

**FOR IMMEDIATE RELEASE**

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**Celebrate Bike Month in May with VCTC's New  
'Biking Ventura County: Routes & Tips for Beginners & Families' Guide**

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.

VCTC's new guide, "Biking Ventura County: Routes & Tips for Beginners & Families" makes it easy to find a place to ride, with helpful information for those new to biking and for younger riders. The guide features shared-use paths and separated bike lanes across Ventura County, plus provides guidance on safety, e-bikes and tips for taking bicycles aboard public transit.

During Bike Month, residents are encouraged to leave their vehicles at home and instead use bicycles to travel to their 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 15-21) and Bike to Work Day (May 19).

VCTC invites people to pledge to bike during the month of May. Those who make the pledge at [goventura.org/pledge](https://goventura.org/pledge) will be entered for a chance to win one of six \$250 Amazon gift cards. Participants must be 18 or older, and the pledge must be made by May 31.

In addition to the "Beginners & Families" guide, VCTC offers the "Go Ventura Bikeways Map," which outlines routes across Ventura County for both beginner and experienced cyclists. 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.

Both the guide and the map are available on VCTC's website at [goventura.org/getting-around/bike](https://goventura.org/getting-around/bike). Printed copies are available at bike shops across the county or by sending an email to [bike@goventura.org](mailto:bike@goventura.org).

"Riding a bike should be a transportation option that is available to everyone in our community, regardless of their level of experience. We're excited to offer the 'Beginners & Families' guide, and we hope it will encourage more people to try biking," said VCTC Executive Director Martin Erickson.

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

“Commuting by bike instead of driving, or combining a bicycle trip with a bus ride, means fewer vehicles are on the road. That in turn will reduce greenhouse-gas emissions and will help California achieve its climate goals,” Erickson said.

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

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