

# May is Bike Month!

## The Piedmont Triad Celebrates National Bike Month

### Bike Month Events

#### Friday, May 1

##### 6pm – 9pm Shop by Bike

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

#### Saturday, May 2

##### 10am - 1pm Burlington Bicycle Rodeo

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

#### Sunday, May 3

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

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

#### Thursday, May 7

##### 6:30pm – 7:30pm Bike Maintenance 102

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

#### Saturday, May 9

##### 8:30am – 1:00pm Spinz for Hope

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

#### Sunday, May 10

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

#### Monday, May 11

##### Bike to Work Week

##### 7am – 9am Bicycling in Greensboro Refueling Station

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

##### 7am - 9am Bryan YMCA Refueling Station

Where: Kathleen Bryan YMCA

Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.  
[www.bryanymca.org](http://www.bryanymca.org)

##### 9am – 11am Fallen Law Enforcement Ride

Description: A group of Charlotte area police will ride over 400 miles to Washington, DC, to recognize fallen law enforcement officers. Route passes through Asheboro, Randleman, Greensboro, Burlington and north to Virginia.  
[www.biketodc.com](http://www.biketodc.com)

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

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

#### Tuesday, May 12

##### Bike to Work Week

##### 7am – 9am Friendly Bike Refueling Station

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

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

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

#### Wednesday, May 13

##### Bike to Work Week

##### 7am – 9am PART Refueling Station

Where: PART Offices, 7800 Airport Center Dr., Greensboro  
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.  
[www.partnc.org/](http://www.partnc.org/)

##### 7:30pm – 9:30pm Bicycle Movie Night

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

#### Thursday, May 14

##### Bike to Work Week

##### 7am – 9am REI Bike Refueling Station

Where: REI @ Friendly Center, 3334 W. Friendly Ave, Suite 140

Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.

[www.rei.com/stores/108](http://www.rei.com/stores/108)

##### 7:30pm – 9:30pm Advanced Bike Repair

Where: Cycles De Oro, 1410 Mill St., Greensboro

Description: Advanced skill level bike repair workshop that includes spoke replacement and basic wheel truing, replacing bearings in hubs.  
[www.cyclesdeoro.com](http://www.cyclesdeoro.com)

#### Friday, May 15

##### Bike to Work Week

##### National Bike to Work Day

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

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

##### 7am – 9am Downtown Burlington Bike Refueling Station

Where: J and L Bicycle Burlington  
Description: Stop for juice, water and snacks to fuel yourself for your bike to work. This event is free.  
[www.JLBicycle.com](http://www.JLBicycle.com)

##### 7am – 9am Downtown Greensboro Bike Refueling Station

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

##### 7am - 9am Bicycling in Greensboro Refueling Station

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

#### Sunday, May 17

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

#### Wednesday, May 20

##### 7am – 9am Safe Guilford Refueling Station

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

##### 6:30pm – 7:30pm Ride of Silence

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

#### Sunday, May 24

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

#### Saturday, May 30

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

Where: Little Stars of Bethlehem Pre School, 1355 Jonestown Rd. Winston-Salem

Description: In honor of Joshua Palomares-Beckles with the assistance of the Winston-Salem Police Department and Safe Kids Forsyth. Free Helmets and bicycle course for young children. [www.wswelstar.org](http://www.wswelstar.org)

#### Saturday, May 31

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

##### 12pm – 3pm Moses Cone Med-Center Helmet Fitting

Where: Emergency Dept. Moses Cone MedCenter, 2603 Willard Dairy Rd. near NC 68, High Point

### Piedmont Triad Ongoing Rides & Events

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

### Brought To You By:

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