

## Topic of the Month: National Bike Month

The days are getting longer and warmer weather is starting to settle in. No wonder May is National Bike Month - it's the perfect time to get out there and ride.

Whether you're dusting off a bike that's been sitting in the garage or already logging miles on your favorite trail, this month is all about celebrating the freedom and benefits of getting on two wheels.

May's Topic of the Month explores the many ways in which the North Central Texas Council of Governments works with partners across the region to make active transportation more accessible. From group rides to safety initiatives and community events, there are plenty of ways to get involved and see the region from a two-wheel perspective.

**Bike & Roll to School Day:** This national event, happening May 6, encourages students, family members, school staff and community members to walk, bike and roll to school, promoting a healthy and active lifestyle. Over the past two years, more than 150 schools across Dallas-Fort Worth have held Bike & Roll to School Day events.

**National Bike to Work Week** (May 11-17) and **Bike to Work Day** (May 15): NCTCOG encourages residents to commute by bike or other sustainable transportation modes, for one day or all week, in support of these events initiated by the League of American Bicyclists.

On Friday, May 15, North Texans are encouraged to begin their day on two wheels and join fellow commuters at select Dallas Area Rapid Transit stations for a Bike to Work Day celebration. DART will mark the occasion with giveaways, free snacks and more at the following light rail stations:

- Akard Station (11 a.m.-1 p.m.) in downtown Dallas
- Buckner Station (4-6 p.m.)
- CityLine Bush Station (4-6 p.m.) in Richardson

Those unable to commute to work by bike alone are encouraged to weave public transportation into their two-wheel trips. Since the region's three major transit authorities all allow riders to bring bikes on board their trains and buses, commuters can pedal to a transit stop near their neighborhood and let public transportation do the rest.

For more information on Bike to Work Day, visit [NCTCOG.org/biketowork](https://nctcog.org/biketowork). North Texans who participate in Bike to Work Day are encouraged to record their commutes using the free **Try Parking It** app, available for download on Apple and Android devices. Learn more about the program, including opportunities to earn rewards, at [TryParkingIt.com](https://tryparkingit.com).

## Hit the Trails

The Dallas-Fort Worth region boasts a network of nearly 1,100 miles of existing trails, with significant expansion underway thanks to dedicated funding. These pathways offer ample

opportunities to commute, exercise or just enjoy a breezy ride. Discover more about the current and planned bicycle trails across the region on NCTCOG's [DFW Trails webpage](#).

In urban and suburban areas, off-street trails and on-street bikeways such as bike lanes enhance safe and accessible bicycle travel, linking residential areas to workplaces, schools and transportation hubs. For more information, visit [NCTCOG's on-street bikeways webpage](#).

## **Bike Safety**

Safety is a top priority for NCTCOG. The **Look Out Texans** campaign offers 21 tips for cyclists, drivers and pedestrians to ensure everyone stays safe on the roads. Some of the tips include:

- Wearing a properly fitted helmet can significantly reduce the risk of head injury. In DFW, more than 80% of bicyclist fatalities involve riders who were not wearing helmets.
- Riders should also use hand signals, travel in the same direction as traffic, and position themselves where they are clearly visible, especially at intersections, where taking the center of a lane can help prevent being overlooked by turning vehicles.
- Drivers play an equally important role in safety. Bicyclists are people trying to reach their destinations safely, just like anyone else. Giving them space - ideally by changing lanes to pass - and keeping bike lanes clear of parked or moving vehicles helps create a more predictable and safer environment for everyone on the road.

For more bicycling safety tips, visit [LookOutTexans.org/Safety-Tips](https://www.LookOutTexans.org/Safety-Tips).