



Wednesday, April 30, at 5:30 PM – 6:30 PM

Northampton: [Bike Commuting 101](#)

An [interactive classroom workshop](#) for those interested in bike commuting or who want a refresher. Get your bike ready to roll and learn what to wear, the gear, and how to plan your route. Join All Bodies on Bikes at the Forbes Library Community Room, 20 West St, Northampton, MA 01060. You do not need a bike to attend.

Sunday, May 4

[National Ride a Bike Day](#)

Celebrating is simple: go for a ride — any ride. Whether it’s a short trip on a bikeshare bike or a double century, any way you choose to ride a bike is the right way to ride a bike.

Mondays, May 5,12, 19, at 5:30 PM

East Longmeadow: [Group Rides](#)

Rides leave the Competitive Edge Ski and Bike shop at 612 N. Main St. East Longmeadow at 5:30 PM, require a bike in good working order, water, a helmet, and subject to weather. See Competitive Edge Cycling Club [page](#) for all ride details.
Group 1: led by Tyler, no drop with a designated regroup area, 18-20 mph avg pace.
Group 2: led by Ryan, no drop ride, expect pace 16 -18 mph avg pace.
Group 3: led by Nick, no drop ride, 13-15 mph avg pace.
Group 4: New to Group riding? New to riding on the road? New to riding? Reservation required by previous Friday. Call Tyler at (413) 737-7495. Ride around and near Forest Park, 10-12mph avg pace, no one left behind.

Monday, May 5, at 6:00 PM - 7:00 PM

Westfield: [Bike Commuting 101](#)

Workshop by Friends of the Columbia Greenway Rail Trail for those interested in bike commuting or who want a refresher. Get your bike ready to roll and learn what to wear, the gear, and how to plan your route. The workshop is a classroom session--you do not need your bike. Location: Westfield Athenaeum, 6 Elm St, Westfield, MA 01085

Wednesday, May 7

[Massachusetts Walk, Bike, and Roll to School Day](#)

This flagship event celebrates active transportation by jumpstarting walking and biking to school in the community. Schools can learn more about participating, register, or request promotional materials by reaching out to their [Safe Routes to School Outreach Coordinator](#).

Wednesdays: May 7, 14, 21, 28 at 5:30 PM

East Longmeadow: [Ladies Road Ride](#)

Leaving [Competitive Ski and Bike Shop](#) 612 N. Main St. East Longmeadow at 5:30 PM and require an appropriate bike in good working order, water, and a helmet. Complete a WAIVER before the first ride. Rain cancels rides, decision by 3 PM (413) 737-7495.

Thursday, May 08, at 12:15 PM - 1:30 PM

Springfield: [Finish the Rail Trail: Completing the Mass Central Rail Trail from Boston to Northampton](#)

In-person or online! [Tickets](#) available day of lecture at the Springfield Museums Welcome Center. Members: FREE; Nonmembers: \$4. Talk by Craig Della Penna.

Saturday, May 10, at 10:00 AM- 4:00 PM

Amherst: [Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table](#)

Look for PVPC table 53 at Amherst Sustainability Festival on the Town Commons. Stop by our information table to learn more and participate in a couple of interactive activities. Visit the project page: [pvmop.vvpc.org/regional-bicycle-pedestrian-plan](#)

Saturday, May 10, at 10:00 AM- 12:00 PM

Northampton: [Birding by Bike](#)

Veteran’s Field. 88 West St. Northampton, MA

Saturday, May 10, at 11:30 AM- 2:30 PM

Northampton: [Bike Lab \(DIY Bike Fixing\)](#)

Do your own bike fixing in the Bike Lab at 12 Northern Ave. Northampton, MA

Monday – Sunday; May 12th – 18th

[Bike to Work Week 2025](#)

Discover how biking to work is fun and a great way to clear your head. In addition to saving money on gas, shrinking your carbon footprint (and waste line), perhaps get there faster!

Monday, May 12, at 05:00 PM – 7:00 PM

Northampton: [Bike Repair Clinic](#)

Need a simple fix for your bike? Have a question about a more complicated bike issue? Join the [Bikes for All](#) mechanics for a free repair clinic on the Forbes Library Lawn. They will offer fix-a-flat demos and instruction and have wheels on hand for you to practice.

Tuesday, May 13, 8:00 – 9:30 AM

Greenfield: [Franklin County 2025 Bike Breakfast](#)

Franklin Regional Council of Governments will host its annual bike breakfast at the John W. Olver Transit Center. Stop by for coffee, snacks, and an opportunity to learn about biking in and around Franklin County.

Wednesday, May 14, at 7:30 AM -9:30 AM

Northampton: [Community Bike Breakfast](#)

Celebrate the 26th year of Bike to Work Week activities in Northampton at our Community Bike Breakfast. Enjoy free refreshments with your new and old friends while browsing the tables of area cycling groups. Pulaski Park, 240 Main Street, Northampton

Wednesday, May 14 at 5:30 (May 28 Rain Date)

Westfield: [Mayor's Bike Ride 2024](#)

Join Mayor McCabe and the Friends of the Columbia Greenway Rail Trail on a bike ride through Westfield and on the Columbia Greenway Rail Trail to celebrate Bay State Bike Month! This is a family-friendly event, and helmets are recommended. Westfield City Hall, 59 Court St, Westfield, MA 01085.

Wednesday, May 14 at 6:00 – 8:00 PM

Northampton: [Bike Camping 101](#)

Curious about bike camping/bikepacking? This 2-hour session will go over basics. You do not need to bring anything, just yourself and any questions! Location: Northampton Bicycle - 319 Pleasant St, Northampton, MA 01060, USA.

Thursday, May 15, at 06:00 PM 8:00 PM

Northampton: [May Bike Party](#)

Celebrate Bike to Work Week in a family-friendly ride. Departing Pulaski Park at 240 Main Street, Northampton. Bring friends, decorate bikes, prepare to meet new folks, and make joyful noise to celebrate the fun of moving outdoors on two wheels.

Friday; May 16

[Bike to Work Day](#)

Encourage people to pedal their way to work, promoting a healthier lifestyle and reducing traffic congestion.

Saturday, May 17, 8:00 - 11 AM

Springfield: [World's Largest Pancake Breakfast Bike Valet](#)

Enjoy valet parking for bikes and a free breakfast ticket for cyclists who use it at the Berkshire Bank parking lot on Harrison Avenue near the new Convention Center Carpark (Downtown Springfield). Sponsored by [WalkBike Springfield with support by Spirit of Springfield, Berkshire Bank and MassBike](#).

Saturday, May 17, 9:30 PM – 1:00 PM

Williamsburg to Belchertown: [American Revolution 250 Ride](#)

The Burgy to Belchertown and Back ride starts in downtown Williamsburg in front of Tangle Chocolate at 9:30 a.m. The route takes you through Haydenville to the Massachusetts Central Rail Trail (MCRT) to Belchertown. A 38-mile ride roundtrip. Riders are welcome to join anywhere along the [Route](#).

Saturday, May 17, 1:00 PM – 4:00 PM

Westfield: [ValleyBike Demonstration Day](#)

Come learn about the Valley’s pedal-electric assist [bikeshare](#) system and try the bikes out yourself! Bikes will be available to try for free on the Westfield River Esplanade.

Sunday, May 18, 8:00 AM

South Deerfield: [Wheeling for Healing Ride, Walk, Run for Cancer Care at Baystate Health](#)

Fundraiser with cycling routes of 10, 25, or 50 mile route, or walk/run the 5K route. Begin at Yankee Candle Village (25 Greenfield Rd., South Deerfield, MA) from 8am – 1pm. Visit [Baystatehealth.org/WheelingforHealing](#) to register and get details. Adults \$40, Teens (13-17) – \$25, Kids (12&under) – \$10. There is no fundraising minimum. Contact Stephanie Johnson (stephanie.johnson@baystatehealth.org)

Sunday, May 18, 6:00 PM – 9:00 PM

Deerfield: [Ritual MTB Film Tour](#)

Celebrate the human spirit that defines mountain biking highlighting athletes, filmmakers through storylines and cinematography. Sponsored by Western Mass NEMBA and Northampton Cycling Club. \$20 with proceeds towards the Northampton Velosolutions pump track project. Ben Jankowski: (bjankowski@nohobikeclub).

Wednesday, May 21 at 7:00 PM

Westfield: [Ride of Silence 2025](#)

Honor cyclists who have been killed or injured while raising awareness that cyclists have a legal right to the road. Cyclists ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent. Begin at the Westfield Middle School along West Silver St and Western Ave, turning around near Westfield State University. Rain date Saturday, May 24th at 10am. Contact: (information@columbiagreenway.org)

Saturday, May 31 at 11:00 AM

Northampton: [Guided Great Tree Ride](#)

Join All Bodies on Bike Western Mass, Friends of Northampton Trails, and All Out Adventures to celebrate inclusive bike rides and amazing trees! Starts at the Roundhouse Parking Lot. We'll ride [5 miles through Northampton](#), stopping to look at trees and ending at Pulaski Park. Registration and [Waiver](#) are Required.



<https://www.pvpc.org/content/may-bay-state-bike-commute-month>

<https://www.massbike.org/massachusetts-bike-friendly-events-calendar>

Use the QR code to find the Bay State Bike Month website