

# GEAR'D UP!



## It's Gonna Be May!!!!

**20 YEARS OF**

*May is* **BIKE MONTH**

**MAY 1-31, 2024**

Join now at [mayisbikemonth.com](http://mayisbikemonth.com)

**SABA** SACRAMENTO AREA BICYCLE ADVOCATES **LOVE TO RIDE**

Justin Timberlake isn't the only one making a comeback. May is Bike Month is literally around the corner. We have a ton of events lined up, sweet swag, and competitions galore. It's the most wonderful time of the year! Are you ready?

To start things off the right way, **make sure you are registered for the 2024 campaign.** Even if you registered and participated last year, make sure you clicked the yes button to register again for this year. **DO IT BEFORE APRIL 30TH AT 11:59 PM.**

Why? That marks the end of early bird registration and the last chance to be in the running to possibly win a 20 Years of May is Bike Month t-shirt. If you thought scoring socks took effort,

remember this shirt is only available **THIS YEAR** in 2024!

But, we'll let you in on a secret. If you volunteer at one of the events we have lined up in May, you'll earn a sick pink edition of this tee only available to volunteers and employees. Use this [link](#) to volunteer and help us out!

Many exciting events are happening in the first week of May is Bike Month.

Jump over to the



May is BIKE MONTH



# SABA EVENTS

4/28	<i>Breathe Bike Festival/May is Bike Month Kickoff</i> Mill and Riverfront Streets, West Sac, 11am-2pm
5/2	<i>Biking While Black</i> Film Screening, Guild Theater, Oak Park
5/11	<i>SABA Bike Swap+Sale+Show</i> Two Rivers Cider, 10am-2pm
5/11-5/19	<i>Mileage Madness Week</i> Mileage drive! Log as many miles as you can this week, prizes and winners revealed at VeloRama
5/16	<i>National Bike to Wherever Day - Energizer Station</i> Guy West Bridge, 4pm-7pm
5/18	<i>SABA Cargo Bike "Races"</i> Township 9 Park, 11am-3pm
5/19	<i>VeloRama</i> Party at Bike Dog West Sac, 12pm-4pm
5/26	<i>SABA Social Ride - Folsom to Folsom</i> Check event calendar for details



For more details, scan here or go to <https://bit.ly/sacregionevents> to check out the 2024 May is Bike Month regional event calendar



[mayisbikemonth.com](https://mayisbikemonth.com) [events calendar](#) to see details on everything planned.

Also, for more detail, check out all of [SABA's events here](#).

## Kick-off Events



## KIDS MURAL RIDE

Sunday April 28th  
Meet 10am Rollout 10:30am 1325 S St, Sacramento



3 miles Ride support by Scouts BSA Troop 1 of Sacramento

Finish at:



**KICK OFF EVENT**  
11am-2pm  
Mill+Riverfront, West Sac



**Free** 3rd ANNUAL **BREATHE BIKE FESTIVAL**



**20 YEARS OF** *May is BIKE MONTH* **KICK OFF EVENT!**

**Sunday, April 28, 2024 | 11am-2pm**  
**Mill and Riverfront Streets, West Sacramento**

Blender Bikes + Helmet Fittings & Giveaways + Bike Repair + Bike Safety Demos + E-bike Test Rides + Family Activities + Music by Bike Party + Mural Rides + Bike Valet + Yoga + Local Partners + More Fun!

Directions and Bike Routes:   **SACRAMENTO AREA BICYCLE ADVOCATES**

 **BREATHE CALIFORNIA Sacramento Region**

[www.sacbreathe.org/events/breathe-bike-festival/](http://www.sacbreathe.org/events/breathe-bike-festival/) <http://bikesacregion365.net>

We are thrilled to have a kids mural ride that ends at the Breathe Bikefest! Meet up with Scouts BSA Troop 1 of Sacramento, who are running the ride.

When: Sunday, April 28th  
 Time: 10:00AM meet; 10:30AM roll-out  
 Where: 1325 S. Street, Sacramento

Questions? Reach out to [Sonya!](#)

Join us at the Breathe BikeFest, aka the May is Bike Month Kick-off!

Find us in West Sacramento for fun for the whole family. Meet us there or ride in from your home. Scan the QR code for meet-up places and locations.

When: Sunday, April 28th  
 Time: 11:00AM - 2:00PM  
 Where: Mill & Riverfront Streets

Questions? Ping [Hillary!](#)

**BARC**  
 BICYCLING ADVOCATES FOR RANCHO CORDOVA  
 bikebarc.org

**MEET FELLOW CYCLISTS, HAVE FUN, AND IMPROVE YOUR HEALTH**

**JOIN BARC FOR THESE BIKE MONTH EVENTS**

May 1st, 8:30-11:30 AM: **Popup Tent @River Bend/just east of Mile 14**  
 May 5th, 5 PM: **Roll & Scoop Ride @L.V. Park to Baskin Robbins**  
 May 8th, 3 - 5 PM: **POPS & SWAG @Mather Light Rail Station**  
 May 11th, 9:30 AM: **Ride to Lunch on the Farm @Village Green Park**  
 May 24th, 4 - 7 PM: **BARC FEST featuring The MACC**

FOR MORE, FOLLOW @BIKEBARC ON SOCIALS!



**May Day Energizer Station**


Riding the ARBT? Stop in for some goodies on your way into or out of town!

**BIKING WHILE BLACK**

**Thursday, May 2nd**

**The Guild Theatre**  
 2828 35th St,  
 Sacramento, CA 95817

Showtime: 7:00 pm



Scan for tickets!

Explore the resilience, strength, and spirit of the Black community through a film screening and conversation designed to empower BIPOC bicyclists, dismantle systemic barriers, and reimagine a world where cycling is a source of joy, freedom, and safety for all.

**Biking While Black: Movie & Panel**



When: May 1st  
Time: 8:30 AM - 11:30 AM  
Where: ARBT at River Bend, east of Mile 14

Join us for this incredible night of conversation. Yolanda Davis-Overstreet, the creator of Biking While Black will be here to help us explore the challenges and strength of the Black community who ride bikes. Plus, special swag by REI!!

This is a FREE event, but RSVP's are essential:

<https://www.eventbrite.com/e/biking-while-black-film-screening-and-discussion-tickets-882340593467?aff=oddtcreator>

When: May 2nd  
Time: 7:00PM - 9:00PM  
Where: The Guild Theater, 2828 35th St., Oak Park

Questions? Ask [Deb!](#)

## Big Day of Giving is May 2nd



On May 2nd, our entire region participates in giving to nonprofit groups for 24 hours on the Big Day of Giving website.

Please contribute whatever you can, big or small, to the [Sacramento Area Bicycle Advocates](#).

SABA relies on these donations to power our social ride, repair clinics in underserved communities and gives us the resources to advocate on your behalf for safe streets.

SABA grows and flourishes as a result of your generosity. We Thank You in advance!



## Ride Ready Repair Clinics

We will be offering several "pop-up" clinics around Sacramento throughout the week of April 28-May 4. Don't miss out on the opportunity to get your bikes ready for all of our May is Bike Month events. Check out our [events calendar](#) for more information. Questions? Ping [Robert](#).

We're hiring! If you have passion and interest to make the world a better place through bicycles, then we want to [hear from you!](#)

Bike Valet

Bike Mechanics



You can find our Valets at the Golden 1 Center for all events to provide secure bike parking. Find us by Urban Outfitters. To make the process faster for everyone, scan our QR codes while in line to sign in.

You can also find us at various events in the community including food truck mania, and concerts in the park. Go to our events **calendar** for more info.



**Support SABA today and become an advocate for safe streets.**

**We're working for commuters, recreation riders, students and seniors.**

**We're working for you.**

Become a **SABA supporter** and help support programs like Project Activation Meadowview, our social rides, bicycle classes, or our Ride, Ready, Repair work. Whether you commute by bike or ride for fun, your support will underwrite our efforts to make the Sacramento region a safer place for **everyone** to ride!



Gear'd Up is proudly presented to you with support from our friends at [REI Co-Op](#), [Washington Commons](#), [Centene](#), Metro Air Park and [Capitol Yards](#).

Find out how your organization or business can help make Sacramento the best place to ride a bike. [Join us!](#)

Sacramento Area Bicycle Advocates is a 501c3 nonprofit organization. Your donation is tax-deductible.



Sacramento Area Bicycle Advocates | 909 12TH ST STE 110, SACRAMENTO, CA 95814-2942

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