  [YOUR LOGO HERE]

FOR IMMEDIATE RELEASE

CONTACT: [NAME], [PHONE #s], [EMAIL]

**ODOT’s Your Move Ohio and [Community Name] Encourage National Bike Month Celebrations**

***Get Ready to Ride in May***

([CITY NAME], [DATE]) – The Ohio Department of Transportation’s (ODOT) Your Move Ohio campaign, [CITY NAME] and [LOCAL ORGANIZATION] encourage participation in local events for riders of all ages, interests and experience levels this May as part of National Bike Month.

National events that occur during bike month include Bike to School Day on [LOOK UP DATE - [walkbiketoschool.org/learn-more/about-the-events/about-bike-to-school-day](http://walkbiketoschool.org/learn-more/about-the-events/about-bike-to-school-day) ], Bike to Work Week from [LOOK UP DATE - [bikeleague.org/bikemonth](https://www.bikeleague.org/bikemonth)] and Bike to Work Day on [LOOK UP DATE - [bikeleague.org/bikemonth](https://www.bikeleague.org/bikemonth)].

[ADD LOCAL AND/OR ORGANIZATION EVENTS HERE}

“We encourage all Ohioans to take part in National Bike Month and consider biking for short, daily trips,” said Cait Harley, ODOT’s Safe Routes to School and Active Transportation Manager.

Harley also reminds motorists that under Ohio law, bicycles are defined as vehicles and may operate on all public roads in Ohio except freeways and limited access roadways. “Simply put, ride a bike like you drive a car – the same rules apply.”

[ADD LOCAL QUOTE HERE – encourage local participation in events and encourage biking even past National Bike Month]

Your Move Ohio offers these safety tips for Bike Month.

Safety tips for motorists include:

* **Put your phone away.**
* **Slow down**. Speed limits are the maximum.

• **Don’t pass a vehicle** **stopped at a crosswalk**.

* **Give people biking at least 3 feet when passing**. Bikes are vehicles and can legally use the full travel lane.
* **Check for people** **biking** when making a turn.
* **Look out for people biking**, especially outside of daylight hours and in the rain.

Safety tips for people on bikes include:

* **Wear a helmet**.
* **Ride predictably, in the direction of traffic.**
* **Follow traffic signs and lights**.
* **Use bike lights** outside of daylight hours and in the rain. **Reflective clothing** can increase visibility.

**About Your Move Ohio**

ODOT created Your Move Ohio ([YourMove.ohio.gov](https://www.dot.state.oh.us/ActiveTransportation/Pages/choose.aspx)) in response to a multi-year surge in fatal bicycle and pedestrian crashes and epidemic levels of chronic diseases – obesity, high blood pressure and diabetes – in the state. Its main goals are to encourage more Ohioans to choose active transportation and improve safety for everyone on Ohio’s roadways.

Details and free downloadable resources are available at [YourMove.ohio.gov](https://www.dot.state.oh.us/ActiveTransportation/Pages/choose.aspx) and on [Facebook.com/YourMoveOhio](https://www.facebook.com/yourmoveohio/). Share your active transportation story with the hashtag: #YourMoveOhio.

**###**