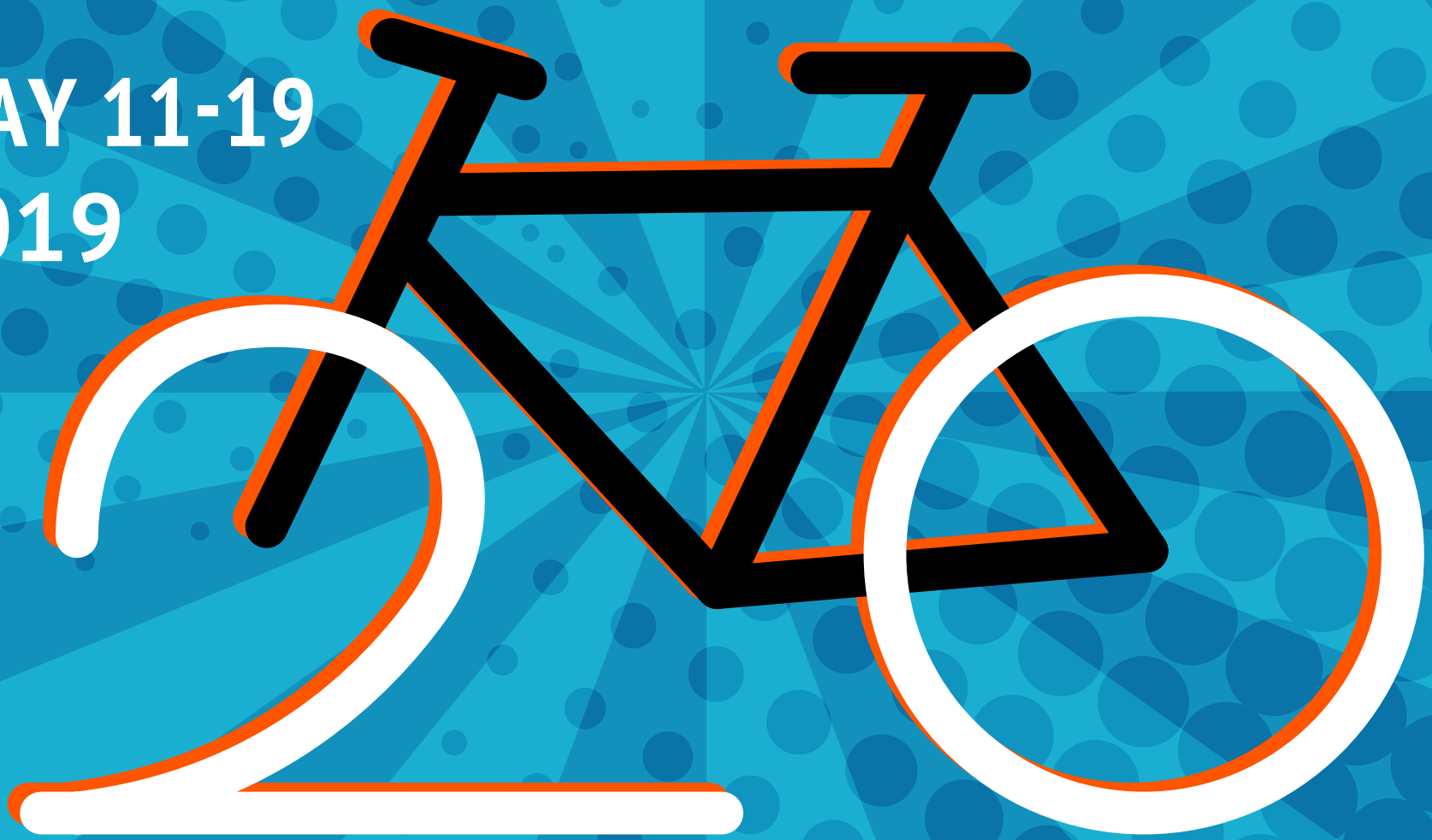


20TH ANNUAL PIONEER VALLEY BAY STATE BIKE WEEK

MAY 11-19
2019



SAT MAY 11

Hadley 10am-1pm | Spring Warm-up Ride with Appalachian Mountain Club Pioneer Valley Chapter. Roughly 24 mile ride up the Pioneer Valley to visit Sunderland's famous Buttonball Tree. Contact sean@speedandsprocket.com to register

Easthampton 11am-1pm | Trail Break | Free bagels, fruit, juice & coffee, sponsored by the Friends of the Manhan Rail Trail Rail trail behind Tandem Bagel

Northampton 6-8pm | Stories of Bicycling History and Activism Talk with author Larry Finnison. FNTG and Historic Northampton host the event at Northampton Center for the Arts

Northampton 10am-2pm | Bike Safety Rodeo | Join members of the Northampton Police Department at their annual Safety Rodeo for children ages 5-12. Children are encouraged to bring their bikes and their parents to learn and practice safe riding skills | JFK Middle School Parking Lot

Springfield 11am-3pm | Walk & Roll Celebration | Come try out possible Complete Streets improvements for Walnut Street, join the Bike Rodeo, Valley Bike demos, bike repair station by RadBike, & more! | Walnut Street between Union and Pine & Barrows Park

SUN MAY 12

Amherst 9:30am-12:30pm | Cyclofemme Women's Ride | Women, come together to honor the past, celebrate the present, and empower the future at this social, community building event! Two routes to choose from | Brookfield Farm | contact info@speedandsprocket.com

Northampton 7pm | Night Ride in NoHo | Gather at 7pm in Pulaski Park with your own bike lights for an all family 1-hour ride around Northampton

MON MAY 13

Agawam 3-6pm | 5th Annual Bike Week Event | Free professional bike tune-ups and safety checks, updates on Complete Street projects Snacks and beverages | School Street Park (by the Red Barn) | Rain date May 14

Holyoke 7-9am | Bike Breakfast | Join the Holyoke Bike Week Committee for coffee, pastries and bike swag giveaways | Veteran's Park (across from the Transit Center)

Springfield 2-6 pm | DIY Bike Repair | Hosted by RadSpringfield Make-It Springfield, 168 Worthington St.

Westfield 4:30-5:30pm | PVRTA Bike Rack Demonstration Westfield City Hall, 59 Court St.

Westfield 5:30pm | Mayor's Bike Ride | Join Mayor Sullivan for a ride downtown. Gather at City Hall and ride to the new walking/biking bridge for a ribbon cutting ceremony | Westfield City Hall, 59 Court St.

TUE MAY 14

Greenfield 8-10am | FRCOG Bike Breakfast | Coffee, juice and light breakfast food | Practice loading your bike on the FRTA bikes on buses rack | John W. Olver Transit Center, 12 Olive St.

WED MAY 15

Northampton 7-10am | Bicycle Breakfast | Bike Breakfast and ride to school | Join us for a bike breakfast then ride to the Leeds and Ryan Road schools with Mayor Narkewicz and police escort! Valley Bike Share will demo their pedalelectric bikes. Free bike safety checks by Full Circle Bike Shop | Lilly Library

THU MAY 16

Florence 7-8:30am | Bike Breakfast and ride to school | Join us for breakfast then ride to the Leeds and Ryan Road schools with Mayor Narkewicz and police escort! Valley Bike Share will demo their new pedalelectric bikes. Free bike safety checks by Full Circle Bike Shop | Lilly Library

Hadley 7-10am | Commuter Breakfast | Sponsored by Valley Bike and Ski Werks | 8 Railroad St. on the Norwottuck Rail Trail behind Quarters

Springfield 5:30-8am | 20 mile morning road ride (14-17 mph) Arrive at 5:30am and depart at 5:45am | Ride will include stop for coffee & beignets downtown | Free showers available at the Pioneer Valley Riverfront Club boathouse | Pioneer Valley Riverfront Club, 121 West St. | Rain date May 17th

Springfield 7:30-10am | Beignets for bike commuters | Free order of beignets to all bicyclists from Sidecar Bakery, 1550 Main St.

Springfield 4:30-6:00pm | After School Bike Repair | RadSpringfield will bring its mobile bike repair truck | Youth can volunteer to earn a bike or repair their own | Forest Park Library, 380 Belmont Ave.

Westfield 6pm | Flat Tire Repair Clinic | Learn all about fixing a flat and the tools you will need | New Horizons Bike, 55 Franklin St.

FRI MAY 17

Greenfield 12-2pm | Free Lunch for Cyclists | Local burgers and other foods donated by The People's Pint and other local businesses Bicycle World on Federal Street

For more information on events in the Valley and across the state visit: baystatebikeweek.org

SAT MAY 18

Westfield 7:30-8:30am | Westfield 350 Celebration | Yoga on the Esplanade | Open yoga class for people of all abilities provided by the Westfield YMCA | Mats and equipment provided | Located at the end of the bike trail: Esplanade at the north end of the Columbia Greenway

Westfield 9-10:30am | Bike Rodeo | Kids bike rodeo to promote bike safety. Westfield Police cadets will help everyone learn how to feel more confident and safe while riding. Limited number of youth-size bicycle helmets available on a first-come, first-served basis YMCA of Greater Westfield, 67 Court St. back parking lots

Westfield 11am-1pm | Columbia Greenway Trail Quest Assemble your team (2-5 players), then walk, ride or roll your way around the trail following clues to solve puzzles and earn points Prizes awarded to the top points-earning teams | Game can be started at any time between 11am and 1pm and is suitable for all ages Main Street end of Columbia Greenway

West Springfield 10am-12pm | The Connecticut River Walk and Bikeway Ribbon Cutting | Mayor Reichelt leading a Mayor's Ride while celebrating the completion of the Connecticut Walk and Bike way with a ribbon cutting in West Springfield. For more information please visit the Town of West Springfield Facebook Page | 777 Riverdale St.

SUN MAY 19

Northampton 2-5pm | 5th Annual Springtime Tweed Ride with Sweet Spoken | Don your tweed and seersucker for a fun, social ride from downtown Northampton to Look Park, to benefit Friends of Northampton Trails and Greenways! Register at: bikereg.com/tweedride | Armory St. Pedestrian Plaza behind Thornes Market

MULTI DAY

Ashfield 7:30am-2pm | Banana Bread for Bicyclists | Bicyclists with helmet get free slice of outstanding banana bread with purchase of beverage or breakfast | Elmer's Store, 396 Main (closed Mon & Tues

Haydenville 10am-6pm | Discounts on bicycling supplies Bicyclists who attend 1 or more PV Bike Week events and bike to our shop on 5/11-5/18 will receive 10% discounts on select items Joe's Bike Garage, 4 South Main St.

Springfield All open hours | Bike donation drive | Bring any underused bikes that have been stored inside to be donated to RadSpringfield and Pedal Thru Youth | Mercy Medical Center, 271 Carew St.

Get points for biking to work at baystatecommute.com/massrides (program ends 6/30/19)