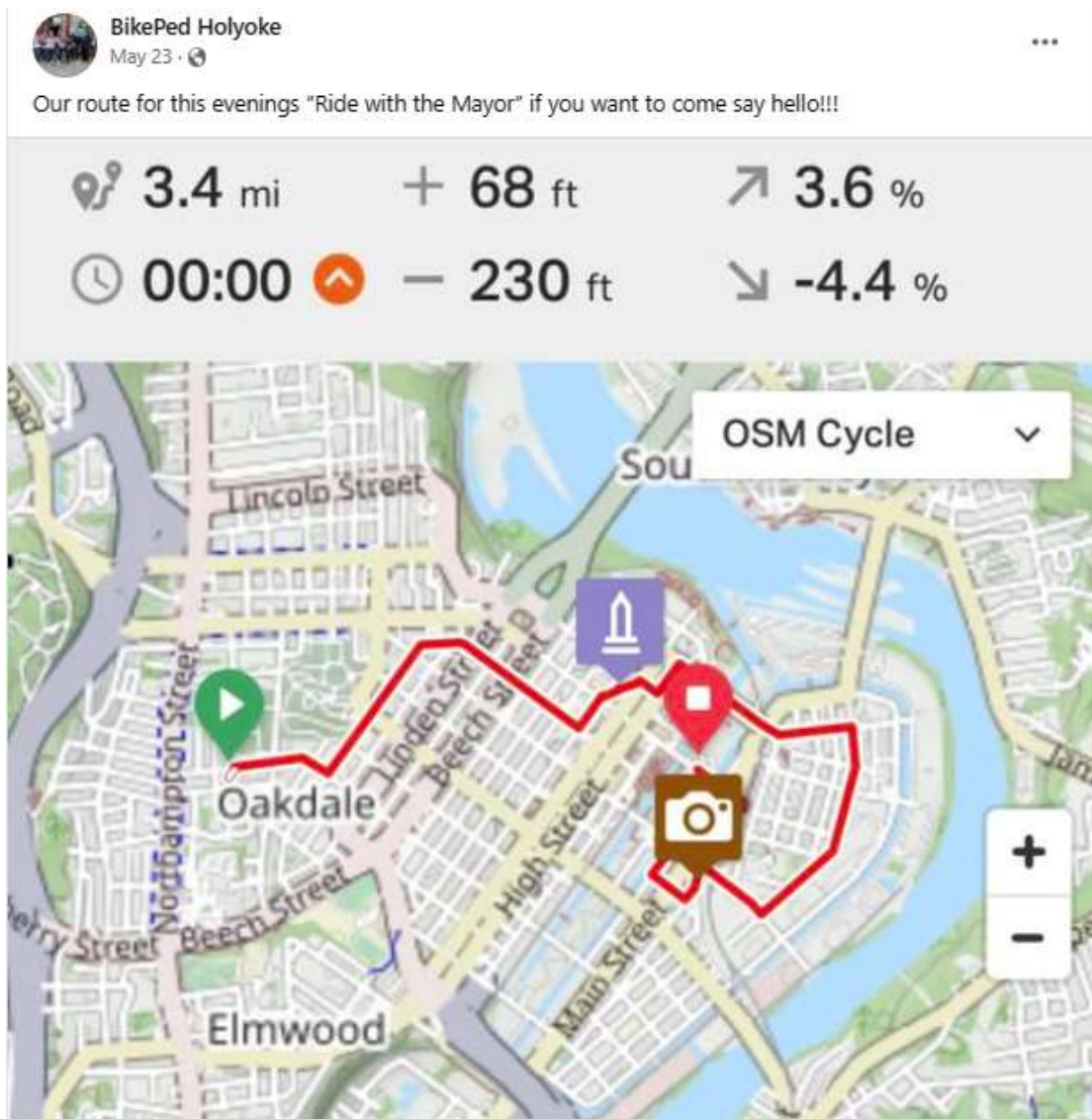
Come down to the [Holyoke Public Library](#) to learn about Holyoke BikePed Comittee, Mass in Motion, take a survey about Beyond Walls Murals and discuss the importance of Bike Racks in the city!!!! [Happy Holyoke Holyoke City Hall City of Holyoke Office for Community Development](#)



👍 6

2 shares









Friends of Northampton Trails

2d · 🌐

...

It's back! Ride around town and check out these awesome trees starting May 19th. There are 3, yes 3!! state champion trees on this tour!



FRI, MAY 19 - MAY 30

**Great Tree Bicycle Tour**

Northampton, MA

29 people interested

☆ Interested



3

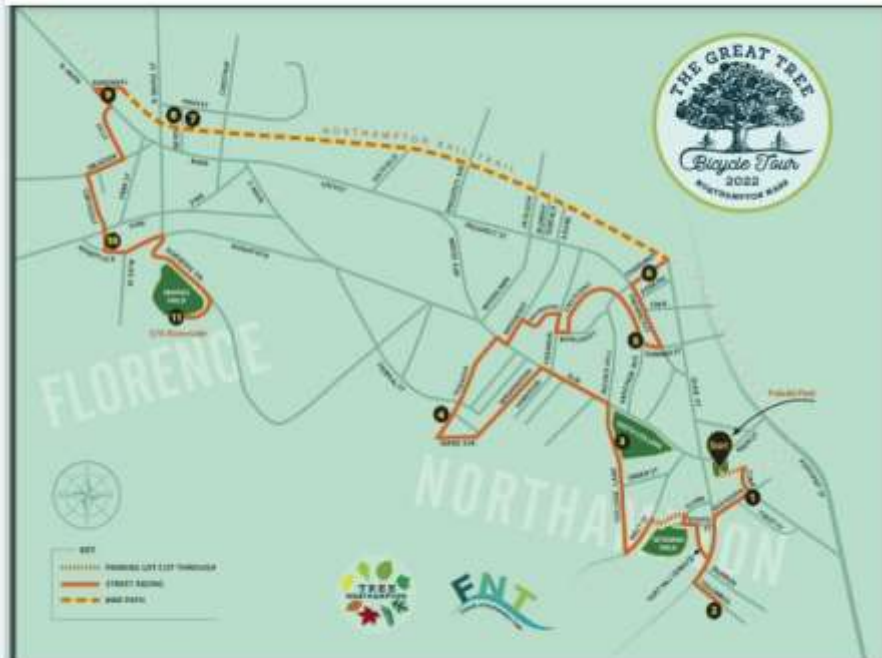


MassBike CTRV

May 21 at 6:35 AM · 🌐

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The Great Tree Bicycle Tour is back and starts TODAY! You can check it out at [www.fntrails.org](http://www.fntrails.org).



9

1 Comment

## BIKE TOUR MAP



### BIKE SAFETY AND ETIQUETTE REMINDERS

- Wear helmet at all times
- Stay alert and obey traffic laws
- Use hand signals for turning and braking
- Be prepared for sudden braking of bikes in front of you
- If stopped, move yourself and your bike safely from traffic
- Do not lean your bike against trees
- Please respect private property

### HOW TO USE THE QR CODES

- Download and open a free QR reader from your smartphone's app store
- Follow the map to each tree location
- With smartphone's QR reader, scan unique QR code for that tree to access audio recording
- Press play and listen

<p><b>1</b></p> <p><b>American Elm</b> 48 Old South Street</p>		<p><b>3</b></p> <p><b>Ginkgo</b> (State Champion) Smith College- 16 College Lane</p>		<p><b>8</b></p> <p><b>Tulip Tree</b> (State Champion) 40 Keyes Street</p>	
<p><b>2</b></p> <p><b>Pin Oak</b> (State Champion) 28 Columbus Ave</p>		<p><b>4</b></p> <p><b>American Sycamore</b> 135 Vernon Street</p>		<p><b>9</b></p> <p><b>White Oak</b> 26 Bardwell Street</p>	
		<p><b>5</b></p> <p><b>Copper Beech</b> 27 Crescent Street</p>		<p><b>10</b></p> <p><b>White Mulberry</b> 1 Corticelli Street</p>	
		<p><b>6</b></p> <p><b>Case Study of Entire Block</b> 15 Stoddard Street</p>		<p><b>11</b></p> <p><b>Buttonball and Summary at Maines Field</b> 570 Riverside Drive</p>	
		<p><b>7</b></p> <p><b>Norway Maple</b> Keyes Street &amp; Bike Paths</p>			