



May is National Bike Month 2015

SIMSBURY, CT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Simsbury Free Bike Opens May 1st.	Simsbury is CT's First Silver Bike Friendly Community	THE SIMSBURY BIKE CHALLENGE Have you signed up?	Eastern Bloc has beginners and women's Rides through the summer	Bicycle Cellar has beginners rides through the summer	1 Board of Selectmen Bike Ride 1 PM Town Hall	2 Bicycle Cellar 9-Noon Bike Safety Check for Kids Grades 3-5; Free Blinkies from FVTC
3 The Bike Trails of the Farmington Valley: Lecture & Ride - 1:00 PM at Simsbury Public Library	4 Eastern Bloc Rides 6:00pm Mountain Park (Monday's thru Summer)	5 Eastern Bloc Rides 6 PM Farms Village Plaza - (Tues through Summer)	6 Nat'l Bike to School Day Tootin' Hills Bike/Walk to School	7 Eastern Bloc Rides - Women Only - Club Pace (15mph) 6 PM Stratton Brook Park (Thurs thru summer)	8 Squadron Line Bike/Walk to School	9 Women's CycloFemme Ride 10:00 AM Bicycle Cellar Valley Cycling Annual Meeting 2:30, Library
10 Mother's Day Nat'l Bike Week	11 Squadron Line (Rain date)	12	13 Eastern Bloc Rides - 6:00pm Mountain Park (Wednesday's through the Summer)	14	15 Bike2Work Day Bike to Work 6:30AM Bicycle Friendly Community Silver Celebration Redstone Pub - 5PM	16
17 Try Simsbury Triathlon 11AM	18	19	20 Bicycle Cellar Rides Weds at 6pm from the Shop Easy pace, 10-15 Miles	21	22	23
24	25 Memorial Day	26	27 Latimer Lane Bike/Walk to School Bike Repair/Maint. 6:30PM - Simsbury Library	28 Latimer Lane (Rain date)	29 'Slow and Easy' Ride: New Rider/ Refresher Ride at SFB - 1:00 PM	30
31						

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SEE DETAILS AT WWW.SIMSBURY.BIKE OR BACK OF CALENDAR



May is National Bike Month 2015 www.simsbury.bike

May Bike Month Rides and Events: For event details visit: www.simsbury.bike

- * **May 1:** Board of Selectman's Ride - 1 pm at Town Hall; Simsbury Free Bike opens
- * **May 2:** The Bicycle Cellar will hold a bicycle safety check for students in grades 3-5 at the shop between 9 and noon where the Farmington Valley Trails Council will give away free safety blinkies.
- * **May 3:** Bike Trails of the Farmington Valley - 1 pm Simsbury Public Library; Rob Dexter East Coast Greenway/Larry Linonis Simsbury Free Bike
- * **May 6,8,27:** Elementary Bike/Walk to school events - See calendar for dates by school
- * **May 9:** Women's CycloFemme Ride - 10 am Bicycle Cellar; a national day that celebrates women on bicycles around the world; Valley Cycling (VC) Annual Meeting will be held on May 9th at 2:30 PM at the Simsbury Public Library
- * **May 15:** Bike to Work - 6:30-8:30 am Iron Horse Boulevard; **Simsbury Silver Celebration** at the Red Stone Pub - 5 pm;
- * **May 17:** Try Simsbury Triathlon - Register at www.trysimsbury.com or www.facebook.com/trysimsbury
- * **May 27:** Library Bike Repair and Maintenance program 6:30 pm
- * **May 29:** Slow and Easy New Rider/Refresher Ride beginning at the Simsbury Free Bike shop at 1 pm.

Simsbury Bike Challenge - Join the Simsbury Bike Challenge and be a part of the 4th annual National Bike Challenge. Sign up, log your miles, and complete for prizes and awards. It's an easy way to challenge yourself to ride more this season – for your health, for the environment, for a Bicycle Friendly Simsbury, or just for fun! Learn more at www.simsbury.bike and www.nationalbikechallenge .

Club and Bike Shop Rides (Through the Summer)

- **The Bicycle Cellar** (532 Hopmeadow St., 860-659-1311): Wednesday evening rides starting 6 pm at the shop, easy pace, 10-15 miles.
- **Eastern Bloc (EB) Weekly Rides:** Check website for ride changes/weather cancellations www.easternbloc.net/calendar. Eastern Bloc promotes safety and works to adhere to ride descriptions (pace, distance) so no one is ever left behind. Seasoned riders accompany beginners to introduce and demonstrate safe riding techniques. There are rides exclusively for women and for beginners.
 - **Mondays @ 6:00 pm** from Mountain Park on West Mountain Road – a “Soft Pace” road ride, suitable to newer riders or those wishing for a casual social ride (12-14 mph average)
 - **Tuesdays @ 6:00 pm** from Farms Village Plaza (May change to Stratton Brook Park later in the year) – a “Club Pace” ride, suitable for more experienced riders (figure 15-18 mph average)
 - **Wednesdays @ 6:00 pm** from Mountain Park on West Mountain Road – a “Soft Pace” road ride (12-14 mph average)
 - **Thursdays @ 6:00 pm** from Stratton Brook Park – a women's only ride (Club Pace - 15 + mph ride)
- **Valley Cycling:** Weekly rides originate at the Dunkin' Donuts in Granby (next to Stop & Shop) Sat. at 8 and 9 am ; Mon and Wed at 6 pm. If you are looking for a riding group or if you have questions about Valley Cycling contact Paul Mikkelson mikbenefit@comcast.net.

Volunteer Opportunities: To volunteer for the Try Simsbury Triathlon, Simsbury Free Bike or the Simsbury Bicycle Pedestrian Advisory Committee email us at simsburyfreebike@gmail.com. For information about Safe Routes to School or our bike education programs, email Debbie Thibodeau at debbie.thibodeau@comcast.net.