



May is (still) Bike Month – Virtually!!

SETA's Wellness & Safety Awareness
May 2020 Newsletter
Volume 1/Issue 5

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May is Bike Month is almost here and this year Sacramento TMA will hold a completely virtual campaign to celebrate the positive force that bicycling brings to our lives. Social distancing might keep us from hosting in-person events, but we will still inspire and motivate you to take safe, solo rides. Hopping on a bike is a great way to enjoy the spring weather, get some exercise, and feel mentally refreshed.

Biking can be your daily exercise, to get some sun and fresh air, or even your daily moment of Zen! Whether you bike occasionally for fun, need an activity to do with your kids, or are starting a new exercise routine, stay tuned to our social channels and MayisBikeMonth.com for ways to engage with the new online campaign.



We will bring you social media challenges, new virtual badges, and t-shirts and socks in our weekly drawings! Try making a list of all the activities you can do on your bike while “social distancing.” Get creative, and challenge others to share their ideas or try yours – bonus points if you share photos on social media and tag @MayisBikeMonth! All types of bike trips count – so join us and log your solo recreation rides, sunshine rides, fresh air rides, family rides, or essential rides to the store.



Know Your Hand Signals...

When riding in traffic, know the hand signals for turns and stops. This keeps you safe and alerts drivers around you to your actions. Stay Safe!



May is Bike Month "To-Do" List:

Register and make a pledge during April to get your Early Bird badge. Take a solo ride and log it every week in May to be entered into weekly drawings.

Make a list of all the activities you can do on your bike. Get creative and challenge others to share their ideas!

Follow mayisbikemonth.com on [Facebook](#), [Twitter](#), and [Instagram](#) to get updates, ideas, and tips on local biking info, biking-related activities, theme weeks, and more fun.



Test Your Word Search Skills!

Can you find all the words in the word search below?



Bike Safety

Q P E D A L S A T Q C S A F E T Y
V B R A K E R I C H A I N A Y V D
T E H A N D L E B A R S H P R J W
G X T Z I H A Z I E S O B U Q L O
L E C K N X G J M C R O S S I N G
B C S S Y I R R M T Y R E R R B O
V A W A R E I I H E L M E T J H Z
P W H E E L D S E W Z J Q G A P I
K O B F Z Q E E B Z G O X J G S Y
H S U E W G G A L B H C Q X O E L
Z F S W V E X T B I C Y C L E D Y
F C X C F W Q Q Y K A D U L T J A
E G E D L B R Y R E F L E C T O R
T R A F F I C E N L A F C B X Y Q
A M W E Y Y U B V A H C R H V O C
X H M Q O B E L L N F U X D I J O
P F Y A Z S Z R M E B B A F L S D

- | | | | |
|----------|-----------|--------|-----------|
| Aware | Ride | Tyre | Traffic |
| Chain | Seat | Safety | Reflector |
| Adult | Handlebar | Brake | Bike lane |
| Crossing | Wheel | Helmet | Pedal |
| Bicycle | Bell | | |