



May 2023

Bike for Transportation • Fitness • Fun

Bike Month Events

Bike to Work/School Day

Turn in the car keys for the day and bike for transportation, commute to work or school. Pedal to work or anywhere and take advantage of local Bike to Business Deals. Riders can also stop for free treats at Grand Junction City Hall or the Fruita Civic Center on the morning of Bike to Work/School Day. Watch for the Bike Pool and join seasoned riders along various commuter routes. More information on meetup locations will be available the last week of April.

Date: Wednesday, May 3

Pop-up Treat Stops:	Fruita Civic Center - 325 E Aspen Street	7:00 AM - 8:00 AM
	Grand Junction City Hall - 250 N 5th Street	7:00 AM - 9:00 AM

Bike Month Story Time

Mesa County Public Libraries invites families to enjoy a bike themed story time including books, pictures, and rhymes about fun on bikes. There will also be a craft related to bikes. Participants are invited to visit the "Duck on a Bike" Story-Walk by David Shannon.

Presented by: Mesa County Public Libraries

Dates: Monday, May 1 @ 10:00 AM - Fruita Branch (324 N Coulson Street)
Wednesday, May 3 @ 10:00 AM - Fruita Branch (324 N Coulson Street)
Friday, May 5 @ 10:00 AM - Orchard Mesa Branch (230 E Lynwood Street)

Trek Maintenance Clinics + Handlebar Trivia

Join Trek for a bike maintenance series, featuring three different sessions. Each session will include a maintenance demo, discussion, and snacks. Attend all three sessions to get a prize. Participants are also invited to join Team Trek for Trivia Night at Handlebar following each clinic.

Day & Time: Tuesdays from 6:30 PM—7:15 PM, Trivia to follow.

May 9 - General bike health, drivetrain care, chain stretch, and cassette wear. Light touch on electric drivetrain adjustment and app features.

May 16 - E-bike general bike health, operation, motor function. Proper trail/path etiquette.

May 23 - Tubeless Tire general health conversion, maintenance, tire plugs, and tube swap.

Location: Trek Bike Shop (417 Monument Road)

Grand Valley Bike Month

Bike to Business Deals

- **Bestslope Coffee** - 10% off during Bike to Work Week (May 1—May 7)
Location: Fruita (129 N Peach Street)
- **Ramblebine Brewing Company** - 10% off (May 1—2 & 4—7) + BOGO First Round on May 3
Location: Grand Junction (457 Colorado Avenue)
- **The Gear Junction** - 10% off Bike Accessories (May 1—May 7)
Location: Grand Junction (436 Main Street)
- **Base Camp Beer Works & Base Camp Provisions** - BOGO First Round on May 3 & May 18
Location: Grand Junction (2575 U.S. 6&50, Unit C) & Fruita (155 N Mulberry)
- **Sauvage Spectrum** - \$1.00 off Mimosa Bombs (Month of May)
Location: Palisade (676 38 1/4 Road)
- **Blaine's Farm Store** - 5% off (Month of May)
Location: Clifton (3419 Front Street)

* Riders tell the cashier that you BIKED to the business to take advantage of the deals*

Ride Challenge

Pedal through May and log your miles and trips in the Love to Ride platform. Register for FREE on Love to Ride, then join the Mesa County Biking group. Sync your account with STRAVA for easy tracking.

Join the Mesa County Bike Month email list. After you join Love to Ride, email bikemonth@mesacounty.us with your name and email. Participants must provide an email to be eligible for prizes.

Miles Challenge: Track your miles in two categories, Transportation and Fun & Fitness. Prizes will be awarded to the top three riders with the most miles in each category.

Trips Challenge: Each time you log a bike trip of one mile or greater you earn trip points. Prizes will be awarded to the top three riders with the most trips at the end of the month.

Dates: May 1—31

Registration: www.lovetoride.net + join [Mesa County Biking Group](#)

Bike for the Cure a Huntington's Disease Fundraising Breakfast!

Head out for a leisurely ride along the Colorado Riverfront Trail and stop by Dos Rios Park for breakfast, leave a donation and help raise funds for Huntington's Disease. The event will also include a prize raffle.

For more information, visit bikefortheure.org

Date: Saturday, May 13 - Dos Rios Park (2595 Riverside Parkway)

Time: 9:00 AM—11:00 AM

Tickets: The event is free, but donations encouraged for the breakfast.

Grand Valley Bike Month

Fun With Bikes

Learn about bike safety and ways to have fun on bikes during an informative Library Story Time.

Presented by: Mesa County Public Libraries

Date: Thursday, May 18 @ 10:00 AM - Clifton Branch (590 32 Road)

Pedal Party

Ride into reading. Celebrate with the Fruita Library as they get ready for Summer Reading in a bicycle themed family-friendly pedal party. There will be fun, games, and other activities for families with children of all ages!

Presented by: Mesa County Public Libraries

Date: Friday, May 19 @ 3:00 PM - Fruita Community Center Backyard (324 N Coulson Street)

Bike to Bourbon

Bike the Maroon Route to Horizon Drive and enjoy an afternoon Parking Lot Party at Cruisers featuring live music by the Gerry Goodman Band, door prizes, delicious food from the Ristorante Pantuso Food Truck, and Old-Fashioneds on tap from the Palisade Distillery.

Presented by: Cruisers Bar & Horizon Drive District

Date: Saturday, May 20 - Cruisers Bar (715 Horizon Drive)

Time: 3:00 PM - 7:00 PM

Yoga for Bikes

Enjoy a morning yoga session on the lawn and raise funds for Grand Valley Youth Cycling (GVYC). Part of the proceeds raised will help to provide positive youth development from the seat of a mountain bike. GVYC utilizes funds to help provide scholarships to participants and provide training for volunteer coaches.

After yoga, enjoy a social hour at Bestslope Coffee, all participants will receive 10% discount on food and drink. Please bring your own yoga mat or beach towel.

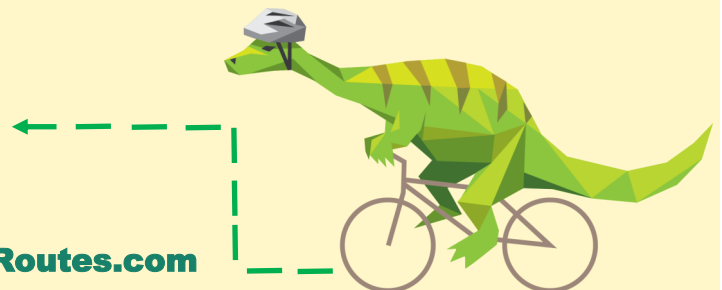
Date: Sunday, May 21 - Fruita Civic Center Lawn (325 E Aspen Street)

Time: 9:00 AM—11:00 AM, class starts at 9:00 AM followed by social time at 10:00 AM

Tickets: \$15.00 - available online at [Anywhere Yogi](#)

Plan Your Route, Map it Out

MesaCountySafeRoutes.com



Grand Valley Bike Month

Trail Talk - COPMOBA

Discover world class mountain biking trails in the Grand Valley and learn about their history, sustainability, and proper trail etiquette with Kevin Sperle. Kevin has been a resident of The Grand Valley since 1992. He started mountain biking around 2007. Kevin has been involved with the Colorado Plateau Mountain Bike Trail Association (COPMOBA) for over 7 years and is chair of the Grand Valley chapter.

Presented by: Mesa County Public Libraries

Date: Thursday, May 25 @ 5:00 PM-6:30 PM - Fruita Branch (324 N Coulson Street)

Seating is available for 50 people, this event is first come first serve.

Bike Month Film Fest

Enjoy an evening watching bike films and support local trails. Bike Month Film Fest will feature a number of short films and door prizes. Proceeds from ticket sales will go towards trail construction at 18 Road in Fruita.

Presented by: Mesa County Public Health

Date: Thursday, May 25 - Avalon Theater, Downtown Grand Junction

Time: Doors open at 6:00 PM, film starts at 7:00 PM

Tickets: \$12.00 + Fees. Available at the door or online (ticket info coming soon)

Spring Bike Races & Events

Event Name	Location	Organizer
● Grand Valley Bike Swap - April 29 (10AM—2PM)	Las Colonias	GV Bike Swap
● Rides & Vibes - May 5-6	Downtown GJ	GJ Sports Commission
● Fruita Fat Tire Fest - May 12-14	Fruita	Over the Edge
● Co2uT Desert Gravel - May 14	Fruita	Desert Gravel
● Wild Horse Gravel - May 20	High Lonesome Ranch	The Ride Collective
● Grand Enduro - May 27-28	Lunch Loops	Mad Racing



bikemonth@mesacounty.us



www.healthymesacounty.org

Group Ride Schedule

* Please meet Ready to Roll for each of the group ride times listed, bring money for listed socials.

May 3 - Bike to Work Day Afterglow Ride

Meet at 5:15 PM

Mesa County RTPO

Celebrate Bike to Work Day with a community cruiser ride including parts of the Colorado Riverfront Trail and Downtown Grand Junction. The group will pedal 4-6 miles, ending at Ramblebine Brewing Company for an Afterglow social. Ramblebine is offering riders a BOGO deal on the first round of drinks.

May 4 - Ladies MTB Ride

Meet at 5:00 PM

Lunch Loops

Join Dirt Mermaids for a trail ride at Lunch Loops. This ride is open to all skill levels, and is a no-drop ride. Riders will be divided into skill groups before hitting the dirt. Group social to follow ride, more info provided during the ride.

May 11 - Ladies MTB Ride + Demo

Meet at 4:00 PM - Sunset

18 Road Trails

Join Dirt Mermaids for trail laps at 18 Road, beginning around 4:00 PM, but join whenever you can. Canyon Bicycles will have a small fleet available for demos. Enjoy a social after the ride with drinks and food, bring something to share.

May 18 - Redlands Loop + Afterglow

Meet at 5:30 PM

Parking Lot West of Dual Immersion

Ride the Redlands Loop which features Monument Connector, South Camp, and Connected Lakes. The ride will end at Base Camp Beer Works for an Afterglow social, Base Camp is offering all riders a BOGO on the first round of drinks. Plan to ride 10-12 miles round trip.

May 18 - Palisade Community Ride

Meet at 6:00 PM

Paddleboard Adventure Company

Enjoy an easy cruiser ride for 2-3 miles around Palisade. Following the ride, participants can grab some food from the food truck or grab a drink at the Sneak Line. These rides are held every month on the third Thursday.

Weekly Scheduled Rides

Mondays - Palisade Bike Night

Meet at 6:00 PM

Spoke and Vine Motel

Enjoy a community cruiser ride around Palisade every Monday. Grab food from Palisade Thai food truck or drinks from Spoke & Vine's bar. Rides will continue every Monday through summer and fall.

Trek'n Thursdays

Meet at 6:00 PM

Handlebar Tap House

Join Trek Bikes for Thursday rides, meet at Handlebar to check in, then the group will roll out and head to the Lunch Loops around 6:15 PM. Enjoy a special meal deal following the ride at Handlebar (Handlebar Burger, Fries, and Beer all for \$13.99). During the month of May, attend all four Thursdays and earn a prize. This ride will continue weekly through the summer and fall.

GJ Bike Night - Fridays

Meet at 7:00 PM

544 Rood Ave

Join the fastest growing community ride in the valley every Friday night! GJ Bike Night is open to all ages and abilities, meet at the Old County Courthouse with bikes, lights and helmets. Each week the group will take a laid-back ride around the downtown area or over to CMU, for approximately 4-6 miles round trip. Check out GJ Bike Night on Instagram for weekly themes and post-ride socials.

Hot Koko Ride - Fridays

Meet 6:00 PM

Kokopelli Trail Head

Join Over the Edge every Friday for a MTB Ride on the Kokopelli Trails. This ride is open to all skill levels, and is a no-drop ride. Riders will be divided into skill groups before hitting the dirt.