

# **BikeColumbus to roll out National Bike Month May 30**

By RACHEL BUCCICONE

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National Bike Month will culminate next weekend with BikeColumbus, set for May 30.

Columbus Public Health, the office of Mayor Michael Coleman and the group Consider Biking have joined together to sponsor the biking event intended to promote healthier children and the prevention of diabetes.

In its second year, BikeColumbus welcomes bike riders of all ages and all experience levels. Courses of 7, 20, 50 and 66 miles are plotted for participants.

Teams of 10, 20 and 30 may ride together.

Barb Seckler, director of the Institute for Active Living, said the event attracted about 50 people when it was held last August. That event was only a 7.5-mile family event; this year's event goes beyond families.

"It's for everybody," Seckler said. "It's for those family riders who want to be on a bike path," and those who want to warm up for other bike races.

Last year's event, "had sponsorship that added up to approximately \$20,000," Seckler said. "We're confident about not only having more riders but raising more awareness and money to support initiatives in the community that are about health and wellness."

Registration is \$30 per rider; children younger than 12 can ride for free. Proceeds will benefit the Institute for Active Living at Columbus Public Health.

"(The institute) is very much about prevention, and it's very much about getting the kids at an early age," Seckler said.

The organization in the last year helped to enlarge a community garden in Linden. Part of the garden's produce is sold; part goes to the restaurant near where the garden is; and part of the food goes to a food pantry, she said.

"The best part of it is we have young people working for a small stipend in that garden," Seckler said. "We're getting them involved with doing something good."

"We are helping to support two YMCA summer camps this summer with kids that will go that who otherwise could not," she said. "The institute is really focused in getting better access and opportunities for fresh food and physical activity in neighborhoods with health disparities."

At the event, prizes will be administered for the largest team. Additionally, parting gift bags, Trek Bicycle raffles, food and family entertainment are in store.

Held at COSI, 333 W. Broad St., the event will begin early May 30 with the following schedule:

- \* 7:30 a.m. -- Registration for 50- and 66-mile rides;
- \* 8 a.m. -- 50- and 66-mile rides commence;
- \* 8:30 a.m. -- 20-mile ride registration begins;
- \* 9 a.m. -- 20-mile ride commences;
- \* 9:30 a.m. -- 7-mile family ride registration begins;
- \* 10 a.m. -- Family ride begins;
- \* 11:30 a.m. -- Entertainment, food and fun will begin; and
- \* 12:30 p.m. -- Trek Bicycle store raffle and bicycles for youth giveaway.

All participants must wear helmets and children must be accompanied by an adult.

Also as part of National Bike Month, Columbus officials launched a Share the Road initiative May 11. Coleman, members of City Council and Ohio State University officials were among those who last week announced the program.

The Share the Road program will place road sign and pavement markings along North High Street between Nationwide Boulevard and Morse Road. The installation will occur this summer.

The first of these was installed at North High Street and 10th Avenue near Ohio State University on May 11.

The effort is funded through a partnership with the Ohio Department of Transportation.

"BikeColumbus culminates May being National Bike Month, and it's really a part of Sharing the Road and bike safety and getting more people to ride to work and ride for fun," Seckler said. "By doing more prevention and getting to people earlier, we're going to prevent what will be a really significant health crisis in the future."

To register, visit the Web site [considerbiking.org](http://considerbiking.org) or mail a check made out to the Foundation for Active Living to the Columbus Foundation, 1234 E. Broad St., Columbus 43205.

For more information, e-mail Seckler at [bjseckler@columbus.gov](mailto:bjseckler@columbus.gov).

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*--Barb Seckler*