



May is Bike Month!

Ideas for Well Workplaces

Apply to be a Bicycle-Friendly Business

Lighten Up will be celebrating and recognizing our local Bike-Friendly Businesses in May. Join Dream Ride Projects, the City of Lancaster, Lancaster General Health, Gretna Bikes, Cargas Systems, Weber Advertising and Marketing, the Lancaster Chamber of Commerce & Industry, and Lemon Street Market as a Bicycle-Friendly Business! Apply by March 31 at www.bikeleague.org for the May award announcements. Contact Brenda for help with your application.

Participate in #lancasterbikeseverywhere

Show us where you bike! Post a picture of yourself and your bike on Facebook or Instagram with the hashtag #lancasterbikeseverywhere during the month of May. The most creative entry will win a gift card to a local bike shop. Encourage employees to tag your company and show their work spirit!

Join the Bike Month Commuter Challenge

PA Commuter Services sponsors an annual challenge for individuals to track the miles they bike during Bike Month. Individuals can win prizes for participating, and PA Commuter Services can provide the number of your employees who participate for evaluation purposes. Visit pacommuterservices.org or contact Laura Heilman at laura.heilman@pacommuterservices.org for details.

Participate in Bike to Work Day on May 20

Offer breakfast or prizes to employees who bike to work on Friday, May 20, or join the Lancaster Bikes! coalition for the annual Bike Proclamation in Lancaster City. Details to come!

More ideas...

- Host a bicycle safety class by a National League-Certified Instructor.
- Hire a bike mechanic for a few hours to provide free tune-ups for your employees.
- Plan a "Bike to..." event and bike to the movies, a park, or another event.
- Recruit an experienced cyclist to lead a beginner ride for your employees on a local trail.
- Feature someone who loves biking in your company newsletter, social media, or other communication tools you use.

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