



OFFICE OF THE GOVERNOR

May 2016

Bike Month

Bicycle use continues to thrive in California. In 2015, 7.5 million Californians rode their bicycles as an outdoor recreational activity. In 2014, Californians made over 2 million daily bicycle trips. The California Department of Public Health recognizes bicycling as an excellent way to prevent chronic disease, maintain a healthy lifestyle, and improve mental health. Riding a bicycle is also an excellent approach to reducing traffic congestion and greenhouse gasses.

Bicycling is a key component in our effort to make California the healthiest state in the county. During the month of May, we should all take advantage of cycling related events that organizations will be holding to provide education and information on bicycling as an opportunity to improve our health and an alternative mode of transportation and recreation.

Sincerely,


EDMUND G. BROWN JR.