

NATIONAL BIKE MONTH MAY 2018



1 Bike Repair and Sale @ SIU Student Center (North Side) - 11am-2pm
Don't let your bike sit on a rack and rust. Bring it to the **Saluki Spokes** Bike Repair Day. We will help oil chains, repair flats, and fix it up so you can sell it before you leave school. Want to buy a used bike? Stop by and see what we have. Call 618.453.5209 for more information or visit:
<https://www.facebook.com/SIUBikeWatch/>

Carbondale Group Ride - 5:30pm
Kick off Bike Month with a group ride along the new downtown bikeway, around SIU, and back downtown. After the ride, check out local businesses for Bike Month kick-off specials! Meet in the City parking lot across the street from the Newell House.

4 Bike Ride to Murdale - 1:30pm
Join **SIU Sustainability** and **Saluki Spokes** for a group ride to Murdale Shopping Center! Meet at the south end of Student Center. This ride is intended to support students staying in Carbondale for the summer who would like to learn how to safely bike to off-campus locations.

5 Bike Safety Check @ Carbondale Farmer's Market - 8am-12pm
Swing by and let the **Bike Surgeon** give your bike a once over.

Fresh Fitness @ Turley Park Pavilion - 10 am
Join **SIU Fitness Instructor** Nathan Shaw for a special Fresh Fitness Bike Month workout designed to help you ride longer and stronger! Our fitness class will include exercises and stretches to help improve your speed and power and prevent injury.

Bike Safety Check @ the Murdale Spring Carnival - 10am - 2pm
Visit the **Spring Carnival** at Murdale Shopping Center to support the **Boys and Girls Club** and let **Phoenix Cycles** take a look at your bike.

11 Ladies Only Bike Repair Workshop @ the Bike Surgeon - 5:30pm
Hey Ladies! Join the experts at the **Bike Surgeon** for a special ladies only bike repair workshop and get your wheels in shape for Bike Month. Call 618.457.4521 for more information.

14-18 Bike to Work Week
Get out and ride your bike to work. Check out the new **Bikeway Map** to plan your route on the City's designated bikeways.

19 Bike Safety Check @ Carbondale Farmer's Market - 8am-12pm
Swing by and have the **Bike Surgeon** give your bike a once over.

"Breaking Away" @ The Varsity Center for the Arts - 2pm
Head to **The Varsity** for a special matinee screening of the 1979 Golden Globe Best Picture winner **Breaking Away**. Ride your bike and get a half price ticket!

25 Fourth Friday Fair @ Town Square Pavilion - 6-9pm
Ride to **Carbondale Main Street's** bike-themed Fourth Friday Fair for fun family-friendly activities. Decorate your bike, participate in the Bike Rodeo, and compete for prizes!

26 Mountain Bike Trail Building @ Touch of Nature Environmental Center - 9am-1pm
Come hydrated, fed, and ready for a day of physical fun building mountain bike trails at **Touch of Nature**. Meet the Center's knowledgeable staff in the parking lot at Camp I, learn the basics, and help add something beautiful to our community! For information, call 618.453.1121 or to register visit:
<http://ton.siu.edu/facilities-and-services/touch-of-nature-forest/multi-use-trail-projects.php>

31 Annual Bicycle luncheon @ Turley Park Pavilion - 12-1pm
Join the **City of Carbondale** for our annual luncheon sponsored by the **Neighborhood Co-op**. Grab your friends, ride your bike, and enjoy lunch on us! Plus, enter to win prizes and giveaways.

ALL MAY LONG Bicycle Scavenger Hunt
Ride, take a selfie, and post at **#BikeCdale2018**. Sign up at www.facebook.com/ExploreCarbondale or register at:
<https://goo.gl/forms/P1iqybS11ByyprdC2>

Biking at SIU
Stop by the **SIU Sustainability Hub** (located in the Student Center near the bowling alley) to learn more about biking on SIU's campus! While there, enter a drawing to win bicycle mirrors.

Bike to the Brown Bag - Wednesdays - 12-1pm
Join **Carbondale Main Street** every Wednesday in May at the **Town Square Pavilion** for great music from local artists.

THANK YOU TO OUR PARTNERS AND SPONSORS!

Carbondale Main Street • The Neighborhood Co-op • Carbondale Park District • Carbondale Farmer's Market • The Varsity Center for the Arts • The Bike Surgeon • Phoenix Cycles • Carbondale Cycle • Carbondale Community Arts • Carbondale Trophy • Fresh Fitness • SIU Recreation Center • SIU Sustainability • Saluki Spokes • Touch of Nature Environmental Center • Jackson County Health Department

