



**FOR IMMEDIATE RELEASE**

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**Contact:** Darrin Peschka  
Program Manager, Government and Community Relations  
Ventura County Transportation Commission  
dpeschka@goventura.org  
(805) 642-1591, ext. 108

**May is Bike Month! VCTC encourages you to give cycling a spin,  
pledge to ride for a chance to win**

CAMARILLO, Calif. – May is Bike Month, and the Ventura County Transportation Commission (VCTC) is encouraging residents to ride to work or school, to improve their health and simply to have some fun.

During Bike Month, VCTC invites people to pledge to bike at least once before May 31. People who make the pledge online will be entered into a raffle for a chance to win one of 10 prizes, including a bicycle valued at \$600, a basic bike tune-up, and gift cards to local bike shops. Prizes are courtesy of VCTC and Bike Month sponsors Ventura Bike Depot and Ventura Cycling Center.

The pledge form and more information are available at [goventura.org/pledge](https://goventura.org/pledge).

“As Ventura County’s regional transportation planning agency, VCTC helps plan for and supports the development of cycling infrastructure across the county. Bike Month is an excellent time for experienced and new cyclists to try out the multitude of local bike routes and paths available,” said Executive Director Martin Erickson, who often commutes to work using his bike and the VCTC Intercity service.

Bike Month is a great time to try pairing cycling with public transit for longer journeys. VCTC’s Intercity buses are equipped with bike racks on the front and additional storage underneath, and all of Ventura County’s other transit operators allow bikes. Check with your local operator to learn more about their bike policy. For rail travel, Metrolink and Pacific Surfliner (Amtrak) services both allow passengers to bring bikes onboard trains. Pacific Surfliner passengers must make a free reservation in advance.

“By choosing to ride a bike and take public transit, people are reducing the number of vehicles on the road. That leads to less traffic congestion, fewer greenhouse-gas emissions and better air quality,” said Claire Grasty, VCTC’s public transit director.

With the popularity of electric bikes on the rise, VCTC reminds e-bike riders to practice safety and to always follow the rules of the road. The California Highway Patrol has an online [e-bike safety and training program](#) available, and the VCTC website has information about e-bikes available, including different classes of e-bikes and where e-bikes are allowed.

Need suggestions for where to ride? VCTC can help with that, too. Resources include “Biking Ventura County: Routes & Tips for Beginners and Families,” plus a regional bike map that is available online and in printed form. The maps and guides are available at <https://www.goventura.org/getting-around/bike/> or by sending an email to [bike@goventura.org](mailto:bike@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. Program information is available at [goventura.org](http://goventura.org).

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