

# Seacoast Bike Month 2020

## (Social Distancing Edition)



**May 1st—31st, all over the Seacoast and right at your office (or home office)!**

**Commuter Smart B2B Challenge.** Form a team at work to bike, walk or telework. You're doing it now anyway so why not make it more fun and take credit? Bikers will receive special awards for the most trips. Free & open to all Seacoast NH employers. [www.commuterSMARTseacoast.org/Challenge/2020](http://www.commuterSMARTseacoast.org/Challenge/2020)



**Whenever Works for You Between May 1 & June 30**

**Cycle the Seacoast—Virtual Ride!** Challenge yourself to stay active and support the American Lung Association's work on critical lung health research. Complete 25, 50 or 100 miles on an indoor or outdoor bike at your own pace and in segments if you like. All virtual participants who raise the minimum \$200 by 6/30/20 will receive a medal and event t-shirt. Register at [www.BikeTrekNewEngland.org](http://www.BikeTrekNewEngland.org)



**Thursday, May 7th, 6:00 pm via Zoom**

**Fix a Flat with Jen Murphy.** Learn or review how to fix a flat tire in a fun environment! We'll follow with a virtual happy hour to share stories of coronavirus cabin fever and riding to get through it. Bring your own flat (or deflated) tire and wine/beer/cocktail! :) Join the Zoom at: <https://us02web.zoom.us/j/83176479582?pwd=R2lrdeZ6b05JzjJWmRnRDRES2t1QT09>



**Thursday, May 14th, 6:00 pm via Zoom**

**Get up to speed on Bike Travel Weekend!** Join Jeff Latimer of Gus' Bike Shop to learn about Bike Overnights and how to participate in the Adventure Cycling Association's Bike Overnight and Bike Your Park weekends.



Register at <https://us02web.zoom.us/meeting/register/tZctfu6hrz0pEtxDaCDZUIQUjK7nrHFW9Qf5>

**Friday, May 15th, Bike to Work (at Home) Day!**

**Go for a ride, take a photo and share it with us on social media.** Get out for a 20 minute ride before you plug into work, or at lunch or instead of work. Bike with your kids, your spouse, your quarantine buddy. Bike solo! Take a selfie and post it to #SeacoastBikes and the Bike Month Facebook page at: <http://www.facebook.com/seacoastbikes/>. Add LAB's national #BikesUnite hashtag too.



**Thursday, May 21st, 6:00 pm via Zoom**

**All Things Biking Q&A and Virtual Happy Hour.** Got a question about bicycling? Got a bottle of wine? Ask our panel of local experts anything about bicycling. Where are there good trails in the Seacoast? How do you pack work clothes when you're biking to the office so you don't look like a hamper when you get to your desk? Where are the cleanest public restrooms on Route 1A? Join the Zoom at: <https://us02web.zoom.us/j/87099829452?pwd=ZU5CZehVSjgyRE1wUm1vbWdHeWRiQT09>



**Mid-April Through June 30th, Anywhere you want to ride!**

**Bikes & Beers Social Distancing Event.** Support your local craft brewery and COVID19 relief efforts as part of this national event. Ride your bike anywhere, whenever you like, indoors or outdoors, submit your mileage on B&B's virtual trip logger, compete with friends and receive a Rider Appreciation Package with event t-shirt, water bottle, beer tokens for participating breweries (Smuttynose and Throwback in the Seacoast), other great swag and a raffle entry. Entry fee is \$49 for month of fun! Register at <https://bikesandbeers.com/social-distancing-virtual-ride/>



**Thursday, May 28, 6:00 pm via Zoom**

**Dust off that bike!** Just remember you have a bike out in the barn or back next to the furnace in your basement? You're not alone—all the shops in the Seacoast are inundated with tune-up requests right now. Learn how to do a basic ABCD safety check (Air/tires, Brakes, Chain, Drivetrain) to get on the road until you can get in for a full tune up. Join the Zoom at: <https://us02web.zoom.us/j/4390430303>



**Anytime You Like—Watch Them All**

**LAB Smart Cycling Videos—Brush up on your bicycling skills and knowledge of Traffic Laws.** The League of American Bicyclists has put together a terrific set of short videos with tips on shifting gears, intersection positioning, basic bike safety checks, fitting and adjusting your bike, what to wear and other topics. All are available online at: <https://bikeleague.org/ridersmartvideos>



### Seacoast Bike Month Presented by:

