

2021

 **Commuter Solutions**
YourCommuterSolution.org



GULF COAST REGIONAL BIKE MONTH

In recognition of the League of American Cyclists' Bike Month celebration, the Houston-Galveston Area Council invites you to Bike to Work (or Anywhere) May 17 - 21, 2021.

Biking has been shown to produce physical and mental health benefits, such as lower stress and reduced risk of heart disease, diabetes, obesity, and cancer. It also helps reduce congestion and improve air quality.

JOIN THE FUN

- Post a picture of your ride to work or anywhere with the hashtag #GulfCoastBikes on Facebook, Twitter, Instagram, or LinkedIn, and tag us @HouGalvAreaCog. One person each week will be selected to receive a Commuter Solutions Swag Box.
- Complete CyclingSavvy, a **virtual cycling safety course** you can take in the convenience of your home! Finish the course in the month of May, and you'll be entered to win some cycling swag from H-GAC!
- Participate in local contests and bike month events in your area with our partners, such as Bike the Woodlands Day, Bike Wherever Day in Houston, and the 2021 Houston Bike Summit with BikeHouston. View full list of rides on our Bike Month page [HERE](#).



Thanks to our partners for helping make Bike Month a success across the region!

BikeHouston, BikeWaller, Buffalo Bayou Partnership, Houston BCycle, Rice University, The City of Houston, The City of Sugar Land, and The Woodlands Township

Follow us on Facebook, Twitter, Instagram, and LinkedIn as we celebrate Bike to Work (or Anywhere) Week, and visit yourcommutesolution.org and h-gac.com/pedestrian-bicyclist-planning for safety tips and helpful resources.