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FOR IMMEDIATE RELEASE

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## **Huntington to celebrate Bike to Work Day on Friday, May 19**

HUNTINGTON – The City of Huntington Mayor’s Bicycle and Pedestrian Advisory Council will sponsor a Bike to Work Day celebration from 7:30 to 9 a.m. Friday, May 19, at Jeff’s Bike Shop, 704 6<sup>th</sup> Ave.

Anyone who bikes to work that day is welcome to stop by Jeff’s Bike Shop during the designated time for free coffee, donuts and water. Mayor Steve Williams also will attend and deliver a proclamation in honor of Bike to Work Day.

Bike to Work Day encourages people to bike their work commute. May is National Bike Month, which celebrates bicycling as transportation, recreation and an activity that is essential to our well-being. Bicycling is a healthy, economical, environmentally friendly and fun way to commute to work. According to the League of American Bicyclists, 40 percent of all trips in the U.S. are less than two miles, which makes bicycling a feasible way to travel.

“We are thrilled to be able to participate in the National Bike to Work Day event,” City of Huntington Planning Director Bre Shell said. “I know personally how good it feels to ride to work and how easy it can be once you get started.”

The Mayor’s Bicycle and Pedestrian Advisory Council is a collection of citizen leaders who are committed to increasing the access, safety and equity for those who use non-motorized transportation in Huntington.

“Starting your day with some light exercise does incredible things for your mental and physical health,” said Zane Parsley, chairman of the Mayor’s Bicycle and Pedestrian Advisory Council. “Many people overlook the tremendous benefits Huntington has to offer for cyclists and pedestrians. The city is so marvelously compact. Our group is working to improve safety access for those who walk and bike in Huntington.”



For more information about Huntington's Bike to Work Day, please contact [planningdept@huntingtonwv.gov](mailto:planningdept@huntingtonwv.gov) or call 304-696-5540, option 3. More information about National Bike Month and Bike to Work Day can be found through the League of American Bicyclists at [www.bikeleague.org/events/bike-month](http://www.bikeleague.org/events/bike-month).

For more information about bike commuting in Huntington, visit the Paul Ambrose Trail for Health website at <https://www.cityofhuntington.com/residents/paul-ambrose-trail-for-health/>.

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