

# BIKE MONTH

The annual 2023 Golden Spoke cycling event is Saturday, May 13. Come ride with us across more than 100 miles of safe and connected multi-use trails across the Wasatch Front from Ogden to Provo.

Register at [move.utah.gov/golden-spoke](https://move.utah.gov/golden-spoke)



Find ways to celebrate Bike Month with Move Utah, including playing Bike Month Bingo, downloading, sharing and displaying the Move Utah Bike Month poster, or using one of the Move Utah Bike Month online meeting backgrounds.

Learn more at [move.utah.gov](https://move.utah.gov)

Biked at least 5 miles today	Used <a href="#">Bike Month Poster</a> as a Zoom background and shared the poster	Plan a bike ride along <a href="#">Utah's U.S. Bike Route (USBR) system</a>	Rode to a local restaurant/ food place	Fitted my helmet
Took a selfie at a Utah State park	Rode on a new trail	Decorated my bike/helmet for Bike Month	Checked my lights	Joined the <a href="#">Move Utah Bike Month Strava Challenge</a>
Wore or added reflectors to my bike	Rode to a neighborhood park	Free Space	Visited the <a href="#">Move Utah website</a>	Biked at least 1 mile today
Tried a new bike route	Read about <a href="#">bicycle advocacy in Utah</a>	Read about <a href="#">Utah's bike laws</a>	Used <a href="#">TravelWise</a> to plan my route	Biked to a State Park
Watched a <a href="#">bike repair video</a>	Donated/ volunteered to a biking <a href="#">advocacy group</a>	Stretched before biking	Rode to a place I'd never been before	Plan a safe route to school/work with <a href="#">Safe Routes Utah</a>

