



















Celebrate May Bike Month in Winston-Salem

Date	Time	Activity
1	12 Noon	<p>Bike & Lunch--Meet at Inmar (635 Vine Street) in the Innovation Quarter for a short bike ride followed by a lunch, compliments of Triad Air Awareness. Inmar & Forsyth County Department of Public Health are event sponsors.</p> <p>If you prefer to ride indoors, the Innovation Quarter YMCA is offering a free spin class followed by the complimentary lunch.</p>
2	2 PM	<p>Bike to ARTivity on the Green Park on N. Liberty Street between 6th and 7th streets.</p>
3	10 AM	<p>For a more challenging ride, participate in the 30-40 Mile Bike Ride. The ride will begin at 10 AM from the parking lot on the southeast corner of 4th Street and Patterson Avenue. Enter from 4th Street.</p>
3	11:30 AM	<p>The 10-mile Community Bike Ride will leave from the parking lot on the southeast corner of 4th Street and Patterson Avenue. Entrance is on 4th Street.</p>
3	1-4 PM	<div style="display: flex; align-items: center;">  <p>Enjoy walking, rolling, biking, and skating with no traffic at WALK & ROLL WINSTON-SALEM. The event is FREE but participants are asked to register at East 3rd Street and Research Parkway in downtown Winston-Salem. Winston-Salem's open streets event begins its 7th season and is brand new and better than ever.</p> </div>
5	6 PM	<div style="display: flex; align-items: center;">  <p>Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com</p> </div>
6	Varies	<div style="display: flex; align-items: center;">  <p>This is National Bike to School Day so students are encouraged to bike with parents/friends to and from school on this day. Some schools may plan special activities so check with your school.</p> </div>

6	6 PM	 Meet up with fellow cyclists at Clemmons Bicycle, Inc. for a group road ride, leaving from their shop at 2703 Lewisville-Clemmons Road in Clemmons. www.clemmonsbicycle.com
7	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
8	12 PM – 1 PM	Wake Forest Baptist Health hosts a Lunch & Learn on “Bicycle Commuting” at BioTech Place with Matthew Burczyk, Winston-Salem’s Bicycle & Pedestrian Coordinator. The public is welcome. Bring your own brown bag lunch or purchase a lunch at the Café Brioche Dorée in BioTech Place.
9	6 AM – 1 PM	 Bike to the Dixie Classic Farmers Market at the fairgrounds (enter from 27 th Street.) First 20 cyclists will receive a token worth \$5 of fruits or vegetables. You must show your bike and helmet to be eligible.
9	9 AM – 12 PM	 Bike to the Cobblestone Farmers Market in Old Salem. The first 20 cyclists will receive a token worth \$5 of fruits or vegetables. You must show your bike and helmet to be eligible.
10	3 PM	Meet at Washington Perk on Acadia Street and join the Community Bike Ride.
11	6 PM	Attend a special bike-themed film, <i>Triplets of Belleville</i> at a/perture cinema at 311 W. 4 th Street in downtown Winston-Salem.
12	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
13	6 PM	 Meet up with fellow cyclists at Clemmons Bicycle, Inc. for a group road ride, leaving from their shop at

		2703 Lewisville-Clemmons Road in Clemmons. www.clemmonsbicycle.com
14	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
15	Morning	 For Bike to Work Day , meet up with other cyclists to ride from 4 locations around Winston-Salem to downtown. Reward yourself with a FREE continental breakfast available from 7-8:30 a.m. at 4 th & Trade Streets, hosted by the Forsyth County Health Department and Triad Air Awareness. Rides will begin in Ardmore, Reynolda Village, at Senior Services and Paul's Cycling & Fitness on Buchanan Street.
16	2-4 PM	Bring your family and bikes to Clemmons Bike Day at Frank Morgan Elementary School on Harper Road. Mechanics from Clemmons Bike Shop will check out bikes, put riders through paces in a bike rodeo, and lead rides.
17	3 PM	Meet at Washington Perk on Acadia Street to join the Community Bike Ride for an 8-10-mile ride through Winston-Salem neighborhoods.
19	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
20	6 PM	 Meet up with fellow cyclists at Clemmons Bicycle, Inc. for a group road ride, leaving from their shop at 2703 Lewisville-Clemmons Road in Clemmons. www.clemmonsbicycle.com
20	6:30 PM	 Participate in the annual Ride of Silence to honor cyclists who were injured or killed while riding their bikes. Gather at Mock Orange Bikes on West End Blvd. at 6:30 PM. Police officers will set up rolling stops to give the riders the right of way at intersections.

21	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
24	3 PM	Meet at Washington Perk on Acadia Street and join the Community Bike Ride .
25	MEMORIAL DAY	Ride your bike in memory of someone you love.
26	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
27	6 PM	 Meet up with fellow cyclists at Clemmons Bicycle, Inc. for a group road ride, leaving from their shop at 2703 Lewisville-Clemmons Road in Clemmons. www.clemmonsbicycle.com
28	6 PM	 Join Piedmont Flyers Bicycle Club members for a road ride, leaving from Lewisville Square in downtown Lewisville at 6 PM. www.piedmontflyers.com
30	All Day	 Winston-Salem Cycling Classic Events --Watch the riders take off downtown at 8:00 AM on 4 th & Trade Streets, and then join them post-ride back in downtown Winston-Salem for food, beverages and a selection of local craft beer and bluegrass music.
30	5 PM	Celebrate Cycling in Winston-Salem at Bailey Park in the Innovation Quarter for a concert (with food trucks and beer/wine). Admission will be charged.
31	All Day	 Winston-Salem Cycling Classic Events -- Check out events and times at http://www.winstonsalemcycling.com/gran-fondo/

