

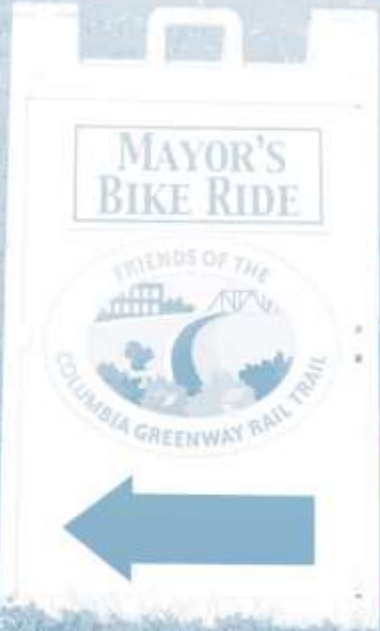
Bay State Bike Month

in the Pioneer Valley



2024 Annual Report – FINAL

September 2024



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

Notice of Nondiscrimination Rights and Protections to Beneficiaries Federal Title VI/Nondiscrimination Protections

The Metropolitan Planning Organization (MPO) operates its programs, services, and activities in compliance with federal nondiscrimination laws including Title VI of the Civil Rights Act of 1964 (Title VI), the Civil Rights Restoration Act of 1987, and related statutes and regulations. Title VI prohibits discrimination in federally assisted programs and requires that no person in the United States of America shall, on the grounds of race, color, or national origin (including limited English proficiency), be excluded from participation in, denied the benefits of, or be otherwise subjected to discrimination under any program or activity that receives federal assistance. Related federal nondiscrimination laws administered by the Federal Highway Administration (FHWA), Federal Transit Administration (FTA), or both, prohibit discrimination based on age, sex, and disability. The Pioneer Valley Region MPO considers these protected populations in its Title VI Programs, consistent with federal interpretation and administration. In addition, the Pioneer Valley Region MPO provides meaningful access to its programs, services, and activities to individuals with limited English proficiency, in compliance with U.S. Department of Transportation policy and guidance on federal Executive Order 13166.

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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.



Mayor Joshua Garcia Leads Mayoral Bike Ride in Holyoke

Partner Organizations for the 2024 Bay State Bike Month in the Pioneer Valley:

- All Bodies on Bikes, Western Massachusetts Chapter**
- Beyond Walls, Holyoke**
- Bikes for All (B4A), Northampton**
- City of Westfield**
- Crissy's G Bakery, Westfield**
- Fame Lounge Eatery, Holyoke**
- Forbes Library, Northampton**
- 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
MassBike
MassDOT District 2
Northampton Cycling Club
Speed and Sprocket Cycle Works
WalkBike Springfield
Western Massachusetts Appalachian Mountain Club
Westfield Conservation Department
Yoga Sanctuary, Northampton



State Representative Lindsay Sabadosa at the Northampton Bike Breakfast

Local Contacts:

Price Armstrong, Holyoke Bike and Pedestrian Committee, City of Holyoke
Christy Banish, New Haven and Northampton Canal Greenway
Shannon Bliven, Holyoke
Gary Briere, River's Edge Cycling
Janet Brown, Southampton Greenway Committee
Liz Budd, Speed and Sprocket
Jack Carolan, Franklin Regional Council of Governments
Michelle Chase, Town of Agawam
Stephanie Colón, Mass in Motion, Holyoke Planning & Economic Development

Sean Condon, Speed and Sprocket

Todd Crosset, WalkBike Springfield

David Desrosiers, Southampton Greenway Committee

Beatrice Dewberry, Way Finders

Karen Foster, All Out Adventures

Beth Giannini, Franklin Regional Council of Governments

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

Joes Bike Garage, Haydenville

Betsy Johnson, Walk Bike Springfield

George Kohout, Friends of Northampton Trails

Jonathan McHatton, Friends of the Columbia Greenway

New Horizon Bikes, Westfield

Ben Quick, Pioneer Valley Riverfront Club

Dawn Nims, MassDOT District 2

Brandi Pelletier, Pioneer Valley Transit Authority

Don Podolski, Friends of the Columbia Greenway

Jes Slavin, MassBike

Carmel Steger, Friends of the Columbia Greenway Rail Trail

Liz Sturgen, Friends of the Manhan Rail Trail

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, to the extent of our knowledge.



Transportation Secretary Monica Tibbits-Nutt, Friends of the Columbia Greenway, State and City Officials at Groundbreaking of Westfield River Levee Multi-use Trail

BICYCLING IN THE PIONEER VALLEY

In 2024, the Pioneer Valley Planning Commission (PVPC) partnered again 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.



PVPC Staff with Partners at the Westfield River Levee Multi-use Trail Groundbreaking Ceremony by MassDOT and the City of Westfield on May 13th, 2024

BIKE MONTH OVERVIEW

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 various media outlets, recruiting citizen volunteers, and encouraging the participation of local businesses.

Events for Bay State Bike Month 2024 were held from Saturday, April 27th to Saturday, May 31st. This is the 25th year that the Pioneer Valley Planning Commission has coordinated this initiative in the Pioneer Valley region.

During the past several years, MassBike has taken a lead role in organizing a statewide initiative among biking groups across the state of Massachusetts. MassBike maintains a dedicated [website](#) page for Bike Month and encourages event hosts to list their event happenings throughout the state there. The website offers interested folks a one-stop shop to locate

nearby bike events. MassBike also promotes a Bike to Work Week during the dates designated by the American League of Cyclists, which has been the impetus for past Bike Commute Week events in the Pioneer Valley and Massachusetts.

This year, MassBike introduced a virtual Bike Month Bingo activity to encourage participants to expand their bike adventures and find some bike joy with friends. Participants would complete a Bike Month Bingo card by doing various types of bike related activities then posting their accomplishment on social media to encourage others to do the same. This would then allow the participant to enter a raffle draw for a Bay State Bike Month prize pack of useful items to cyclists of all levels such as a t-shirt, a buff, socks, and a bike lock.

PVPC staff created a poster listing local bike events in the Pioneer Valley Region during Bay State Bike Month 2024 and posted it on the PVPC's agency website. Upon request, PVPC staff printed color copies of the poster and dropped them off to various local partners to help spread the word out and assist in advertising the various events happening throughout the valley. This year's events included the popular bike breakfast hosted by a few partners in the region during Bike Month featuring sponsorships by local food businesses. Again, there were a couple of self-guided activities to allow people to take part at their own pace and comfort level.

EVENTS AND HOST COMMUNITIES

Planning for Bay State Bike Month began at the end of March 2024. At the first planning committee meeting, there were three attendees from a couple of organizations in addition to the two PVPC staff members. From there on, the committee continued to hold a weekly virtual meeting to support event planning. While not many more joined subsequent meetings, several of repeat participants were very skilled, well organized, and able to develop a series of bike month events for their own community without need for consultation. Local MassBike staff were regularly present at planning meetings. They were instrumental in keeping the group apprised of new events being posted to their bike-friendly virtual calendar of events hosted by the MassBike website. Several trail advocacy agencies and bike clubs joined the efforts of the statewide annual Bike Month held in May. Some bike partners synchronized their efforts with dates posted by the League of American Bicyclists who designated May 13th to the 19th of 2024 as Bike to Work Week.

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 by motorized vehicles. Two of the popular bike events are Mayoral rides and bike breakfasts. In addition, the Great Tree Bicycle Tour which offered both a guided group activity as well as a self-paced option reportedly received an

even higher number of participants. Such annual events have been effective in engaging community members of all ages and abilities. This year, one of community trail cleanup events drew many participants that represented several organizations who collaborated in celebration of earth day and helped their communities gear up for bike month.



Before and After Clean Up of Invasive Bittersweet Vine Along the Trails
(Images Courtesy of Alexis Hosea-Abbott from Easthampton Rail Trail Committee)

About 21 events were held during the 2024 Bay State Bike Month in the Pioneer Valley. These events took place in Amherst, Deerfield, Easthampton, Greenfield, Hatfield, Holyoke, Northampton, Springfield, Westfield and Whately. Events occurred 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:

- Westfield: Earth Day Clean-Up
- Northampton: City-wide Trail Cleanup
- Hatfield: Introduction to Recreational Road Riding
- Northampton: Bike Commuting 101
- Westfield: Bike to Chrissy G's Bakery for Discounts
- Easthampton: Invasive Clean-up along the Manhan Rail Trail
- Whately: Intro to Recreational Road Cycling

- Westfield: Groundbreaking for the Westfield Levee Multi-use Trail
- Holyoke: Mayoral Bike Ride
- Greenfield: Franklin County 2024 Bike Breakfast
- Northampton: Bike Repair Clinic
- Northampton: Community Bike Breakfast
- Westfield: Ride of Silence
- Northampton: May Bike Party Ride
- South Deerfield: AMC 25 Miles Ride of Farms and Quiet Roads
- Springfield: World’s Largest Pancake Breakfast
- Northampton: Bike Yoga
- Springfield: Walk Bike Springfield’s Third Annual Mural Ride
- Northampton: 5th Annual Great Tree Bike Tour
- Westfield: Mayor's Bike Ride
- Amherst: Wednesday Night Rides

The following images depict some of the activities held in the Pioneer Valley region during the 2024 bike month. The first image shows the PVPC’s educational booth at the Northampton Bike Breakfast. The lead organizer for this event was the Friends of Northampton Trails (FNT) group. The event included speakers, tent booths by various organizations, bicycle businesses and sponsors such as: MassBike, UMass Minutemen, New England Mountain Bike Association, Northampton Cycling Club (NCC), Speed and Sprocket Cycle Works, Strong Towns Northampton, Northampton City Planning Office, the Pioneer Valley Transit Authority (PVTA) and the Pioneer Valley Planning Commission (PVPC).



Visitors of the PVPC Booth at Northampton Bike Breakfast

A few of the bike events included an artistic themed activity. The first was the Mayoral bike tour that visited art installations around the City of Holyoke. Images of the murals can be viewed at the following website by clicking on this link: <https://beyondwalls.org/holyoke2023>. They depict various aspects of life in the city and celebrate the diverse culture of its residents.



Moose Mural Along Mayoral Bike Ride in Holyoke
(Image Courtesy of Alexis Hosea-Abbott, MassBike)

The second artistic themed activity is the Springfield Annual Mural Ride, which visits larger than life-scale images featuring the history of the city and representing the diverse heritage of its inhabitants. The Springfield Mural Guide includes a location map of mural installations to date spread around the city. It can be downloaded from this link:

<https://www.freshpaintspringfield.com/tours22> .

These initiatives encourage mobility independence using transportation alternatives to the single occupancy vehicle. Various educational events during this month equip people with skills and knowledge that encourage them to commute by bike and introduce familiarity with bike transport to make biking part of their regular travel.

PARTICIPATION

There was good participation in new Bike Month activities and the expected attendance 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.



Westfield River Levee Multi-use Trail Groundbreaking Event



FRTA and FRCOG Bike Breakfast Event at Olver Transportation Center in Greenfield

The first image below depicts a large gathering of participants at the beginning of the Mayoral Bike Ride in Holyoke that took part through the city center. The second image is of the bike valet at the World Largest Bike Breakfast event in Springfield. The Third image depicts a demonstration of loading a bike onto a bus rack in Northampton.



Media Photo up at Mayor’s Bike Ride Gathering in Holyoke



Bike Valet at Springfield’s World’s Largest Pancake Breakfast Event
(Image Courtesy of Betsy Johnson from Walk Bike Springfield)



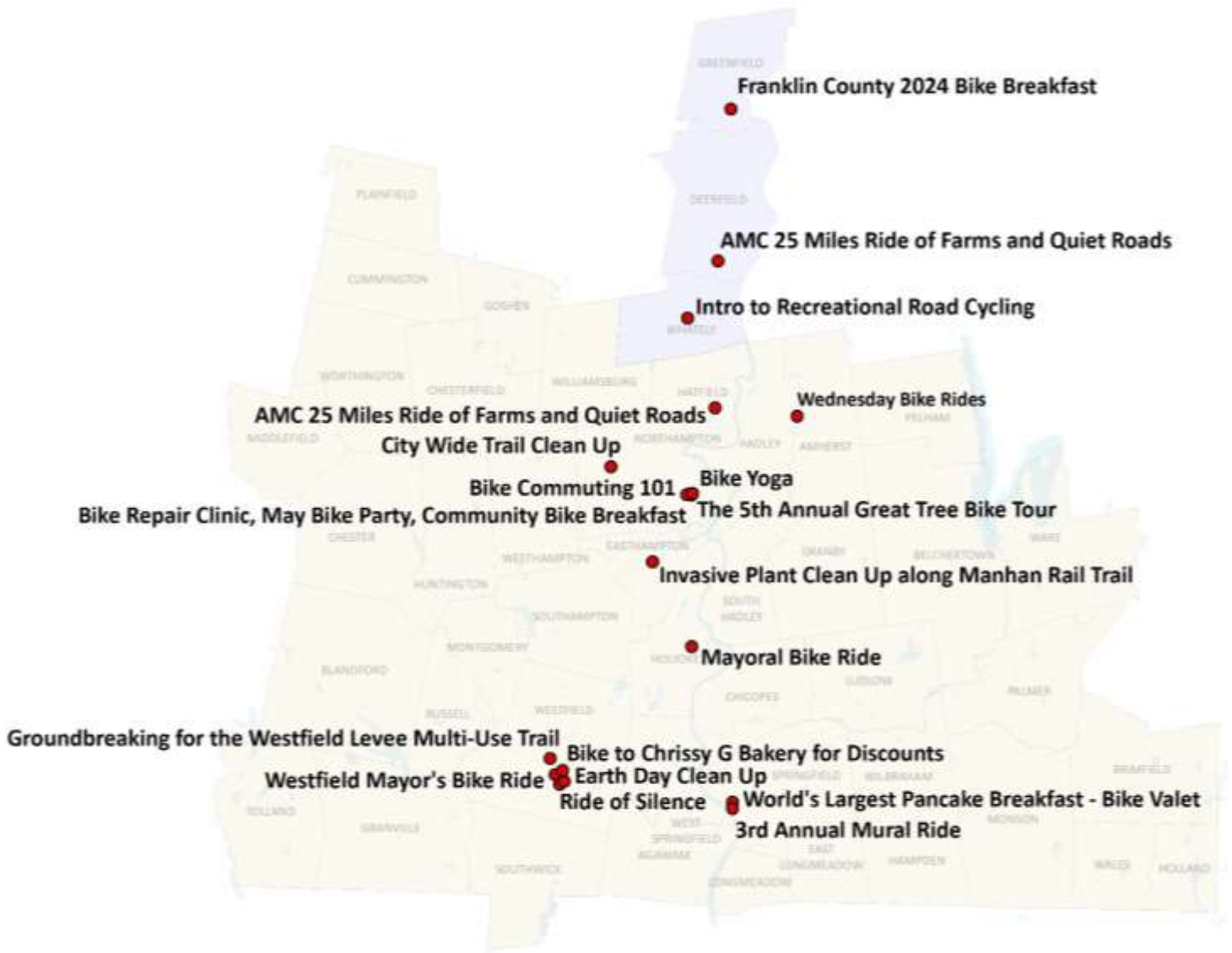
Demonstration of How to Load Bike onto Bus Rack in Northampton

A List of events by community is displayed in the table below. Event partners reported an estimate of 548 participants at 17 of the 21 events held this year. A fair level of participation at the rest of the events was expected, though not reported.

2024 Bay State Bike Month Events in the Pioneer Valley				
Community	Title of Event	Estimated Attendance	Weather Condition	Additional Notes
Amherst	Wednesday Night Bike Rides	8		
Deerfield	AMC 25 Miles Ride of Farms and Quiet Roads	NR		
Easthampton	Invasive Plant Clean-up along the Manhan Rail Trail	7	Cloudy	This is in collaboration with a new committee in Eastampton the BEEs Committee
Greenfield	Franklin County 2024 Bike Breakfast	25	Fair/Windy	Collaborated with the FRTA
Hatfield	AMC 25 Miles Ride of Farms and Quiet Roads	NR		
Holyoke	Mayoral Bike Ride	40	Sunny	2 nd Annual successful event
Northampton	City Wide Trail Cleanup	90	Beautiful	Community groups joined also: Kiwanis, Northampton Public Schools, Lions Club
	Bike Commuting 101 (Forbes Library indoors)	15		A nice mix of new bike commuters and established bike commuters
	Bike Repair Clinic (Forbes Library outdoors)	23		
	The Great Tree Bicycle Tour (1 day guided tour w/ marshals)	50		5th Annual, All Bodies on Bikes, All Out Adventures & FNTrails
	The Great Tree Bicycle Tour (10 day self-guided tour w/ map)	75		
	Northampton Community Bike Breakfast	45	Rainy	Pulaski Park / Mayor's proclamation
	May Bike Party	30	Nice	
	Bike Yoga	8	indoors	Business collaboration
Springfield	World's Largest Pancake Breakfast – Bike Valet	9		
	3 rd Annual Mural Ride	5		
Westfield	Earth Day Clean Up	NR		In Collaboration with the Westfield Conservation Department
	Bike to Chrissy G Bakery for Discounts	28		
	Groundbreaking for the Westfield Levee Multi-Use Trail	30	Sunny	
	Ride of Silence	15	Rain	
	Westfield Mayor's Bike Ride	45	Hot and sunny	Many people stayed afterwards for ice cream from Northside Creamery. Great opportunity for socializing.
Whately	Intro to Recreational Road Cycling	NR		

* NR Not Reported

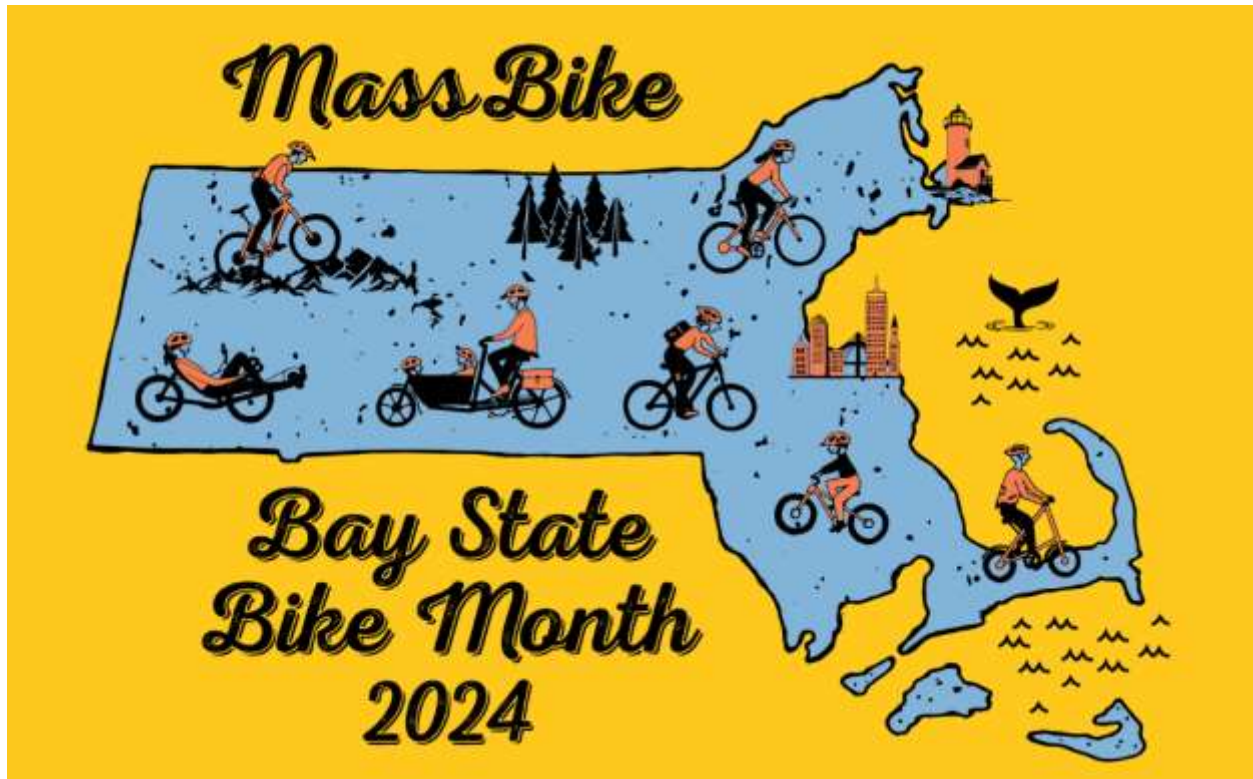
New partners joined the month-long initiative this year. The new list included business sponsors, collaborators, and bike advocates. They offered a few more inclusive events to facilitate engaging people of all abilities. The following map displays locations of events offered during bike month this year and highlights participating communities.



Pioneer Valley 2024 Bike Month Event Locations

GIVE-AWAY MATERIALS

Bay state Bike Month themed stickers were made available again this year by MassBike at select event locations. MassBike also offered various prizes to winners of their virtual bike month Bingo such as a t-shirt with this year's logo displayed below. Other giveaways this year included breakfast items hosted by several partners.



Bay State Bike Month 2024 Logo Design by MassBike

WEBSITE AND SOCIAL MEDIA

MassBike hosts and maintains the website www.baystatebikemonth.org. They also provide a calendar of year-round bike-friendly events. This calendar provides information about events happening across the state. The calendar can be searched by zip code and nearby events are then displayed on a map. PVPC staff posted to their website a digital copy of the 2024 Bike Month poster listing events happening in the Pioneer Valley region, shared a digital copy with partner organizations, and dropped off printed copies at partner business locations. To further promote events across the region, event hosts and partner organizations posted flyers and event reminders on their own websites and social media platforms such as Facebook, Instagram and Twitter accounts. Screen captures of social media postings that advertised Pioneer Valley bike month events are included in the Appendix at the end of this report. The following links

show some of the event hosts' ad postings of their local schedule of events on their own organization and community websites.

<https://www.cityofwestfield.org/Calendar.aspx?EID=9783>

Mayors 15th Annual Bike Ride

Wednesday, May 22, 2024

Westfield – Please join Mayor Mike McCabe and The Friends of the Columbia Greenway Rail Trail at the 15th Annual Mayor’s Bike Ride on Wednesday, May 22nd at 5:30 p.m. This 7–8-mile ride will start and end at the City Hall parking lot and will be partially escorted by the Westfield Police Department. Ride for fun, ride for health, ride to experience a different perspective of Westfield along the Columbia Greenway Rail Trail. Northside Creamery will be present at City Hall after the ride with refreshments, and riders are encouraged to stay and socialize. In case of inclement weather, a newsflash will be made on the city website www.cityofwestfield.org and on the City’s Facebook page. A rain date of May 29th has been set. This event is open to cyclists of all abilities and all ages. It is one of many bike-related events planned throughout the state recognizing May as Bay State Bike Month. Check out www.columbiagreenway.org for more information.

Date: May 22, 2024

Time: 5:30 PM

Time Details: A rain date of May 29th has been set.

Address: Westfield, MA 01085

Link: <https://www.columbiagreenway.org>

<https://frcog.org/event/2024-bike-breakfast/>

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 commute.

We'll have some fun giveaways as well!

All are welcome!



<https://fntrails.org/events>

   <https://fntrails.org/events/>

Bay State Bike Month Celebrations

Every May we celebrate [Bay State Bike Month](#) in partnership with local and state-wide organizations like [MassBike](#). For the past 25 years, Northampton has hosted an annual [Bike to Work Week Celebration](#). This year, Bike to Work Week is being held May 13th-19th with Bike to Work Day on Friday, May 17th.

2024 Northampton Bike to Work Week Events

- Tuesday, May 15, 2024
 - [Bike Repair Clinic with Bikes for All](#): 5pm-7pm, Forbes Library
- Wednesday, May 15, 2024
 - [25th Annual Community Bike Breakfast](#): 7:30am-9:30am, Pulaski Park
- Thursday, May 16, 2024
 - [Friends of Northampton Trails Bike Party](#): 6pm-7pm, Pulaski Park
 - Bike Party after party at Progression!
- Friday, May 17, 2024 – Bike to Work Day
 - [Bike Commuter Happy Hour](#): 6pm-8pm, The Barb & Olive, sponsored by [Northampton Bicycle](#)
- Sunday, May 19, 2024
 - Guided Great Tree Bike Ride, hosted by Friends of Northampton Trails, All Bodies on Bikes Western Massachusetts, & All Out Adventures. [Register Here!](#)
- May 11th-May 19th
 - Self-Guided Great Tree Bike Ride, download the map and ride on your own time at your own pace!

You can find more information about these events on the [Massachusetts Bike-Friendly Events Calendar](#).

<https://www.nohobikeweek.com/bike-week-events>



Self-Guided Great Tree Bike Ride

Saturday, May 11th - Sunday, May 19th

Take a self-guided bike tour of some of New England's biggest and best trees! This approximately 6-mile tour will visit significant trees located in Northampton and Florence. This self-guided tour is available from May 11th-May 19th and can be completed at your own pace.

[Click here to view the route](#)



Discounts at Local Businesses

Monday, May 13th - Sunday, May 19th

Get rewarded for biking! During Northampton Bike Week, when you bike to participating local businesses and show your helmet, you'll receive special discounts or incentives.

[Click here](#) for the full list of participating businesses and incentives.



Bike Repair Clinic with Bikes for All

Tuesday, May 14th 5:00 PM - 7:00 PM

Need a simple fix for your bike? Have a question about a more complicated bike issue? Join the [Bikes For All](#) mechanics and other cyclists for this free repair clinic at the Northampton Library. Celebrate Bike to Work Week by giving your ride some special love. [RSVP for the event on the Mass Bike event page](#)- nice but not necessary!



Bike Breakfast

Wednesday, May 15th 7:30 AM - 9:30 AM

Celebrate the 25th year of Bike to Work Week activities in Northampton at our Community Bike Breakfast. Enjoy free refreshments with your new and old friends while browsing the tables of area cycling groups. A short speaker program and the city's proclamation of Bike to Work Week are just some of the highlights. [RSVP for the event on the Mass Bike event page](#)- nice but not necessary!

NEWS COVERAGE

Local news agencies who covered some of the events include the following: MassLive News Channel, Western Mass News, WWLP-22 News, Greenfield Recorder, and WAMC/ Northeast Public Radio. Most of the news coverage this year occurred post event as a recap of what took place. There were one or two articles announcing an upcoming high profile bike event. The residents of the Pioneer Valley would benefit from more news coverage of all upcoming bike-friendly events during this month. Learning about events ahead of time would allow people more opportunities to join and participate.

Recordings and articles of the news media coverage can be viewed by clicking the following embedded weblinks:

- [Tour of City Murals and Free Pancake Breakfast in Springfield, by MassLive](#)
- [Groundbreaking for Levee Multi-Use Trail in Westfield, by MassLive](#)
- [Mayoral Bike Ride in Holyoke, by MassLive](#)
- [12th Annual Earth Day Clean-Up Event in Westfield, by WWLP-22News](#)
- [Construction Begins for Westfield River Levee Path, by WWLP-22News](#)
- [15th Annual Mayor's Bike Ride in Westfield, by WWLP-22News](#)
- [Ride of Silence in Westfield, by WWLP-22News](#)
- [Mayoral Bike Ride in Holyoke, by WWLP-22News](#)
- [Mayoral Mural Ride in Holyoke, by WAMC/Northeast Public Radio](#)
- [Bike Month Event in Greenfield, by Greenfield Recorder](#)
- [Franklin County Bike Breakfast, by 98.3FM WHAI](#)
- [Mayoral Bike Ride in Holyoke, by the Reminder](#)
- [Mural Ride in Holyoke, by Beyond Walls](#)



News Reporter Interviewing the Mayor before the Mayoral Bike Ride in Holyoke

Coinciding with Bike Month and in celebration of its 250th town anniversary, Ludlow held a bike parade and safety rodeo during the month of May 2024. Click the following embedded link to read the news coverage of [Bike Parade and Safety Rodeo in Ludlow, by Western Mass News](#)

At the conclusion of the Bike Month, other bike events continued to be held throughout the Pioneer Valley such a CISA inspired farm ride beginning in Hatfield. Click the following embedded link to read the news coverage of [Pedal to Pasture Event in Hatfield, by Greenfield Recorder](#)

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 staff of the graphics department in PVPC. The poster is displayed on the next page and available for download from the PVPC website by visiting the following link:

<https://www.pvpc.org/sites/default/files/files/2024%20bike%20month%20poster%20UPDATE.pdf>

BAY STATE BIKE MONTH

Events For Everyone in the Pioneer Valley

MOTORISTS GIVE 4 FEET TO PASS

IT'S THE NEW LAW



Saturday, April 27, at 8:00 AM

Westfield Earth Day Clean-Up: by the Westfield Conservation Department

Clean-up will begin at Mount Moriah Lodge located at 72 Broad Street. Breakfast items/coffee. Hot dogs and hamburgers at the Lodge at noon for volunteers. Pre-registration is encouraged to select a preferred clean-up location by going to <https://forms.office.com/g/DQqbAapV5q> or by calling (413) 572-6281.

Saturday, April 27, at 9:00 AM

Northampton: City-wide trail cleanup

Join friends and neighbors on the annual cleanup along the bike path network. Trim brush, pick up litter, and generally spruce up the trails. RSVP soon at info@trails.org to be assigned to a captain's section of our 11 miles of shared trails.

Monday, April 29, at 06:00- 7:00 PM

Northampton: Bike Commuting 101

This interactive workshop is for those interested in bike commuting or who want a refresher. Get your bike ready to roll and learn what to wear, the gear, and how to plan your route. The workshop is a classroom session—you do not need your bike. Masks are appreciated.

[More information on this event at the Forbes Library in Northampton.](#)

Wednesday, May 1

Massachusetts Walk, Bike, and Roll to School Day: Safe Routes to School

This flagship event celebrates active transportation by jumpstarting walking and biking to school in the community. Schools can learn more about participating, register, or request promotional materials by reaching out to their [Safe Routes to School Outreach Coordinator](#).

Saturday, May 04, 11, 18, 25th at 09:00 AM

Westfield: Bike to Chrissy G's Bakery for Discounts!

Every Saturday in May, ride your bike to [Chrissy G's Bakery](#) in downtown Westfield and earn a 10% discount. 124 Elm Street.

Sunday, May 05, at 09:00 AM

Easthampton: Invasive clean-up along the Manhan.

Invasive plant removal along the bikepath as part of Citywide Cleanup. Easthampton Feed along the Manhan Rail Trail, 18 Mechanic Street. [Easthampton Citywide Cleanup 2024 — Signup Sheet | SignUp.com](#)

Sunday, May 5

National Ride A Bike Day

Celebrating [National Ride A Bike Day](#) is simple: go for a ride — any ride. Try biking to the store or to meet a friend. Try biking to your next errand or the ice cream shop. Try biking for fun or fitness, whether it's around the block or your first fifty-miler.

Saturday, May 11, at 10:00 AM

AMC Western MA: Intro to Recreational Road Cycling - Whately

For people new to outdoor recreational group cycling. Trip is 15 mostly flat miles of relaxed, group riding (9-11 mph average). Group safety and basic instruction will be reviewed. Build confidence, ensure take care of your bicycle and prepare for more challenging rides.

Register (required) [Here](#) [AMC Trip Policy](#)

Monday, May 13, at 05:00 PM

Holyoke: Mayoral Bike Ride

Join Mayor Garcia and the Holyoke Bike Ped Committee for a bike ride around downtown to view the murals in Beyond Walls! The 45-minute ride will begin at Holyoke City Hall (536 Dwight St.) and end at Fame Lounge/Eatery.

Monday – Sunday: May 13th – 19th

Bike to Work Week

If this is your first time riding to work, no problem! You'll quickly discover that biking to work is fun and a great way to clear your head to and from work – in addition to saving money on gas and shrinking that carbon footprint (and waste line). Who knows? You might even get to work faster by biking than you ever did by car.

Tuesday, May 14, at 08:00 AM

Greenfield: Franklin County 2024 Bike Breakfast

Celebrate with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the John W. Oliver Transit Center for the annual Franklin County Bike Breakfast. Coffee and light breakfast items. Learn about the work being done in Franklin County around bicycling!

Tuesday, May 14, at 05:00 PM

Northampton: Bike Repair Clinic

Need a simple fix for your bike? Have a question about a more complicated bike issue? Join the [Bikes for All](#) mechanics and other cyclists for this free repair clinic on the Forbes Library Lawn.

Wednesday, May 15, at 7:30 AM

Northampton: Community Bike Breakfast

Celebrate the 25th year of Bike to Work Week activities in Northampton at our Community Bike Breakfast. Enjoy free refreshments with your new and old friends while browsing the tables of area cycling groups. A short speaker program and the city's proclamation of Bike to Work Week are some of the highlights. Pulaski Park, 240 Main Street, Northampton

Thursday, May 16, at 06:00 PM

Northampton: May Bike Party

Celebrate Bike to Work Week on this family-friendly ride with other cyclists. The party leaves Pulaski Park @ 6 pm. Bring your friends. Decorate your bikes. Be prepared to meet new folks and make some joyful noise as we celebrate the fun of moving outdoors on two wheels. Pulaski Park, 240 Main Street, Northampton

Friday: May 17

Bike to Work Day

Bike to Work Day encourages people to pedal their way to work, promoting a healthier lifestyle and reducing traffic congestion.

Saturday, May 18, 10:00 AM

South Deerfield: AMC Western MA: Twenty-five miles of farms and quiet roads warm up for experienced cyclists

A scenic 25-mile group ride at a moderate 12-14 mph pace through Deerfield, Whately, and Hatfield. Regrouping/stopping for a snack along the way. You will need a road bike, hybrid bike, or pedal-assist e-bike, helmet, snack, water, and tube to fix a flat. Registration (required) opens May 6, at noon. Check this link for details!

Saturday, May 18, 8:00 AM

Springfield: World's Largest Pancake Breakfast

Bike parking valet and free tickets for cyclists. Sponsored by [WalkBike Springfield](#) with support by [MassBike](#). Main & State Street (Downtown).

Saturday, May 18, 12 - 1:00 PM

Northampton: Bike Yoga

Restore your body and feel refreshed with a special yoga session for cyclists. Sanctuary Yoga Studio, third floor of Thomes Marketplace in downtown Northampton. Find out more at [NoHoBikeWeek.com](#)

Sunday, May 19 at 1:00 PM

Springfield: Walk Bike Springfield's Third Annual Mural Ride

Starting at the Seuss character mural under Rte 91 at East Columbus & State St (parking available at the 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.

Wednesday, May 22 at 5:30

Westfield: Mayor's Bike Ride 2024

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, 59 Court St, Westfield, MA 01085. visit www.cityofwestfield.org/CityAlerts

Wednesday (Bi-monthly) at 6:00 PM

Amherst: Wednesday Night Rides - Hampshire Bicycle Exchange

Night rides are bi-monthly on Wednesday. Bring your light. Expect some asphalt, some gravel, and bumpy single track. More information on Instagram at <https://www.instagram.com/hampshirebicycle/> in Amherst on University Drive.



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

Or go on line to www.baystatebikemonth.org

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 an up-to-date calendar of events. The digital copy of the poster included hyperlinks to event details furnished by event organizers. Many event announcements directed people to seek further information from MassBike’s website: <https://www.baystatebikemonth.org/> . Therefore, the website was an easy-to-use tool for providing additional event information.



Welcome to the Massachusetts Bike-Friendly Event Calendar, hosted by MassBike!

This calendar exists to promote events that involve bicycles and/or support better bicycling across the Commonwealth. Here you'll find MassBike-hosted events, along with events submitted by bike-friendly advocates from across Massachusetts.

Bike-friendly events include (but are not limited to):

- Group bicycle rides
- Kids bike rodeos
- Bicycling education events
- Trail ribbon-cuttings
- Public meetings/hearings about bicycling infrastructure projects
- Bike infrastructure celebrations
- Bicycle races & charity rides

Massachusetts Bike-Friendly Event Calendar hosted by MassBike

SURVEY

The annual Bay State Bike Month survey has been a useful tool for obtaining data from participants about their preferences, bicycling frequency, 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.



MassBike

May 28 · 🌐



Help MassBike understand Bike Month's impact and ways we can improve by taking our 2024 Bay State Bike Month Survey!

By completing the survey, you can enter for a chance to win a basket from Nantucket Bike Basket Co.!

Take 5 minutes and provide your feedback today: bit.ly/452eISL



👍 3

1 comment

Bay State Bike Month 2024 Survey Invite Posted to MassBike Facebook Page

This section of the report provides a summary of responses received from Pioneer Valley residents who filled out the Bike Month Survey that was posted online by MassBike. A total of 12 out of the 102 statewide responses came from Pioneer Valley residents, representing almost 12% of responses. This is twice the amount received a year ago, which indicates an improvement in engagement of the public to provide input and feedback about Bike Month efforts.

Of these responses, 75% were from Hampshire County residents and 25% from Hampden County residents. Most respondents indicated that they attended a bike month event, and one hosted an event. A quarter of them participated in the Bike Month Bingo, which indicates that they took part in four or more bike related activities during this month. Respondents came from various parts of the region, representing 8 different communities.

Half of the respondents indicated that Bike Month encouraged them to ride their bicycles more. A third indicated that it encouraged them to ride their bike for transportation. There was a good representation of all age groups from 25-74. Half of them were 55 or older. Slightly more than half were men. Only one was a person of color while the rest identified themselves as white.

The following are excerpts from responses to three of the open-ended questions.

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

- Engaging others with WalkBike Springfield to help with activities & participate
- That it increases awareness and hopefully encourages more riding for all the reasons bikes are great for.
- The idea that biking can be a permanent reliable form of transportation year-round.
- I only learned about it today, so I guess learning about it at all! And the inspiration it gave me to take my bike out of the basement?
- A good nudge to make sure the whole family is getting out and biking.
- People
- The Great Tree Bike Tour in Northampton. It was a great day for a ride and a beautiful route.
- The repair event and special guided rides
- Breakfast
- Bike valet at the Springfield pancake breakfast
- Building enthusiasm for biking
- Finding out how many other people are passionate about biking.

2) What can we do to make Bay State Bike Month better in 2025?

- Have a Springfield Mayor's (or at least public officials) ride
- Introduce the idea of BIKE FOR THE REST OF YOUR LIFE, ALL YEAR. It is a dream, but I believe it is a good one.
- Hm, maybe increased advertising in bike-friendly cities? (I'm in wmass so, Northampton). I'dk if you do events to teach people to repair or maintain bikes /do least cost or free clinics but that may increase awareness?
- More nudges to contact politicians for better bike infrastructure. It could be bike year every year if we treated bikes as transport that needs its own infrastructure.
- Include link to ALL events in emails.
- Reach out to more major employers to help them encourage their employees to participate. Run. Do a limited run of the E-bike rebate program?
- During bike week, I found myself wishing that events were more spread out so that I could attend more.
- A cookout ride
- Partner with local schools, businesses, libraries, and organizations in each Town.
- Hold more events in Western Mass.

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

- Will be doing the Bike Valet for the Pancake Breakfast again
- Unrelated, but I LOVE the new 4' law and the road signs! Kudos for your part getting that passed into law!
- Keep doing the fine work you are doing. We will get there.
- I'm not sure if the Hadley asparagus fest counts as a bike friendly event And I know it's not in the month of May anyway but I only found out about you because of the fest's website- and couldn't find any info about what "bike valet-ing" is (maybe I didn't dig deep enough?) or the event itself on your website/instagram but teaching people about that could be useful!
- Thank you!
- Thanks for all your work organizing this event to promote bicycling.
- It's fantastic! I already ride my bike as my primary way to get around town, but it was great to see so much bicycle enthusiasm.
- It was great
- Keep growing the initiative!
- Let's get together for legislative action.

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.

- Continue to encourage hosting of family friendly events as an opportunity to educate and promote the next generation of riders.
- Use educational graphics that focus on health benefits to 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.
- Work with MassBike to develop and promote new events for next year.
- Use “Constant Contact” tool to notify participants about recurring bike month planning meetings to provide an opportunity for event hosts to collaborate on creating larger events. Fewer but larger events could be more attractive to participants.
- Create a database of contacts of partner organizations and individuals and parties interested in bike month.
- Consider holding a few in-person event planning meetings either at the offices of the PVPC or offer to join local meetings of partner organizations to encourage participation of new organizations.
- Research options for age-friendly participation in Bike Month Planning to remove potential technical barriers. Reach out to the aging friendly community to assess interest in participating in the planning of events.
- 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 recurrence 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. Use flyers and mail out postcards, as well as send out advertisements on local radio.

- Address the issue of the current text heavy poster due to the doubling of number of event offerings. This happened after the change in offerings from a week-long to a month-long worth of events. The use of a graphic with a QR code pointing to a detailed schedule of events could be a more effective way of communicating information about Bike Month.
- Offer communities the opportunity to create their own sub-regional poster. This would allow for the creation of lists of 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 or print the poster on larger size paper than the current 11" x 14'.
- Increase organization and coordination around the information being presented and other potential activities during the bike breakfast events. Work more with the local bike shops for this event.
- Conduct outreach events for the new 2025 Bike Plan Update. Offer public engagement activities to seek recommendations regarding routes, issues, policies.
- Have bikeshare representation at bike month events.
- Promptly reach out to Bike Week Event Organizers to get estimates of attendance at the conclusion of Bike Month.
- Connect with the college and university population to get interested student clubs and individuals involved before finals' week, when their end of semester activities usually conclude during the first week of May.
- Seek better media coverage to announce happenings before events.



MassBike Representative Speaks at Northampton Bike Breakfast

APPENDIX

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

NATIONAL BIKE MONTH

https://bikeleague.org/events/bike-month/



THE LEAGUE
OF AMERICAN BICYCLISTS
since 1880

- EVENTS
- NATIONAL BIKE SUMMIT
- NATIONAL BIKE MONTH
- DRIVE LESS, BIKE MORE
- WEBINARS

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[ABOUT US](#) [TAKE ACTION](#) [BICYCLE FRIENDLY AMERICA](#) [CYCLING EDUCATION](#) [EVENTS](#) [NEWS](#) [SHOP](#) [CONTACT](#)

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 2024, 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 5 for **National Ride A Bike Day**.

Save the Date

Bike to Work Week 2024 will take place May 13-19, 2024, and Bike to Work Day is on Friday, May 17!

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 Bike 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.

https://bikeleague.org/events/bike-month/dates-e...



THE LEAGUE
OF AMERICAN BICYCLISTS
since 1880

- EVENTS
- NATIONAL BIKE SUMMIT
- NATIONAL BIKE MONTH
- DRIVE LESS, BIKE MORE
- WEBINARS

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[MEN](#)

Home » Events » National Bike Month » Bike Month Dates and Events

BIKE MONTH DATES AND EVENTS

May is National Bike Month, a celebration of biking as transportation, as recreation, as essential to our well-being and everyday lives. May is also when the National Bike Challenge kicks off, and the challenge continues through September. **In 2024, Bike to Work Week will be celebrated May 13-19, with Bike to Work Day on Friday, May 17, 2024.**

40% of all trips in the U.S. are less than two miles, making bicycling a feasible and fun way to get around.

In 2024, Bike to Work Day will be May 17

In 2021, the League launched **National Ride A Bike Day** to take place on the first Sunday of every May. In its fourth year, **National Ride A Bike Day will be held on May 5, 2024.** Read more about the first National Ride A Bike Day [on our blog](#).

Our partners at the [UNC Highway Safety Research Center](#) have promoted **Walk Bike & Roll to School Day** in May since 2012. The 2024 date will be May 8, 2024.

BAY STATE BIKE MONTH

Events For Everyone in the Pioneer Valley



Saturday, April 27, at 8:00 AM
Westfield Earth Day Clean-Up: by the Westfield Conservation Department
 Clean-up will begin at Mount Moriah Lodge located at 72 Broad Street. Breakfast items/coffee. Hot dogs and hamburgers at the Lodge at noon for volunteers. Pre-registration is encouraged to select a preferred clean-up location by going to <https://forms.office.com/g/9NbnAap95g> or by calling (413) 572-6281.

Saturday, April 27, at 9:00 AM
Northampton: City-wide trail cleanup
 Join friends and neighbors on the annual cleanup along the bike path network. Trim brush, pick up litter, and generally spruce up the trails. RSVP soon at info@trails.org to be assigned to a captain's section of our 11 miles of shared trails.

Monday, April 29, at 06:00- 7:00 PM
Northampton: Bike Commuting 101
 This interactive workshop is for those interested in bike commuting or who want a refresher. Get your bike ready to roll and learn what to wear, the gear, and how to plan your route. The workshop is a classroom session—you do not need your bike. Masks are appreciated.
[More information on this event at the Forbes Library in Northampton.](#)

Wednesday, May 1
Massachusetts Walk, Bike, and Roll to School Day: Safe Routes to School
 This flagship event celebrates active transportation by jumpstarting walking and biking to school in the community. Schools can learn more about participating, register, or request promotional materials by reaching out to their [Safe Routes to School Outreach Coordinator](#).

Saturday, May 04, 11, 18, 25* at 09:00 AM
Westfield: Bike to Chrissy G's Bakery for Discounts!
 Every Saturday in May, ride your bike to [Chrissy G's Bakery](#) in downtown Westfield and earn a 10% discount. 124 Elm Street.

Sunday, May 05, at 09:00 AM
Easthampton: Invasive clean-up along the Manhan.
 Invasive plant removal along the bikepath as part of Citywide Cleanup. Easthampton Feed along the Manhan Rail Trail, 18 Mechanic Street.
[Easthampton Citywide Cleanup 2024 — Signup Sheet | SignUp.com](#)

Sunday, May 5
National Ride A Bike Day
 Celebrating [National Ride A Bike Day](#) is simple: go for a ride — any ride. Try biking to the store or to meet a friend. Try biking to your next errand or the ice cream shop. Try biking for fun or fitness, whether it's around the block or your first fifty-miler.

Saturday, May 11, at 10:00 AM
AMC Western MA: Intro to Recreational Road Cycling - Whately
 For people new to outdoor recreational group cycling. Trip is 15 mostly flat miles of relaxed, group riding (9-11 mph average). Group safety and basic instruction will be reviewed. Build confidence, ensure take care of your bicycle and prepare for more challenging rides.
 Register (required) [Here](#) [AMC Trip Policy](#)

Monday, May 13, at 05:00 PM
Holyoke: Mayoral Bike Ride
 Join Mayor Garcia and the Holyoke Bike Ped Committee for a bike ride around downtown to view the murals in Beyond Walls! The 45-minute ride will begin at Holyoke City Hall (536 Dwight St.) and end at Fame Lounge/Eatery.

Monday - Sunday; May 13th - 19th
Bike to Work Week
 If this is your first time riding to work, no problem! You'll quickly discover that biking to work is fun and a great way to clear your head to and from work — in addition to saving money on gas and shrinking that carbon footprint (and waste line). Who knows? You might even get to work faster by biking than you ever did by car.

Tuesday, May 14, at 08:00 AM
Greenfield: Franklin County 2024 Bike Breakfast
 Celebrate with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the John W. Oliver Transit Center for the annual Franklin County Bike Breakfast. Coffee and light breakfast items. Learn about the work being done in Franklin County around bicycling!

Tuesday, May 14, at 05:00 PM
Northampton: Bike Repair Clinic
 Need a simple fix for your bike? Have a question about a more complicated bike issue? Join the [Bikes for All](#) mechanics and other cyclists for this free repair clinic on the Forbes Library Lawn.

Wednesday, May 15, at 7:30 AM
Northampton: Community Bike Breakfast
 Celebrate the 25th year of Bike to Work Week activities in Northampton at our Community Bike Breakfast. Enjoy free refreshments with your new and old friends while browsing the tables of area cycling groups. A short speaker program and the city's proclamation of Bike to Work Week are some of the highlights. Pulaski Park, 240 Main Street, Northampton

Thursday, May 16, at 06:00 PM
Northampton: May Bike Party
 Celebrate Bike to Work Week on this family-friendly ride with other cyclists. The party leaves Pulaski Park @ 6 pm. Bring your friends. Decorate your bikes. Be prepared to meet new folks and make some joyful noise as we celebrate the fun of moving outdoors on two wheels. Pulaski Park, 240 Main Street, Northampton

Friday, May 17
Bike to Work Day
 Bike to Work Day encourages people to pedal their way to work, promoting a healthier lifestyle and reducing traffic congestion.

Saturday, May 18, 10:00 AM
South Deerfield: AMC Western MA: Twenty-five miles of farms and quiet roads warm up for experienced cyclists.
 A scenic 25-mile group ride at a moderate 12-14 mph pace through Deerfield, Whately, and Hatfield. Regrouping/stopping for a snack along the way. You will need a road bike, hybrid bike, or pedal-assist e-bike, helmet, snack, water, and tube to fix a flat. Registration (required) opens May 6, at noon. Check this link for details!

Saturday, May 18, 8:00 AM
Springfield: World's Largest Pancake Breakfast
 Bike parking valet and free tickets for cyclists. Sponsored by [WalkBikeSpringfield](#) with support by [MassBike](#). Main & State Street (Downtown).

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 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, 59 Court St, Westfield, MA 01085. visit www.cityofwestfield.org/CivicAlerts

Wednesday (bi-monthly) at 6:00 PM
Amherst: Wednesday Night Rides - Hampshire Bicycle Exchange
 Night rides are bi-monthly on Wednesday. Bring your light. Expect some asphalt, some gravel, and bumpy single track. More information on Instagram at <https://www.instagram.com/hampshirebicycle/> in Amherst on University Drive.



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

Or go on line to www.baystatebikemonth.org



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Bike Month



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

Events across the Commonwealth are bringing bike joy to their communities this May! We hope you join an event near you.

Click to find a bike-friendly event near you

[Join MassBike's Mailing List](#) to receive weekly Bike Month emails this May that include bike-friendly events round-ups and other Bike Month news!

Save the Date

- Sunday, May 5th - National Ride A Bike Day
- May 13th-19th - Bike to Work Week
- Friday, May 17th - Bike to Work Day

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

Bike Month Bingo!

No matter where you live in Massachusetts, celebrate Bay State Bike Month with Bike Month Bingo! Utilize this game to expand your bike adventures this month and find some bike joy with your best bicycling buds.



2024 BAY STATE BIKE MONTH SURVEY

<p>How did you hear about Bay State Bike Month?</p> <ul style="list-style-type: none"><input type="radio"/> MassBike Email<input type="radio"/> Social Media<input type="radio"/> Bay State Bike Month Website<input type="radio"/> MassBike Website<input type="radio"/> Employer<input type="radio"/> A Friend / Family Member / Co-worker<input type="radio"/> Other: _____	<p>Demographics</p> <p>We are working to understand who our programming currently reaches. These questions are all optional.</p>
<p>Home Zip Code</p> <p>Your answer _____</p>	<p>Gender (Optional)</p> <ul style="list-style-type: none"><input type="radio"/> Woman<input type="radio"/> Man<input type="radio"/> Non-binary<input type="radio"/> Prefer not to state<input type="radio"/> Other: _____
<p>Did the Bike Month encourage you to ride:</p> <ul style="list-style-type: none"><input type="radio"/> More<input type="radio"/> The Same (no change)<input type="radio"/> Less <p>Did Bike Month encourage you to ride for transportation: More, Same, Less</p>	<p>Age (Optional)</p> <ul style="list-style-type: none"><input type="radio"/> Under 18 years old<input type="radio"/> 18-24 years olds<input type="radio"/> 25-34 years old<input type="radio"/> 35-44 years old<input type="radio"/> 45-54 years old<input type="radio"/> 55-64 years old<input type="radio"/> 65-74 years old<input type="radio"/> 75 years old or older
<p>Please select all of the ways you participated in Bay State Bike Month</p> <ul style="list-style-type: none"><input type="checkbox"/> Attended an event on the Bay State Bike Month Calendar<input type="checkbox"/> Hosted an event on the Bay State Bike Month Calendar<input type="checkbox"/> MassBike Social Media Challenges	<p>Ethnicity (Optional)</p> <ul style="list-style-type: none"><input type="radio"/> Asian<input type="radio"/> Black or African American<input type="radio"/> Caucasian<input type="radio"/> Latino, Latina, Latinx or Hispanic<input type="radio"/> Native American<input type="radio"/> Native Hawaiian or Pacific Islander<input type="radio"/> Two or more<input type="radio"/> Other: _____
<p>What was your favorite part of Bay State Bike Month?</p> <p>Your answer _____</p>	
<p>What can do to make Bay State Bike Month better in 2025 ?</p> <p>Your answer _____</p>	
<p>What additional feedback do you have about Bay State Bike Month?</p> <p>Your answer _____</p>	
<p>Next Page 1 of 2 Clear form</p>	<p>Back Submit Page 2 of 2 Clear form</p>

SOCIAL MEDIA COVERAGE

LEAGUE OF AMERICAN BICYCLISTS
presents

**BIKE
MONTH**



Friends of the Columbia Greenway Rail Trail, Inc.

1.8K likes • 2K followers



Friends of the Columbia Greenway Rail Trail, Inc.

6d · 🌐

🚲 May is Bay State Bike Month! 🚲

We are so excited to celebrate throughout the month in coordination with [MassBike](#) and our partners in the Valley. Check out our bike month events, the [Ride of Silence](#) and the [Mayor's Bike Ride](#), and visit <https://www.massbike.org/massachusetts-bike-friendly...> to check out bike-friendly events across the state.

Happy biking!... See more



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Friends of the Columbia Greenway Rail Trail, Inc.

April 26 at 10:18 AM · 🌐

Reminder: tomorrow is the Earth Day Clean-Up! Help us clean up our beautiful rail trail and other areas around the city!



City of Westfield



2024 Earth Day Clean-Up

EVENT DETAILS

Date: April 27, 2024

Meeting Location:
72 Broad St, Westfield

Time: 8:00am - 1:00pm

Breakfast at the Mount Moriah Lodge

Lunch provided at Noon

Safety vest, gloves, bags, buckets, picks, provided!

PRESENTED BY

Westfield Conservation Department

Friends of the Columbia Greenway Rail Trail

Hampton Ponds Association

Westfield River Watershed Association

Westfield Woman's Club

Westfield Garden Club

Mount Moriah Lodge

Drop-off used clothing, textiles, and lightly used goods to donate to the



Scan the QR code to pre-register or call 413-572-6281. Walk-ins' welcomed!

SCAN TO SIGN UP!



Thank you to our community sponsors:


Save money. Live better.










Sustainability in Action



Friends of the Columbia Greenway Rail Trail, Inc.

March 29 · 🌐

Bay State Bike Month is just around the corner, and we are hosting events this year to celebrate!

🇺🇸 Wed, May 15th: [Ride of Silence](#)

📍 Westfield Middle School, 30 W Silver St

The Ride of Silence aims to raise the awareness of motorists, police, and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

🇺🇸 Wed, May 22nd: [Mayor's Bike Ride](#)

📍 Westfield City Hall, 59 Court St

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!



👍 6

👉 3



Friends of the Columbia Greenway Rail Trail, Inc. is at [Chrissy G's Bakery](#).

2d · 🌐

In case you missed it: bike to [Chrissy G's Bakery](#) and get a 10% discount every Saturday this May! Bring your helmet in to redeem. They have the best after-ride treats, sandwiches, salads and more!



👍❤️ 12



Friends of the Columbia Greenway Rail Trail, Inc.

May 3 at 6:03 PM · 🌐

We are here at the Elm Street Plaza Grand Opening, ready and waiting to park your bikes!

Pedal on downtown and enjoy the festivities!



👍❤️ 61



MassDOT

6d · 🌐

May is #BikeMonth, and to celebrate #MassDOT held a groundbreaking for the new #Westfield River Levee Multi-Use Trail in the City of Westfield - Government.

This 2 mile-long multi-use trail will be located along the Westfield River levee, beginning at Franklin Avenue and extending to Williams Riding Way near Meadow Street. The project will include the construction and installation of retaining walls, bicycle rail, bicycle racks, park benches, trash receptacles, landscaping decorative bollards, and will connect neighborhoods in the region building on the completion of the Columbia Greenway Trail.

This Multi-use trail will be completed by Fall of 2025.



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Friends of the Columbia Greenway Rail Trail, Inc. is at Circuit Coffee.

May 17 · Westfield, MA · 🌐



Today (Friday May 17th) is Bike to Work Day!

The perfect companion to biking is great coffee.

Today only, bike to Circuit Coffee and get 50% off your drink! Bring your helmet in to redeem the discount.

Thanks so much to Circuit for helping celebrate Bike to Work Day!



  18

3 shares



Friends of the Columbia Greenway Rail Trail, Inc.

3h · 🌐

The Ride of Silence is just over a week away!

Join us as we ride silent together to honor those killed or injured while riding on public roadways, and help us send a message that cyclists have full legal use of the roadway! Be sure to bring your bike lights and a helmet.



WED, MAY 15 AT 7:00 PM EDT

Ride of Silence

Westfield Middle School

23 people interested



Friends of the Columbia Greenway Rail Trail, Inc. created an event.

March 29 · 🌐



WED, MAY 22 AT 5:30 PM EDT

Mayor's Bike Ride

Westfield City Hall

21 people interested





Friends of the Columbia Greenway Rail Trail, Inc. is with Northside Creamery.

1d · 🌐

The [Mayor's Bike Ride](#) is just a couple days away, and the weather is looking great, sunny and in the 80s!

All riders will be treated to ice cream from [Northside Creamery](#), who is our latest Business Member! Making fresh, homemade ice cream from their shop on Southampton Rd for over 10 years, their ice cream is a local favorite.

Stop by their shop any day of the week this summer, and get a taste of their creations after the Mayor's Ride this Wednesday!



👍❤️ 11

4 ➡



So many activities next week for the serious and the casual cyclist. Let's flood the downtown all week w/ bikes. Did you hear about the store discounts available to shoppers who bike to stores & restaurants? [Northampton, MA City of Northampton The Manhan Rail Trail sanctuary.noho](#) [Northampton Cycling Club](#) [Northampton Neighbors](#) [MassBike](#) [#BikeToWorkWeek](#)

Northampton Bike to Work Week 2024

- Bike Repair Clinic**
Tuesday, May 14th
5:00pm-7:00pm at Forbes Library
- Community Bike Breakfast**
Wednesday, May 15th
7:30am-9:30am at Pulaski Park
- FNT Bike Party!**
Thursday, May 16th
6:00pm-7:00pm at Pulaski Park
7:15pm- After Party at Progression
- Bike Commuter Happy Hour**
Friday, May 17th
6:00pm-8:00pm at The Barb & Olive
Sponsored by Northampton Bicycle
- Bike Yoga**
Saturday, May 18th
12:00pm-1:00pm at Sancturay
- Great Tree Bike Ride**
Guided tour: Sunday, May 19th | 11am-1pm
Self-Guided tour: May 11th-May 19th

May 13th-19th receive discounts and incentives at local businesses for biking and showing your helmet!

Learn more at NoHoBikeWeek.com

Northampton Bicycle

Northampton Bike to Work Week Celebrating 25 Years



5 shares



One man dynamo: John P



fntrails More than 100 volunteers clipped, swept and spruced up our community trails today. FNT & the city are grateful for these men, women & children for their service on Cleanup Day 2024

10w



37 likes
April 27



fntrails • [Follow](#)

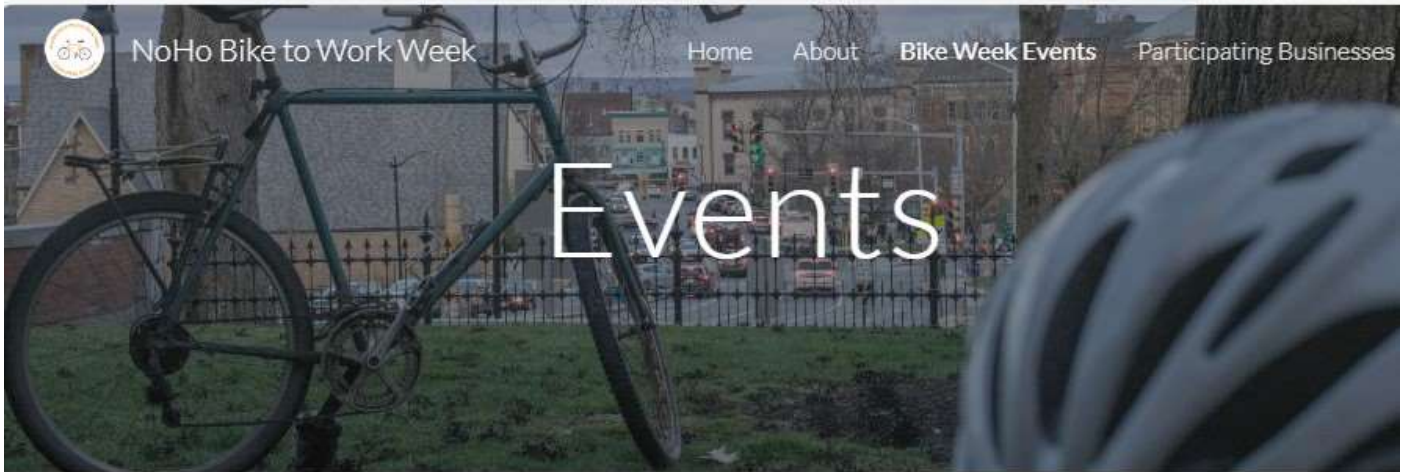


fntrails The Art Wall is poppin on the trail in Florence

8w



11 likes
May 14



Self-Guided Great Tree Bike Ride

Saturday, May 11th - Sunday, May 19th

Take a self-guided bike tour of some of New England's biggest and best trees! This approximately 6-mile tour will visit significant trees located in Northampton and Florence. This self-guided tour is available from May 11th-May 19th and can be completed at your own pace.

[Click here to view the route](#)



Discounts at Local Businesses

Monday, May 13th - Sunday, May 19th

Get rewarded for biking! During Northampton Bike Week, when you bike to participating local businesses and show your helmet, you'll receive special discounts or incentives.

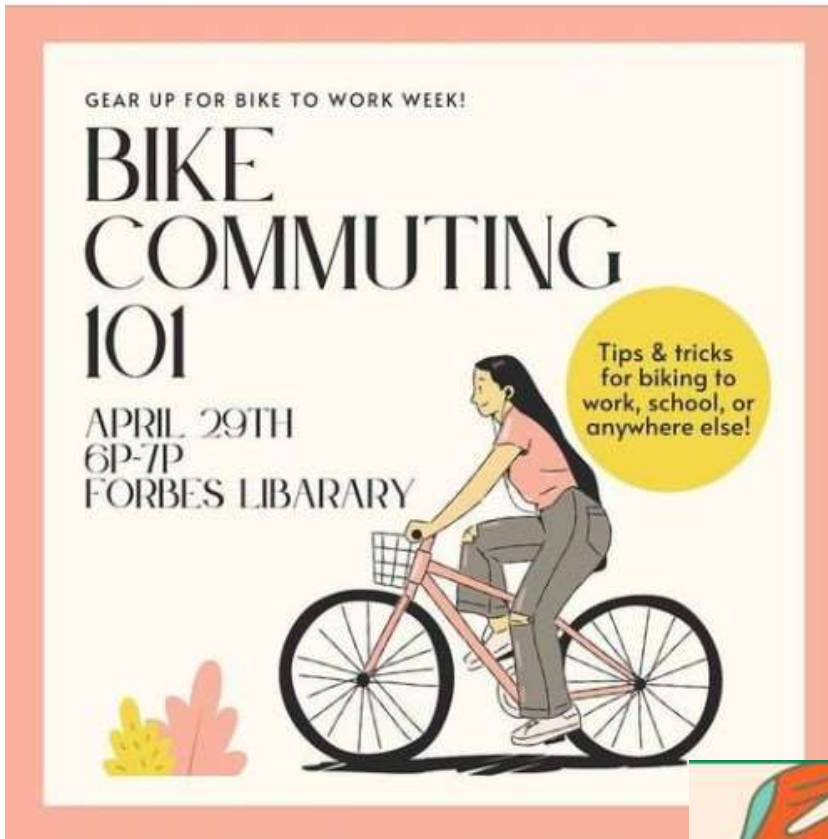




Friends of Northampton Trails

April 18 at 3:53 PM · 🌐

Have you thought about bike-riding to work, school or shopping but unsure about equipment, routes, road safety, etc. Get tips and tricks from veteran bike commuters at this workshop at the Forbes library www.nohobikeweek.com



👍❤️ 11





MassBike
May 16 · 🌐



Lindsay Sabadosa, State Representative, 1st Hampshire District joined the Northampton Community Bike Breakfast yesterday to show her support for bicycling and share a bit about her work at the state level.

We're proud to have bike-friendly legislators like Rep Sabadosa working on Beacon Hill! Thanks for all your support of a more bike-friendly Massachusetts.



Lindsay Sabadosa, State Representative, 1st Hampshire District

May 15 · 🌐

Wonderful #NohoBikeWeek Community Breakfast this morning in Pulaski Park to celebrate our bike-ped community. Huge thanks to Friends of Northampton Trails for hosting and good friends from MassBike CTRV for attending along with lots of other great community groups. I love spending time with people who are all focused on making our community safer for cycling. 🚲🚲🚲



abob_westernmass • Follow

abob_westernmass We are so excited to share with you all our plans for a whoooooo lotta events this year! Leigh and I can't wait to share space and bike joy with all of you over the next several months. We have some super fun events coming up, and some partnerships we are over the moon about!

This calendar is preliminary, and so some things may change, some events will probably be added (I know myself and how much I like to take extra things on)... 😊 That said, if you see a date on the calendar, it is confirmed! Save it!

We are also looking for more volunteers to help us with ride support and event planning! If you are interested in volunteering, please contact us.

Liked by carabros and others
March 8.

Log in to like or comment.



abob_westernmass • Follow

abob_westernmass With bike week right around the corner, it's a great time to fix your bike! Join us and Pedal People for a special edition of the Bike Lab at Pulaski Park! We'll be there from 11:30 am to 2:30 pm this Saturday, 5/11, with tools and mechanics available to help you learn something new and get your bike ready to ride! no signup necessary. See you Saturday!

1w

midindigo Yeah! See y'all there. 🛠️🔧🔩🔩🔩🔩🔩🔩

1w 2 likes Reply

Liked by allbodiesonbikes and others
May 9

Log in to like or comment.



Friends of Northampton Trails is in Northampton, MA.

4d · 🌐

Remember to bring g your helmet into participating businesses for a discount during #biketoworkweek !

MAY 13th-19th

Get Rewarded for Biking During Northampton Bike to Work Week!

NoHoBikeWeek.com

Northampton Bike to Work Week
Celebrating 25 Years

THE GREAT TREE BICYCLE TOUR

Sunday, May 19th

11 AM

Roundhouse Parking Lot

- 5 mile paved route
- the best trees in town
- celebration of the earth and inclusive community on wheels!

All the info + sign up at tinyurl.com/trees-ride

abob_westernmass and fntrails

Wow! That's a great tree!

We will meet at Roundhouse Parking Lot at 11 am on Sunday May 19th, ride 5.5 miles through town with frequent stops, and end at Pulaski Park with some snacks and hang out time!

As with all our social rides, we will ride at a casual pace around 5-7 mph, no one will ever be left behind, and ALL ARE INVITED!!!

For alllllllll the info and to sign up for the ride, please visit our link in bio, or tinyurl.com/trees-ride.

#BikeRides #GreenfieldMA

Liked by mindyforma and others
April 30

Log in to like or comment.

BikePed Holyoke
April 30 · 🌐

Join the Holyoke Bicycle and Pedestrian Committee on Monday, May 13th at 5 pm for a fun bike ride with [Mayor Joshua A. Garcia](#) touring the amazing [Beyond Walls](#) murals and ending at [Fame Lounge/Eatery](#) for delicious food and drink.

MAY 13, 2024
MAYORAL BIKE RIDE
BIKE MONTH

ENTERING INC. 1880 HOLYOKE

JOIN MAYOR GARCIA AND THE HOLYOKE BIKING AND PEDESTRIAN COMMITTEE FOR A 45 MIN MURAL TOUR BIKE RIDE AROUND THE CITY TO CELEBRATE BIKE MONTH!

START
CITY HALL
5:00PM
536 DWIGHT ST
HOLYOKE, MA

FINISH
FAME LOUNGE
6:15PM
386 DWIGHT ST
HOLYOKE, MA

13 DE MAYO 2024
MAYORAL BIKE RIDE
BIKE MONTH

ENTERING INC. 1880 HOLYOKE

¡ÚNASE AL ALCALDE GARCÍA Y AL COMITÉ DE CICLISTAS Y PEATONES DE HOLYOKE PARA UN PASEO EN BICICLETA DE LOS MURALES DE 45 MINUTOS POR LA CIUDAD PARA CELEBRAR EL MES DE LA BICICLETA!

START
CITY HALL
5:00PM
536 DWIGHT ST
HOLYOKE, MA

FINISH
FAME LOUNGE
6:15PM
386 DWIGHT ST
HOLYOKE, MA

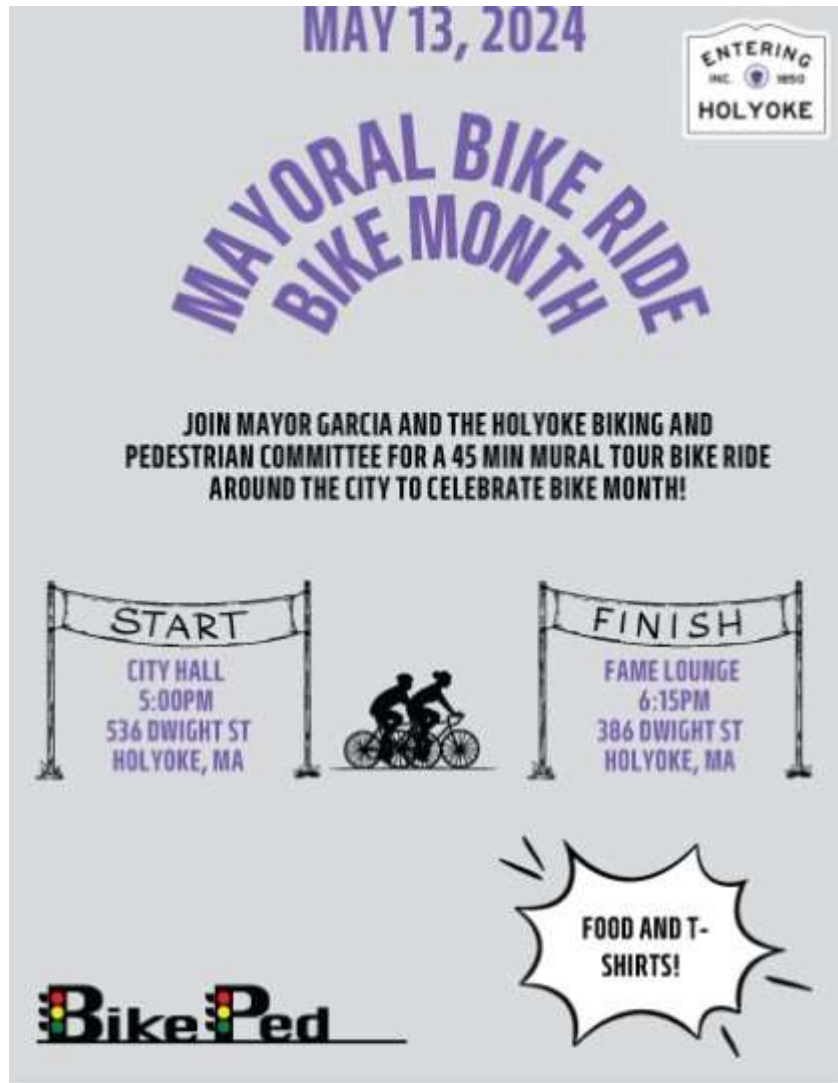
7 shares

BikePed Holyoke
May 13 · 🌐

Thank you SO much to the over 50 riders who joined us on this beautiful day for a fabulous ride of the [Beyond Walls](#) mural with [Mayor Joshua A. Garcia](#), [Holyoke Ward 4 Councilor Kocayne "Koco" Givner](#), [Aaron Vega](#) - Director of Planning & Economic Development, [Yoni Glogower](#) - Director of Conservation & Sustainability and many others!!



25 11 comments 7 shares



Join Holyoke Mayor Josh Garcia and the Holyoke Bike Ped Committee for a bike ride around downtown Holyoke to view and learn about the larger-than-life murals in *Beyond Walls!* In 2022, *Beyond Walls* joined forces with Holyoke City Hall, El Corazón de Holyoke, and Nueva Esperanza Inc. for an inspiring collaboration that resulted in nine breathtaking murals across the city of Holyoke. These murals were brought to life by some of the world's most celebrated artists, infusing the urban landscape with color, creativity, and powerful storytelling. In June 2023, *Beyond Walls* returned to Holyoke to continue its mission of activating space to strengthen communities through large-scale public art. <https://beyondwalls.org/holyoke2023/> The 45-minute ride will end at [Fame Lounge/Eatery](#).

<https://beyondwalls.org/holyoke2023/>



Mayor Joshua A. Garcia

May 14 · 🌐



Edward Cohen

May 14 · 🌐

Holyoke Mayor Joshua Garcia shows off his new Mass Bike Bay State Bike Month 2024 T Shirt at the Holyoke Fame Lounge after completing the 45 minute Holyoke Mayoral Bike Ride through the streets of Holyoke.

Annual Bike Breakfast

The FRCOG regularly participates in Bay State Bike Week and Bike Month activities during May by hosting a breakfast for bicyclists. The annual event is a great occasion to get together with the bicycling community and to provide an opportunity for local bicyclists to network with one another. The event also allows FRCOG staff to receive input about the current bicycle infrastructure, and desired improvements.

Join us for the 2024 Franklin County Bike Breakfast!

Tuesday, May 14th

8 – 9:30 a.m.

J.W. Olver Transit Center



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



Franklin Regional Council of Governments

May 14 · 🌐

Our transportation planning team had a great time hosting this morning's Bike Breakfast! Thanks to all who joined us!



👍❤️ 15

1 🗨️



Better Biking and Walking for Springfield, MA created an event.

May 12 · 🌐



SAT, MAY 18

RIDE to The World's Largest Pancake Breakfast!!!!

Berkshire Bank Parking Lot, 19 Harrison Ave, Springfield, MA 01103

Shared to #RYH Friends Getting FIT with Friends / RUN YOUR HEALTH

☆ Interested

👍 3

2 comments

WalkBike Springfield advocates encouraged locals to bike to the World's Largest Pancake Breakfast by offering a secure bike valet and free entry to everyone who arrived by bike.

Bike valets are a great way to make it easier for folks to choose to put down their car keys and pick up their helmets when traveling to community events.

(from MassBike Newsletter)





Better Biking and Walking for Springfield, MA created an event.

May 13 · ⚙️



SUN, MAY 19

Casual Bike Ride & Mural Tour

State St @ West Columbus Ave, the Suess Mural under 91

Shared to #RYH Friends Getting FIT with Friends / RUN YOUR HEALTH

☆ Interested

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

1  **American Elm**
48 Old South Street



2  **Pin Oak (State Champion)**
28 Columbus Ave



3  **Ginkgo (State Champion)**
Smith College-
16 College Lane

4  **American Sycamore**
135 Vernon Street

5  **Copper Beech**
27 Crescent Street

6  **Case Study of Entire Block**
15 Stockard Street

7  **Norway Maple**
Keyes Street & Bike Path

8  **Tulip Tree (State Champion)**
40 Keyes Street

9  **White Oak**
26 Bardwell Street

10  **White Mulberry**
1 Corticelli Street

11  **Buttonball and Summary at Maines Field**
570 Riverside Drive