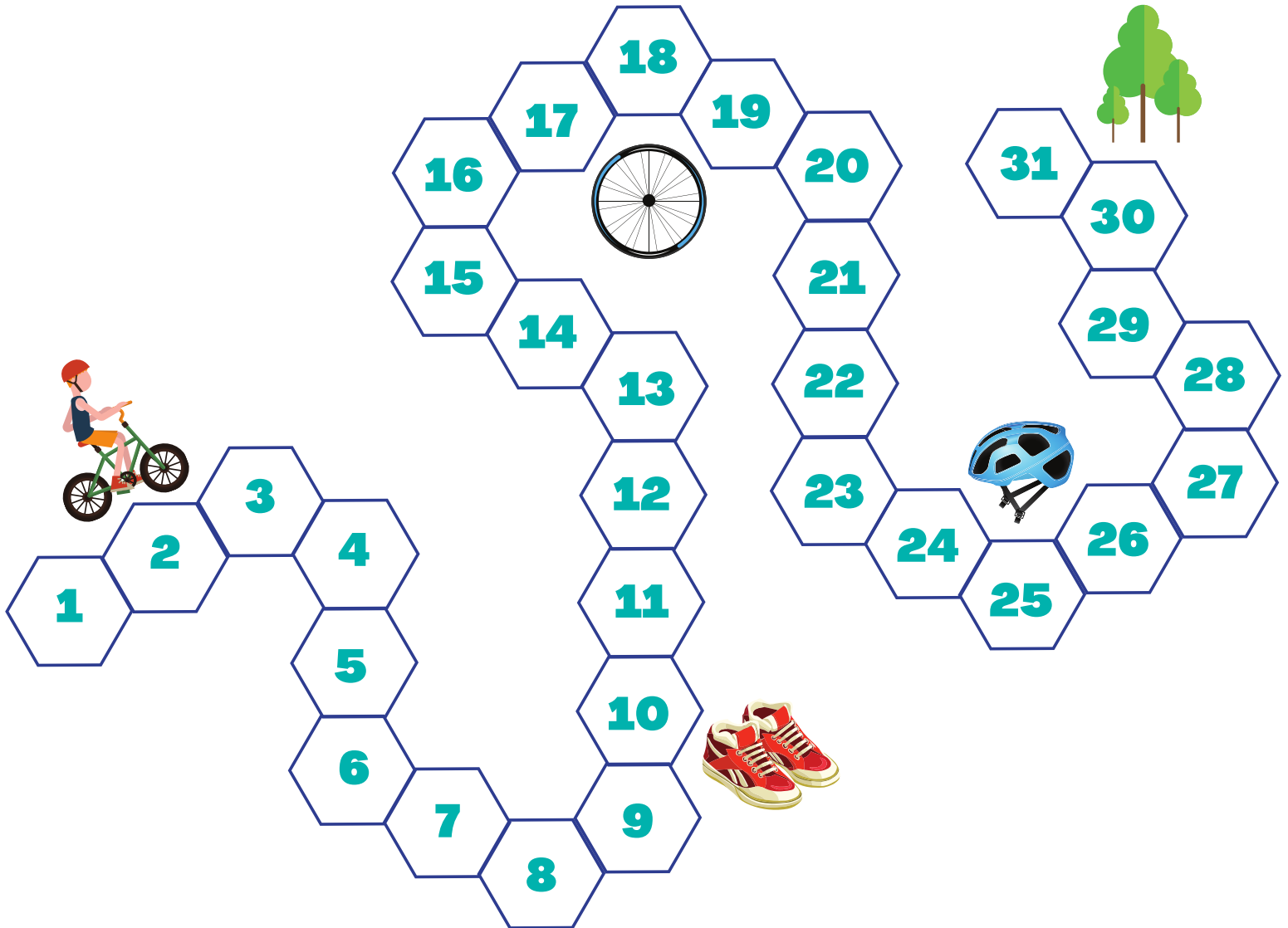


# Montco Bikes 31 Ride Guide

Did you know? May is National Bike Month! We encourage Montgomery County residents to bike every day in May. That's right, 31 days of biking safely in your neighborhood, town, local park, or trail.

Join us for Montco Bikes 31 and check off or color each of the boxes below for each of your rides. Even if you aren't able to ride every day, see how many rides you can complete in May! Remember, always wear a helmet, closed-toed shoes, and check your tire air, brakes, and chains before riding.



Join our Montco Bikes 31 Facebook Event to learn more!

Follow us @HHSMontcoPA

Looking for safe places to ride? Check out our website below that includes information on the Montco Trail Challenge.



[www.montcopa.org/MontcoBikes31](http://www.montcopa.org/MontcoBikes31)

