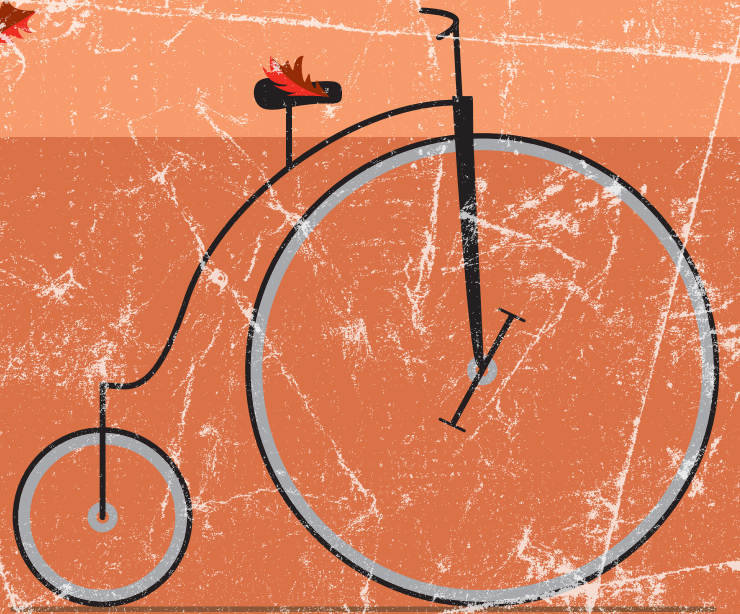


15th Annual Pioneer Valley

MAY 10-18, 2014

BAY STATE BIKE WEEK



Bike All Year!



SATURDAY, MAY 10

WESTFIELD 6am Berkshire Brevets 300K Bike Tour. Fee and pre-registration required. New Horizons Bikes, 55 Franklin St.
NORTHAMPTON 11am Social Winery Ride. 30 miles. Register on bikereg.com. Limit to 30 people. Northampton bike path.
AMHERST 2pm Community Mountain Bike Ride. Slow-paced, relaxed mountain bike ride through the Notch trail network. Talk with fellow mountain bikers. Notch Visitor Center, 1500 West St.

SUNDAY, MAY 11

WESTFIELD 10am Tot's 'n Trailers on the Trail, 14-mile family ice cream ride. Start at Columbia Greenway Shaker Farms Trailhead.
NORTHAMPTON CycloFemme Ride

MONDAY, MAY 12

SPRINGFIELD 8-11am Commuter Breakfast. North Riverfront Park, 121 West St.
WESTFIELD 8:30-9am Mayor's Bike Ride. City Ride with Mayor Dan Knapik. Westfield City Hall, 59 Court St.
GREENFIELD 9pm Screening of Documentary "The Long Bike Back." Discussion with directors and cyclists afterwards. The People's Pint, 24 Federal St.

TUESDAY, MAY 13

GREENFIELD 7:30-10am Commuter Breakfast. Olver Transit Building, 12 Olive St.
SPRINGFIELD 8-11am Commuter Breakfast. North Riverfront Park, 121 West St.
HADLEY Commuter Breakfast
WESTFIELD 6pm Film Night, "The Long Bike Back." Prizes drawn. Lang Auditorium, Westfield Athenaeum, 6 Elm St.
AMHERST 7pm-1am Cycle Cypher. A conversation about social, economic, and environmental bicycling news and science. Bring your favorite book, magazine, or journal article and strike up a conversation about the past, present, and future of cycling. Ages 21+ High Horse, Upstairs Bar, 24 North Pleasant St.

WEDNESDAY, MAY 14

NORTHAMPTON 7-10am Commuter Breakfast. Court House Lawn.
SPRINGFIELD 8-11am Commuter Breakfast. North Riverfront Park, 121 West St.
CHICOPEE 8-10am Commuter Breakfast. Mickey's Bike Shop, 520 East St.
SPRINGFIELD 5:30am Morning Bike Ride, 25 miles. North Riverfront Park, 121 West St.
AMHERST 2-6pm Bike Care Workshop at Amherst Wednesday Market. Bike mechanics from Hampshire Bicycle Exchange, Laughing Dog Bicycles, and UMass Bike Coop will be at the Kendrick Park Farmer's Market to answer questions on maintenance, mechanics, and safety. Kendrick Park, Triangle St. intersection.
AMHERST 3-6pm Bike Rodeo. Learn bicycle skills, earn prizes, and have fun! Includes bicycle and helmet fit check, learning to ride for beginners, signaling, and slow bike race. Amherst Common Parking Lot.
WESTFIELD 6pm Road Ride of 20 miles and Traffic Skills Clinic. New Horizons Bikes, 55 Franklin St.
SPRINGFIELD 6:30pm Bike and Brain Workout. Trivia and screening of the movie "The Flying Scotsman." North Riverfront Park, 121 West St.

THURSDAY, MAY 15

SPRINGFIELD 8-11am Commuter Breakfast. North Riverfront Park, 121 West St.
HOLYOKE 11am-3pm Bike Safety Checks at Holyoke Farmers Market. Free helmets. Chestnut St. adjacent to Veteran's Park.
WESTFIELD 4-7pm Friends of the Columbia Greenway Rail Trail Mixer. Family Fun on the Trail, with food, entertainment, rides. Columbia Greenway, Shaker Farms Trailhead, Shaker Rd.
AMHERST 4:30-9pm International Bicycle Filmfest. Free festival of films about bicycling in various countries of the world. At 6pm, naturalist Laurie Sanders will present Swift Memorial Bike Award to Dorie Goldman. Amherst Town Hall, Town Room.
GREENFIELD 8:30pm Trivia Night Benefit for MassBike. \$5 donation per player. The People's Pint, 24 Federal St.

FRIDAY, MAY 16

WESTFIELD 7-9am Commuter Breakfast. New Horizons Bikes, 55 Franklin St.
AMHERST 7-11am Commuter Breakfast and Bike Show. Get some coffee, snacks, and an up-close look at an historic and unique bicycle collection. North Common.
SPRINGFIELD 8-11am Commuter Breakfast. North Riverfront Park, 121 West St.
GREENFIELD 12-2pm Biker Lunch. Bicycle World, 104 Federal St.
AMHERST 6-9pm CyclingSavvy Traffic Safety Course, Part I.

SATURDAY, MAY 17

WESTFIELD 7am Horizons Cycling Club Weekly Breakfast Ride, 25 - 30 miles. New Horizons Bikes, 55 Franklin St.
EASTHAMPTON 8-10am Trailside Bike Breakfast. Manhan Rail Trail near Tandem Bagel.
AMHERST 9am-4:30pm CyclingSavvy Traffic Safety Course, Part II.
AMHERST 10am Ride of 20 miles. Travel through the beautiful back roads of Amherst and Leverett. Pace will be set to accommodate all participants and skill levels to provide a safe riding experience.
SPRINGFIELD 11am-4pm Family Fun Festival. Food, bike decorating, parade, face-painting, rowing-paddling instructions, and tours of the Connecticut River Walk. North Riverfront Park, 121 West St.
SPRINGFIELD 11am Bike Ride along the River Walk of 5-10 miles. North Riverfront Park, 121 West St.
SPRINGFIELD 12-1pm Maintenance Workshop. North Riverfront Park, 121 West St.
SPRINGFIELD 2pm Bike Ride along the River Walk of 5-10 miles. North Riverfront Park, 121 West St.

SUNDAY, MAY 18

SOUTH HADLEY Bike Trek. McCray's Farm, 55 Alvard St.
WEST SPRINGFIELD 12-3pm Colorado Ski Shop in-store celebration. Refreshments, in-store sales event. Colorado Ski Shop, 1160 Westfield St.
ALL WEEK
SPRINGFIELD 6-10am Free Showers for Commuters. Springfield YMCA. 275 Chestnut St.
Pioneer Valley Commuter Challenge. Compete against other businesses by commuting to work by bicycle! Learn more at masscommuterchallenge.org.
Pioneer Valley NuRide Rewards. Get rewards when you walk, bike, telecommute, carpool, take the train, or bus. Learn more at nuride.com.
Pioneer Valley Bicycle Benefits. Get discounts at local businesses when you purchase a \$5 helmet sticker. Learn more at bicyclebenefits.org.
SPRINGFIELD Free 60 minute bike rentals. Donations accepted. North Riverfront Park, 121 West St.
SPRINGFIELD Mason Square Health Task Force "Let's Get Task Force Fit-Together" Neighborhood Weight-Loss Challenge. Residents of Mason Square are invited to join the weight-loss competition and all Bike Week events. Registration and official weigh-in on May 3rd at the Dunbar Y Family & Community Center, 33 Oak St., 11am-2pm.



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