

FOR IMMEDIATE RELEASE

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Celebrate Biking the Entire Month of May

CAMARILLO, Calif. – May is Bike Month, and the Ventura County Transportation Commission (VCTC) is encouraging residents to ride to work, for health and simply for fun.

During Bike Month, residents are encouraged to leave their vehicles at home and instead use bicycles to travel to destinations. Trips might include running errands, traveling to appointments, or just getting outdoors.

In addition, commuters can consider swapping their car for a bike during Bike to Work Week (May 16-20) and Bike to Work Day (May 20).

During the month of May, VCTC is encouraging residents to pledge to bike. Those who make the pledge at goventura.org/pledge will be entered for a chance to win one of six \$250 gift cards. Everyone from new riders to longtime cyclists is encouraged to make the pledge. Participants must be over the age of 18 and the pledge must be made by May 31.

“With many people starting to return to the office, now is the perfect time to consider incorporating biking into a work commute,” said VCTC Executive Director Martin Erickson. “Riding a bike is also a fun way to enjoy the outdoors and get some exercise.”

VCTC makes it easy for new riders to learn about paths in the area. Visit goventura.org/getting-around/bike and discover one of Ventura County’s bike routes. The regional bike map highlights Class 1 paths, which are separated from cars; Class 2, which are shared-street painted bike lanes; and Class 3, which are on-street bike routes designated by signs.

For longer trips, commuters can combine a bike ride with a bus trip. Most Southern California transit operators offer on-board storage compartments for bicycles as well as bike racks. VCTC Intercity service allows electric bikes (e-bikes) if they do not have wet-cell batteries.

For more information about transportation and biking, follow VCTC (@GoVCTC) on Facebook, Twitter, or Instagram, or visit goventura.org.

About the Ventura County Transportation Commission

The Ventura County Transportation Commission is the regional transportation planning agency committed to keeping Ventura County moving. Information is available at goventura.org.

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