



It's All About the Bike

"May is Bike Month" is here and we're proud to announce SETA staffs' participation is growing. In 2006, SETA staff logged in a total of 66 miles with 12 entries. In May 2014, staff logged in over 4,000 miles with 238 entries, an awesome feat! This May, we're hoping to surpass last year's mileage, but we need more staff to participate.

We hope you'll consider joining us reach this goal. Read below to learn more about this fun, physically active, campaign. For registration, to log miles, or details on events, click on the following link: www.mayisbikemonth.com

WHAT IS BIKE MONTH?

May is Bike Month challenges people to choose bicycling for types of trips including those related to work, school, errands, and recreation throughout the Sacramento region. Take this opportunity to save money, reduce air pollution, exercise, and get involved with your community by bicycling instead of driving.

WHAT ARE THE INCENTIVES FOR PARTICIPATING?

- *Weekly Prize Drawings
- *Individual Challenges
- *Safety Clinics
- *Local Events
- *Rides
- *Energizer Stations
- *Bicycle Trip Planner
- *Bicycle Friendly Business Participation

REGIONAL EVENTS

- May 1 - Bike Month Kickoff
- May 3 - GREAT Scott Rd. Bike & Walk Event:
Road closed from 8 AM—4 PM
- May 6 - Bike to School Day
- May 14 - Capitol BikeFest
- May 21 - Bike to Work Day



"Why Do You Ride a Bike?" - SETA Staff Responds...

- I ride my bike because it combines exercise with entertainment.*—Bonnie Bilger
- Strengthen my new artificial knee.*—Wendy Tanner
- To keep me aging gracefully, and to learn my way around.*—Rahn Tibbs
- It makes any destination, even the grocery store, enjoyable.*—Sandy Bacon
- Riding gives me a sense of freedom, peace and purpose.*—Lorna Devine
- It's great for walks with my puppy and great exercise.*—Katy Jacobsen
- Sun rises, nature replies, it floods my thoughts, like wind in my eyes.*—Victor Bonnano
- When I ride my bike it gives me a certain freedom I cannot achieve in a car.*—Bob Silva
- Gets me outside, get to enjoy nature, see things I don't see when driving.*—Debbie Schneider
- Riding my bike allows wonderful family time outside with my boys.*—Julie Davis -Jaffee
- A great way to cross train, it gets one out of doors into the fresh air.*—Tammi Kerch
- Calories burned riding your bike to work 572, Calories in Chocolate Chip Cooking Dough Ice Cream 280, ride the bike, eat ice cream.*—John Allen
- Bike for several reasons, most importantly, motivating my partner to exercise.*— Katrina Vo
- Great cross-training activity, opportunity to socialize with friends.*—Jaime Serrano
- A relaxation, enjoyment of nature, socializing with friends.*—Kimberly Oliver
- Saves \$, lowers pollution, make new friends.*—Karl Wiggins
- Exercise, family fun, and the American River Bike Trail.*—Pam Moore



May Wellness Events @ SETA

- May 9— Komen-Race for the Cure
- May 20—Wellness Quarterly Meeting
@Job Corps
- May 27—Ted Talks @ Plaza Del Paso

Plan your next bicycle trip—Find the best route for your next bike trip by visiting: MAPS.GOOGLE.COM

Energy Bars for the Long Ride (or walk or hike)



These bars are easy to make and eat!

Taken from
www.popsugar.com

Ingredients:

- 4 cups rolled oats
 - 4 cups cereal
 - 1 cup each filler (nuts, raisins, chocolate chips, etc.)
 - 2 cups sweetener/binding agent: maple syrup or agave
 - 1 1/2 cups peanut butter
 - Salt to taste
1. Heat sweetener & peanut butter over medium heat; combine the remaining ingredients in a large bowl
 2. Stir in the heated sweetener mix, pour into a large square pan, let it cool
 3. Slice each batch up into 2-inch-by-2-inch squares, each of which delivers about 250 calories & 40 grams of carbs, a perfect dose of energy for 60 minutes on the bike



For any inquiries regarding our wellness program, contact Ellen Frantz at (916) 263-3907 or email wellness@delpaso.seta.net