

Bay State Bike Month

in the Pioneer Valley



2025 Annual Report – DRAFT

September 2025



Amherst



Northampton



Westfield



Prepared by the Pioneer Valley Planning Commission
for the Pioneer Valley MPO

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E-mail: pvmvocivilrights@pvpc.org

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Boston, MA 02116
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Washington, DC 20590
Website: civilrights.justice.gov/

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TCR 1200 New Jersey Avenue, SE Washington, DC
20590
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ACKNOWLEDGEMENTS

This report was prepared in cooperation with the Massachusetts Department of Transportation, the U.S. Department of Transportation - Federal Highway Administration and Federal Transit Administration, and the Pioneer Valley Transit Authority. The views and opinions of the Pioneer Valley Planning Commission expressed herein do not necessarily state or reflect those of the Massachusetts Department of Transportation or the U.S. Department of Transportation.



Various Organizations at the Northampton Bike Breakfast

(Image Courtesy of Sean Condon, FNT)

Disclaimer: We want to acknowledge the contributions of everyone who made this year's Bike Month a success and apologize for missing anyone not listed above. The use of an asterisk after a title in the following list indicates direct involvement in the planning of this year's events, to the extent of our knowledge.

Partner Organizations for the 2025 Bay State Bike Month in the Pioneer Valley:

- All Bodies on Bikes, Western Massachusetts Chapter *
- Baystate Health Foundation *
- Bikes for All (B4A), Northampton *
- City of Westfield *
- Crissy's G Bakery, Westfield *
- Competitive Edge Ski and Bike, East Longmeadow *
- Fame Lounge Eatery, Holyoke
- Forbes Library, Northampton *
- Franklin Regional Council of Governments *
- Friends of the Columbia Greenway Rail Trail *
- Friends of the Manhan Trail *
- Friends of Northampton Trails *
- Hampshire Bicycle Exchange
- Holyoke BikePed Committee
- Holyoke Planning & Economic Development

Western Massachusetts Jack and Jill of America Chapter (WMJJOA) *

Massachusetts Bicycle Coalition (MassBike) *

MassDOT District 2 *

Northampton Cycling Club *

Speed and Sprocket Cycle Works *

ValleyBike Share *

WalkBike Springfield *

Western Massachusetts Appalachian Mountain Club

Westfield Conservation Department

Western Massachusetts Chapter of New England Mountain Bike Association (NEMBA) *



Mayor Michael McCabe Leads Mayoral Bike Ride in Westfield

Local Contacts:

Price Armstrong, Holyoke Bike and Pedestrian Committee, City of Holyoke *

Christy Banish, New Haven and Northampton Canal Greenway *

Shannon Bliven, Holyoke

Janet Brown, Southampton Greenway Committee

Liz Budd, The Food Bank of Western Massachusetts

Jack Carolan, Franklin Regional Council of Governments *

Michelle Chase, Town of Agawam *

Stephanie Colón, Mass in Motion, Holyoke Planning & Economic Development

Sean Condon, Speed and Sprocket *

Todd Crosset, WalkBike Springfield *

Charlie, WalkBike Springfield *

David Desrosiers, Southampton Greenway Committee

Beatrice Dewberry, Way Finders *

Karen Foster, All Out Adventures *

Beth Giannini, Franklin Regional Council of Governments *

Samantha Hamilton, Public Health Institute of Western Massachusetts

Laura Hanson, MassDOT

Cynthia Henshaw, East Quabbin Land Trust

Alexis Hosea-Abbott, MassBike / Easthampton Rail Trail Committee *

Elena Huisman, Friends of Northampton Trails

Joes Bike Garage, Haydenville

Betsy Johnson, Walk Bike Springfield *

George Kohout, Friends of Northampton Trails *

Jonathan McHatton, Friends of the Columbia Greenway *

New Horizon Bikes, Westfield *

Ben Quick, Pioneer Valley Riverfront Club

Brandi Pelletier, Pioneer Valley Transit Authority

Don Podolski, Friends of the Columbia Greenway

Jes Slavin, Friends of Northampton Trails *

Carmel Steger, Friends of the Columbia Greenway Rail Trail

Liz Sturgen, Friends of the Manhan Rail Trail



BICYCLING IN THE PIONEER VALLEY

In 2025, the Pioneer Valley Planning Commission (PVPC) partnered again with various public and private organizations to encourage bicycling in the Pioneer Valley. In collaboration with municipalities, advocacy groups, and businesses, PVPC promoted public awareness and advocated for policies and programs that encourage bicycling.



PVPC Staff Meet with Partners at the Westfield Mayor's Ride in front of the City Hall

BIKE MONTH OVERVIEW

INTRODUCTION

PVPC has been raising awareness about the importance of bicycling through working with local coordinators to organize and schedule a month filled with bike related events in Hampden and Hampshire counties. The effort aims at galvanizing the energy of local government officials, promoting events in various media outlets, recruiting citizen volunteers, and encouraging the participation of local businesses.

Events for Bay State Bike Month 2025 were held from Wednesday, April 30th to Saturday, May 31st. This is the 26th year that the Pioneer Valley Planning Commission has coordinated this initiative in the Pioneer Valley region.

During the past several years, MassBike has taken a lead role in organizing a statewide initiative among biking groups across the state of Massachusetts. MassBike maintains a dedicated [website](#) page for Bike Month and encourages event hosts to list their event happenings throughout the state there. The website offers interested folks a one-stop shop to locate nearby bike events. MassBike also promotes a Bike to Work Week during the dates designated by the American League of Cyclists, which has been the impetus for past Bike Commute Week events in the Pioneer Valley and Massachusetts.

PVPC staff created a poster listing local bike events in the Pioneer Valley Region during Bay State Bike Month 2025 and posted it on the PVPC's agency website. Upon request, PVPC staff printed color copies of the poster and dropped them off to various local partners to help spread the word out and assist in advertising the various events happening throughout the valley. This year's events included the popular bike breakfast hosted by a few partners in the region during Bike Month featuring sponsorships by local food businesses. Again, there will be a self-guided activity to allow people to take part at their own pace and comfort level.

EVENTS AND HOST COMMUNITIES

Planning meetings for Bay State Bike Month began in April 2025. Members of various partner organizations continued to drop in at the weekly virtual meeting facilitated by PVPC staff. This offered members of the various Bike Month events hosts a space to connect and share advice and collaborate in some of the scheduled events. Most hosts were very skilled event organizers, and quite able to develop a series of bike month events for their own community without need for consultation. A new non-profit organization partner reached out to PVPC for help in organizing a Bike Rodeo and staff connected them with the local MassBike staff who identified a skilled trainer. MassBike was instrumental in keeping the group apprised of new events being posted to their bike-friendly virtual calendar of events hosted by the MassBike website.

Several trail advocacy agencies and bike clubs joined the efforts of the statewide annual Bike Month held in May. Some bike partners synchronized their efforts with dates posted by the League of American Bicyclists who designated May 12th to the 18th of 2025 as Bike to Work Week.

Bike Month events aim to encourage Pioneer Valley residents to get on their bikes or feet and replace some car trips with alternative active modes of transportation that promote good health and reduce greenhouse gases emitted by motorized vehicles. Two of the popular bike

events are the Mayor's ride and Community Bike Breakfast. The Great Tree Bicycle Tour offered both a guided group activity as well as a self-paced option. Such annual events have been effective in engaging community members of all ages and abilities. Several organizations collaborated in celebrating earth day and helped their communities gear up for bike month by hosting ValleyBike demos just before Bike Month officially began. Some event hosts partnered with local businesses to offer discounts to customers who arrive by bike wearing a bike helmet as a proof during certain days of Bike Month. Two such businesses in the City of Westfield were Circuit Coffee and Chrissy G's Bakery and Pastry Shop. More communities could take advantage of such partnership as both Northampton and Amherst did in past years.

Some 23 events were held during the 2025 Bay State Bike Month in the Pioneer Valley. These events took place in Amherst, East Longmeadow, Greenfield, Northampton, Springfield, South Deerfield, Westfield and Williamsburg. Events occurred during various times and days to reach as many bicycle enthusiasts and potential cyclists as possible. In order of occurrence, local events included the following:

- Northampton: Bike Commuting 101
- East Longmeadow: Group Rides
- Westfield: Bike Commuting 101
- East Longmeadow: Ladies Road Ride
- Springfield: Finish the Rail Trail Talk
- Amherst: Regional Bicycling and Pedestrian Plan Public Engagement Information Table
- Northampton: Bike Lab (DIY Bike Fixing)
- Northampton: Bike Repair Clinic
- Greenfield: Franklin County 2025 Bike Breakfast
- Northampton: Community Bike Breakfast
- Westfield: Mayor's Bike Ride
- Northampton: Bike Camping 101
- Northampton: May Bike Party Ride
- Springfield: World's Largest Pancake Breakfast Bike Valet
- Williamsburg to Belchertown: American Revolution 250 Ride
- Westfield: ValleyBike Demonstration Day
- East Longmeadow: Bike Rodeo
- South Deerfield: Wheeling for Healing
- Deerfield: Ritual MTB Film Tour
- Westfield: Ride of Silence
- Northampton: Guided Great Tree Ride

The following images depict some of the activities held in the Pioneer Valley region during the 2025 bike month. The first image below is of the PVPC's informational table at the UMass-Amherst's Earth Day Extravaganza event. Here, PVPC staff introduced the Regional Bicycle and Pedestrian Plan Update to visitors and passersby. The next image is of the PVPC booth at the Amherst Sustainability Festival where staff engaged visitors to garner public opinion using an interactive Spin the Wheel game to win Millions in play money and chose which bicycle or pedestrian improvements to fund by dropping the bills into card boxes labeled with images representing various improvement projects and initiatives.



ValleyBike and PVPC Informational Tables at the UMass-Amherst Earth Day Extravaganza



Visitors Participate in Spin the Wheel Game at the Amherst Sustainability Festival

The first image on the next page is of the Bike Clinic set up on the front lawn of the Forbes library in Northampton. People of all ages gather to learn how to fix their bicycle and get them ready for the biking season. Skilled bike mechanics were available to help with various repair and tune up tasks.



Participants of All Ages Make Use of the Bike Clinic Set Up on the Front Lawn of the Forbes Library in Northampton

(Image Courtesy of Geroge Kohout)

The image on the next page is of the Northampton Bike Breakfast, where PVPC staff continued to engage members of the public in the Regional Bicycle and Pedestrian Plan Update with a survey about Active Transportation Habits such as walking and biking. The Friends of Northampton Trails (FNT) group is the lead organizer for this annual Bike Breakfast event which included speakers, tent booths of various organizations, bicycle businesses and sponsors. Some of the organizations represented were: MassBike, UMass Minutemen, New England Mountain Bike Association, Northampton Cycling Club (NCC), Speed and Sprocket Cycle Works, Strong Towns Northampton, Northampton City Planning Office, the Pioneer Valley Transit Authority (PVTA), the Pioneer Valley Planning Commission (PVPC) and ValleyBike.

The second image on the next page after is of the PVPC information table near the Westfield City Hall in conjunction with other Booths at the gathering spot of the Start and Finish of the Mayor's Ride event. The first image on the second page after next is of staff and participants in Springfield's World's Largest Pancake Breakfast event where free valet bike parking and a free entry ticket was offered to Walk/Bike Springfield volunteers.

These initiatives encourage mobility independence using transportation alternatives to the single occupancy vehicle. Various educational events during this month equip people with skills and knowledge that encourage them to commute by bike and introduce familiarity with bike transport to make biking part of their regular travel.



Visitors of the PVPC Information Table at Northampton Bike Breakfast



Visitor at the PVPC Information Table at Westfield at the Mayor's Ride Event



PVPC Staff and WalkBike Springfield Volunteers at the Springfield's Largest Pancake Breakfast in Springfield



Participants in the Bike Rodeo in East Longmeadow

PARTICIPATION

There was very good participation in some of the new Bike Month activities and the usual level of attendance at recurrent popular annual events. Participants displayed a wide range of riding levels and motivations for riding bicycles. This shows the continued success of initiatives that raise awareness about the importance of bicycling in the Pioneer Valley. It also demonstrates the need for ongoing and sustained funding for bicycle infrastructure, improvements to trails, safety education, and bicycling activities in the Pioneer Valley.

New partners joined the month-long initiative this year. The new list included business sponsors, collaborators, and bike advocates. They offered a few more inclusive events to facilitate engaging people of all abilities. The following map displays locations of events offered during bike month this year and highlights participating communities.

The image below is of participants gather to listen to a talk at the Northampton Community Bike Breakfast. The image on the following pages shows event bicyclists gathering around Westfield's City Mayor.

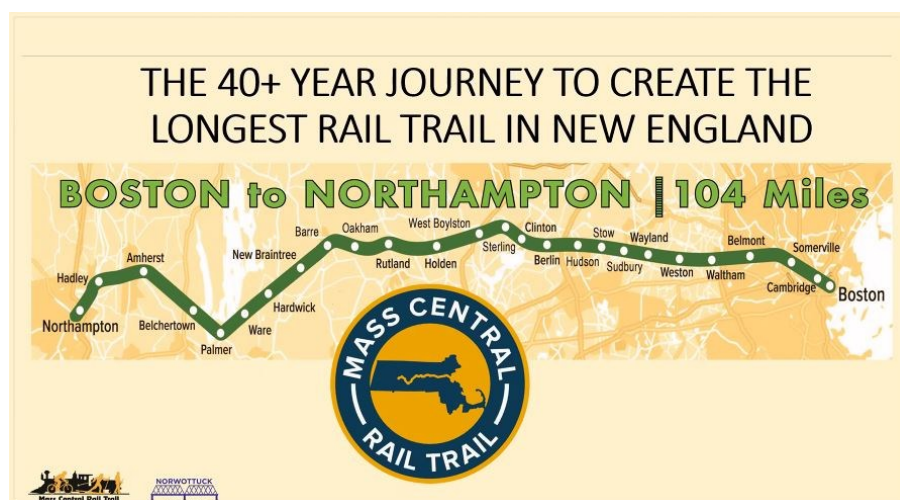


Participants Listen to a Talk at the Northampton Bike Breakfast



Participants Gather Around the Mayor at the Beginning of the Ride in Westfield
(Image Courtesy of the Friends of the Columbia Greenway Rail Trail, Inc.)

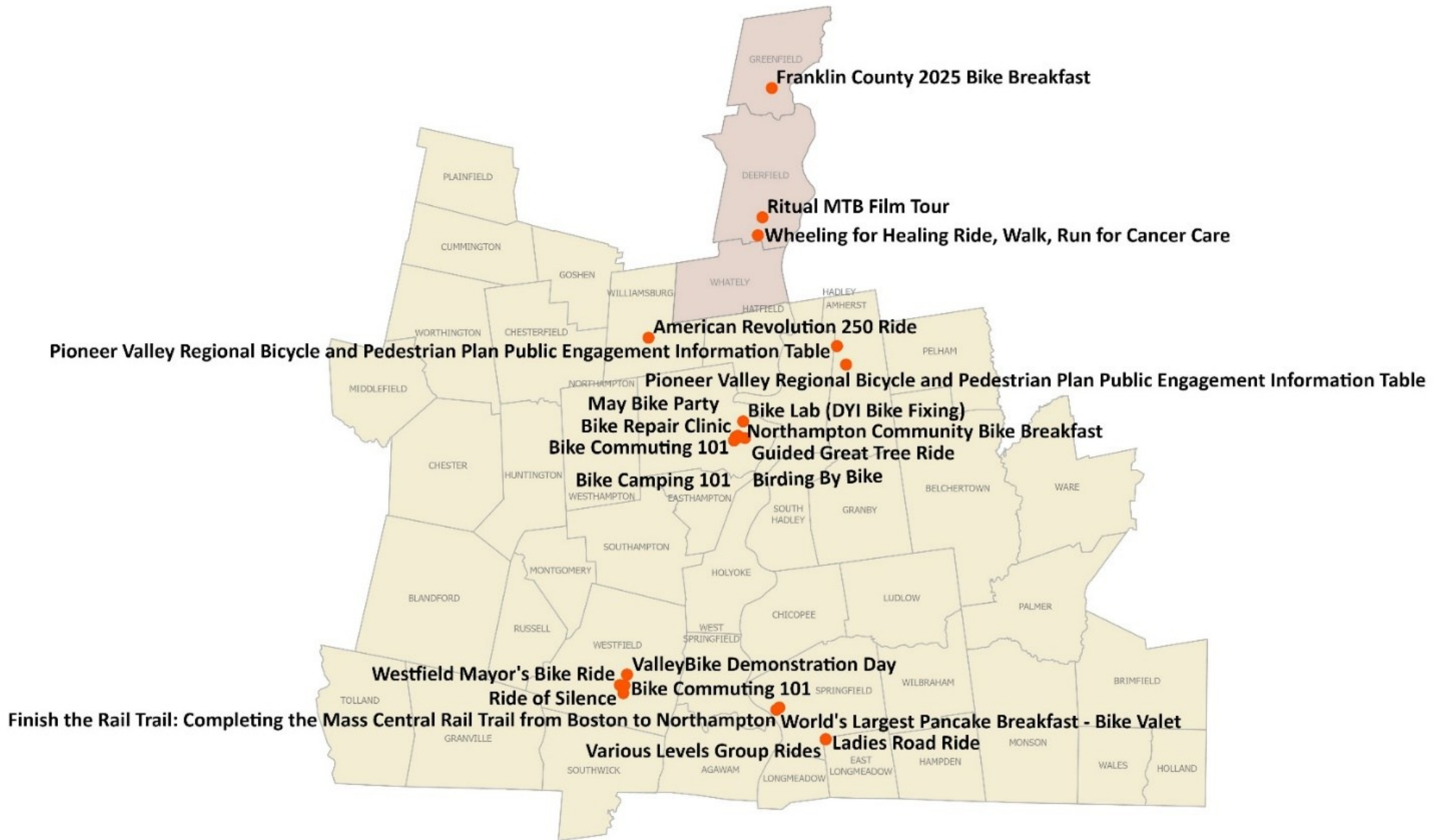
A List of events by community is displayed in a table on the next page. The total number of participants at this year's Bike Month events was 790, as estimated by hosts at 22 events. Last year, event partners reported an estimate of 548 participants at 17 reported events. Averaging event attendance per year, we can compare attendance last year with this year and see growth from 32.24 to 35.91 in average event participation. This represents an approximate 11.5% increase in participation. The rate of growth in participation is affected by the four uncounted events from last year. However, the large attendance in the current year at some of the new events is undeniably a good sign of the success of the continued collaborative effort of planning a series of events to celebrate Bike Month in the Pioneer Valley in encouraging people to bike.



Presentation Slide from the Springfield Museum Talk: Completing the Mass Central Rail Trail
(Screenshot from the Presentation of Finish the Trail by Craig Della Penna)

2025 Bay State Bike Month Events in the Pioneer Valley

Community	Event Title	Estimated Attendance	Weather Condition	Additional Notes
Amherst	Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table at UMass	15	Sunny	
	Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table at Amherst Commons	30	Rainy-Windy	
East Longmeadow	Various Levels Group Rides	30		
	Ladies Road Ride	10		
	Bike Rodeo	10		
Greenfield	Franklin County 2025 Bike Breakfast	25	Sunny	This year's event had numerous people ride their bike and with the nice weather it was a very successful and engaging bike breakfast
Northampton	Bike Commuting 101	5	indoors	
	Birding by Bike	0	rain	cancelled due to rain
	Bike Lab (DIY Bike Fixing)	15	good	3-hour event
	Bike Repair Clinic	23		
	Bike Camping 101	25	indoors	
	Northampton Community Bike Breakfast	85	great	good turnout, great speakers 11 info tables of various cycling related organizations
	May Bike Party	30	hot	great ride around the downtown and various neighborhoods. 5 kids under 10
	Guided Great Tree Ride	25	rainy	ride shortened due to intense thunderstorms
Springfield	World's Largest Pancake Breakfast – Bike Valet	2	damp	
	Finish the Rail Trail: Completing the Mass Central Rail Trail from Boston to Northampton	81		45 in-person, 36 online attendees
South Deerfield	Wheeling for Healing Ride, Walk, Run for Cancer Care	100	Rainy/gloomy	This year's attendance was down a bit from last year due to the forecast. Those who attended enjoyed a great day with 50-, 25-, and 10-mile rides as well as a 5K walk/run
	Ritual MTB Film Tour	200	Sunny	
Westfield	Bike Commuting 101	3	Rainy	
	ValleyBike Demonstration Day	4	Cloudy, then sunny	
	Ride of Silence	20	Cloudy	
	Westfield Mayor's Bike Ride	40	Sunny	
Williamsburg	American Revolution 250 Ride	12	sunny	good ride to Belchertown line and back



Pioneer Valley 2025 Bike Month Event Locations

GIVE-AWAY MATERIALS

Bay state Bike Month themed stickers as well as MassBike stickers were made available again this year by MassBike at select event locations. A coloring page of the Logo was posted for printing at the MassBike's Bike Month page on their website. Additional educational stickers by the Brain Injury Association of Massachusetts were available at the PVPC informational tables during Bike Month to promote the importance of wearing a helmet in protecting cyclists from potential brain injury in the event of a crash. A very popular giveaway item was the regional trails map prepared by PVPC. MassBike also offered reflective adjustable bands that can be worn on arms or legs to add visibility to cyclists and walkers at night. A t-shirt with this year's logo displayed below was offered to event hosts. Other giveaways this year included breakfast items hosted by several partners. MassBike's Regional Advocacy Specialist shows off this year's t-shirt logo design at the MassBike table with a variety of giveaways in Northampton's Community Bike Breakfast event in the image below.



MassBike Booth at the Northampton Community Bike Breakfast During Bike to Work Week
(Photo Captured from MassBike Newsletter)



MassBike's Bay State Bike Month 2025 Logo Design (left), MassBike Reflective Bands (right)

WEBSITE AND SOCIAL MEDIA

MassBike hosts and maintains a website for Bike Month events in Massachusetts:

<https://www.massbike.org/bike-month> . Their website also hosts a year-round calendar of bike-friendly events: <https://www.massbike.org/massachusetts-bike-friendly-events-calendar> . This calendar provides information about events happening across the state. The calendar can be searched by zip code and nearby events are then displayed on a map.

APR 25

Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table

Friday, April 25, 2025 at 12:00 PM

UMass-Amherst, Goodell Front Lawn in Amherst, MA

APR 26

City of Westfield Earth Day Cleanup 2025

Saturday, April 26, 2025 at 08:00 AM

Mount Moriah Lodge in Westfield, MA

APR 26

Southwick Rail Trail Spring Cleanup followed by Meet & Greet at Congamond Cafe with Bob Madison author of New Haven

Saturday, April 26, 2025 at 09:00 AM

Southwick Rail Trail/Congamond Cafe in Southwick, MA

RSVP

APR 26

Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table

Saturday, April 26, 2025 at 10:00 AM

Amherst Town Commons in Amherst, MA

APR 30

Bike Commuting 101 - All Bodies on Bikes Western Mass

Wednesday, April 30, 2025 at 05:30 PM

Forbes Library Community Room in Northampton, MA

MAY 05

Bike Commuting 101

Monday, May 05, 2025 at 06:00 PM

Westfield Athenaeum in Westfield, MA

MAY 08

Finish the Rail Trail: Completing the Mass Central Rail Trail from Boston to Northampton

Thursday, May 08, 2025 at 12:15 PM

Springfield Museums or Zoom in Springfield, MA

MAY 14

Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table

Wednesday, May 14, 2025 at 07:00 AM

Northampton Bike Breakfast at Pulaski Park in Northampton, MA

MAY 14

Westfield Mayor's Ride 2025

Wednesday, May 14, 2025 at 05:30 PM

Westfield City Hall in Westfield, MA

RSVP

MAY 14

Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table

Wednesday, May 14, 2025 at 05:30 PM

Westfield City Hall in Westfield, MA

MAY 17

World's Largest Pancake Breakfast - Bike Valet

Saturday, May 17, 2025 at 08:00 AM

Berkshire Bank in Springfield, MA

MAY 17

Pioneer Valley Regional Bicycle and Pedestrian Plan Public Engagement Information Table

Saturday, May 17, 2025 at 08:00 AM

World's Largest Pancake Breakfast in Springfield, MA

MAY 17

ValleyBike Demonstration Day

Saturday, May 17, 2025 at 12:00 PM

TRD in Westfield, MA

MAY 18

Wheeling for Healing Ride, Walk, Run for Cancer Care at Baystate Health

Sunday, May 18, 2025 at 08:00 AM

Yankee Candle Village in South Deerfield, MA

\$40.00 USD

MAY 18

Ritual MTB Film Tour Fundraiser

Sunday, May 18, 2025 at 06:00 PM

Treehouse Brewing Company in South Deerfield, MA

\$20.00 USD

RSVP

MAY 21

Westfield Ride of Silence 2025

Wednesday, May 21, 2025 at 07:00 PM

Westfield Middle School in Westfield, MA

01104

within

☐ 1 mile
 ☐ 5 miles
 ☐ 10 miles
 ☒ 25 miles
 ☐ 50 miles
 ☐ 100 miles

SEARCH

or Host your own

Found 18 events.

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Massachusetts Bike Bike-Friendly Events Calendar

<https://www.nohobikeweek.com/bike-week-events>



Bike Week Events



Sat, May 10 - Sun May 18

Self-Guided Tree Tour

Pulaski Park



Monday, May 12

Bike Repair Clinic

5:00 pm - 7:00 pm

Forbes Library



Wednesday, May 14

Bike Breakfast

7:30 am - 9:30 am

Pulaski Park



Wednesday, May 14

Bike Camping 101 (by All

Bodies on Bikes)

6:00 pm - 8:00 pm

Northampton Bicycle



Thursday, May 15

Bike Party

6:00 pm - 8:00 pm

Pulaski Park

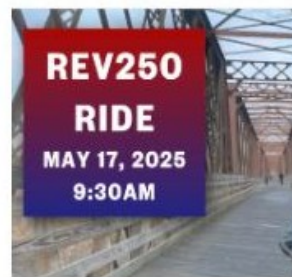


Friday, May 16

Bike Commuter Happy Hour

6:00 pm - 8:00 pm

Northampton Bicycle

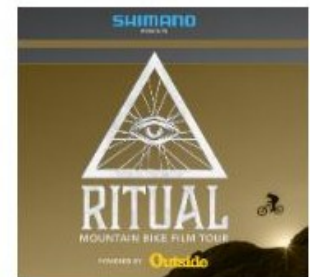


Saturday, May 17

Informal Revolutionary War
250 Ride

9:30 am - 1:00 pm

Downtown Williamsburg



Sunday, May 18

Ritual (Mountain Bike Film
Tour)

6:00 pm - 9:00 pm

Treehouse Brewing Co.
(Deerfield)



Saturday, May 31

The Great Tree Bike Ride (co-run by All
Bodies on Bikes)

10:00 am - 12:00 pm

Roundhouse Lot, Northampton

<https://lu.ma/hzm6s5wx>



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, 10-12 mph 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: [pvpc.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 101/ 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-bits 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. Oliver 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

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 Hampton Avenue near the new Convention Center Carpark (Downtown Springfield). Sponsored by [VeloBike 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 Burg 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: Valley Bike 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

Fundraise 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 (12kunder) – \$10. There is no fundraising minimum. Contact Stephanie Johnson (stephanie.johnson@baystatehealth.org)

Sunday, May 18, 6:00 PM – 9:00 PM

Deerfield: Rural 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/competitions/bay-state-bike-month>

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

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



Friends of the Columbia Greenway Rail Trail, Inc.

May 7 · 🌐

Bike Month is in full swing! 🚲

There are lots of events not only in Westfield, but across the Pioneer Valley region as well. Check out the **PVPC MA's Bike Month** poster here to get a glance at all the events across the region! A full-size PDF version of the poster is available here: <https://www.pvpc.org/.../2025%20bike%20month%20poster...>

Details for all of these events and other events around the state can be found at <https://www.massbike.org/massachusetts-bike-friendly...> See less



3



No comments yet
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Write a comment...



Pioneer Valley Poster if Events Re-Posted to the FCGRT Social Media Account



Franklin Regional
Council of Governments

FRANKLIN COUNTY BIKE BREAKFAST

May 13 @ 8:00 am - 9:30 a



This event has passed.

Celebrate [Bike to Work Week](#) with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the Transit Center rear concourse.

Enjoy juice, coffee, fruit, and some sweet treats to fuel your morning bike commute. We'll have some fun giveaways as well!

ALL ARE WELCOME!

NEWS COVERAGE

WWLP-22 News covered some of the 2025 bike month events. The Greenfield Recorder covered the Franklin Region Council of Governments' annual Bike Breakfast. Some of the news coverage this year occurred pre-event as articles announcing upcoming high profile bike events. Video news coverage included a recap of what took place at an event. The residents of the Pioneer Valley benefited from the pre-event news coverage which resulted in an increased numbers of attendees this year. Learning about events ahead of time allowed people the opportunity to join and participate. Recordings and articles of the news media coverage can be viewed by clicking the following weblinks that are followed by screenshots of the associated articles.

LOCAL NEWS

PVPC kicks off National Bike Month with community events

by: **John Budenas**

Posted: May 6, 2025 / 07:50 PM EDT

Updated: May 6, 2025 / 07:50 PM EDT

SHARE



SPRINGFIELD, Mass. (WWLP) – The Pioneer Valley Planning Commission (PVPC) is leading a region-wide celebration with a calendar of events in honor of National Bike Month.

| [PVPC updates Bicycle and Pedestrian Transportation Plan](#) >

This month-long initiative promotes bicycling as a healthy, sustainable, and accessible mode of transportation by partnering with local governments, businesses, and advocacy organizations.

What began years ago as a modest Bike Commute Week has expanded into a full, vibrant calendar of events across the Pioneer Valley, reflecting a growing commitment to biking and active transportation in western Massachusetts.

Throughout the month, PVPC and its partners will host a range of inclusive activities, from group rides and educational workshops to bike-friendly breakfasts and community festivals, designed to engage residents of all ages and skill levels.

Here's a snapshot of events scheduled for the first week of May:

- **East Longmeadow:** Ladies Road Ride, Wednesday, May 7, 5:30 p.m., Competitive Edge Shop
- **Springfield:** Finish the Rail Trail Presentation, Thursday, May 8, 12:15-1:30 p.m., The Museums
- **Amherst:** Regional Bicycle and Pedestrian Plan Public Engagement Table, Saturday, May 10 at 10:00 a.m. – 4:00 p.m., Sustainability Festival at the Town Commons
- **Northampton:** Birding By Bike, Saturday, May 10, 10:00 a.m. – 12:00 p.m., Veterans Field
- **Northampton:** (DIY) Bike Fixing Bike Lab, Saturday, May 10 at 11:30 a.m. – 2:30 p.m., Northern Ave.

PVPC hopes the events will inspire more residents to consider biking for transportation and recreation, and encourage long-term investment in bike-friendly infrastructure across the region.

Residents are encouraged to participate in upcoming events and share feedback on local biking infrastructure. A full event calendar is available on [pvpc.org](https://www.pvpc.org).

<https://www.wwlp.com/news/local-news/hampshire-county/northampton-hosts-annual-bike-breakfast-for-national-bike-week/>



<https://recorder.com/2025/05/14/bikers-get-their-boost-and-give-feedback-at-frcog-bike-day-event-61165608/>



Image above is taken from an online photo courtesy of STAFF PHOTO/PAUL FRANZ

HAMPDEN COUNTY

Bike ride with Westfield mayor along city streets and rail trail to promote safer streets

by: **Ashley Shook**

Posted: May 14, 2025 / 09:59 AM EDT

Updated: May 14, 2025 / 09:59 AM EDT

SHARE



WESTFIELD, Mass. (WWLP) – The 16th annual ‘Mayor’s Bike Ride’ is scheduled to take place Wednesday evening.

The event, which attracts between 30 to 50 participants, will begin at 5:30 p.m. at City Hall. The public is invited to join the 7 to 8-mile ride along city streets and the Columbia Greenway Rail Trail.

Local mayors share economic challenges and budget struggles during Springfield Regional Chamber’s annual forum



The bike ride gives residents the chance to get involved in physical activity and view scenic, safe means of traveling around the city. The Rail Trail is 3.1 miles from the Westfield River to the Southwick town line, which connects to the [New Haven & Northampton Canal Greenway](#), an 80-mile path.

Transportation safety consultants will speak about roadway safety and address residents’ concerns regarding walking, biking, driving, taking transit, or using a mobility device. All ages are welcome to attend, the ride will be partially escorted by Westfield police. Afterwards, cyclists will be greeted with free ice cream, courtesy of Northside Creamery.

In case of inclement weather, the ride will be postponed to May 28th. The announcement will be made on the City of Westfield’s [website](#) and [Facebook](#) pages.

POSTERS

A color poster (11-inch by 17-inch) listing all events in the region, was a key component of advertising the Bay State Bike Month in the Pioneer Valley. Electronic files of this poster were emailed to partners throughout the region. Printed posters were distributed upon request with a concentration in the towns that hosted most events. The poster was created by staff of the PVPC graphics department. The poster is displayed on the next page and available for download from the PVPC website by visiting the following link: <https://pvpc.org/wp-content/uploads/2025/05/2025-bike-month-poster-11-version.pdf>



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) 737-7485. 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) 737-7485.

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: www.pvpc.org/regional-bicycle-pedestrian-plan

Saturday, May 10, at 10:00 AM– 12:00 PM
Northampton: [Bicycle for Bikes](#)
Veteran's Field, 88 West St, Northampton, MA

Saturday, May 10, at 11:30 AM– 2:30 PM
Northampton: [Bike Lab \(DIY Bike Repair\)](#)
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
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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, 56 Court St, Westfield, MA 01085.

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[Bike to Work Day](#)
Encourage people to pedal their way to work, promoting a healthier lifestyle and reducing traffic congestion.

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Springfield: [World's Largest Pancake Breakfast Bike Ride](#)
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 [VisitBike 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 Burg 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/heelingforhealing 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: [Shut It Up Pop 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@nshocbicycleclub).

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)

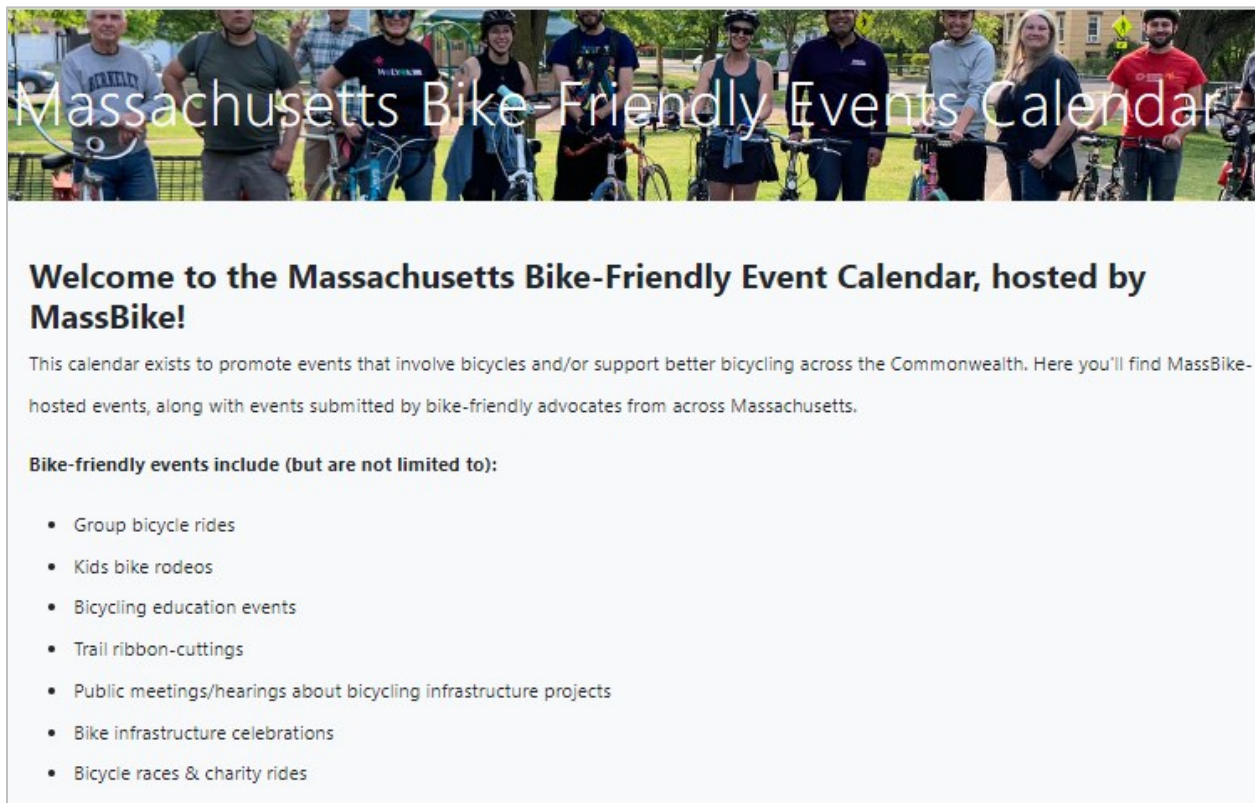
Saturday, May 31 at 11:00 AM
Northampton: [Quoted Great Tree Ride](#)
Join All Bodies on Bike Western Mass, Friends of Northampton Trails, and All Out Adventures to celebrate inclusive bike rides and amazing trees! Starts at the Roundhouse Parking Lot. Well ride 6 miles through Northampton, stopping to look at trees and ending at Pulaski Park. Registration and [Waiver](#) are Required.



<https://www.pvpc.org/regional-bicycle-pedestrian-plan>
<https://www.massbike.org/massachusetts-bike-friendly-events-calendar>
Use the QR code to find the Bay State Bike Month website

ADVERTISING

The poster was an effective tool to provide a snapshot of all events in the Pioneer Valley. However, it provided limited space to share detailed information about each event. Again, this year, the poster included a QR code to facilitate easy access to the electronic version of an up-to-date calendar of events. The digital copy of the poster included hyperlinks to event details furnished by event organizers. Event announcements directed people to seek further information from MassBike's website: <https://www.baystatebikemonth.org/>. Therefore, the website was an easy-to-use tool for providing additional event information.




Massachusetts Bike-Friendly Event Calendar hosted by MassBike

This year PVPC, employed the services of a professional public relations team, Norton Communication Strategies. Staff worked with the promotional experts in drafting news releases to local media outlets and designing graphics and announcements posted on PVPC's new social media outlets: Bluesky - [@PVPCMA](#), Instagram - [@PVPCMA](#), Facebook - [Page - PVPC MA](#). Click on the hyper linked handles of these accounts to visit each site. In addition, staff employed the Constant Contact application to keep members of the planning and advisory committees informed of the upcoming Pioneer Valley 2025 Bike Month events. These include a large list of PVPC friends from event planning partners to members of the Joint Transportation Committee

and the Bicycle, Pedestrian and Complete Streets Committee. See the image of the email announcement below of the timely event information sent out to our email lists.

Pioneer Valley Bay State Bike Month 2025

PVPC is delighted to announce that May is Bay State Bike Month, with over 30 events and activities planned for the Pioneer Valley. There are events for everyone, including beginners, the curious, and young or old. Stop by a bike breakfast for a bagel, cruise the streets with a mayor, or explore ancient trees by bike. Bicycling is good for one's health and the environment and supports local businesses. The Valley has a supportive culture for bicycling with local efforts to expand the regional bikeway network, a thriving bikeshare system, and safe-routes-to-school partnerships. Many work, school, and routine trips are within reasonable bicycling distance, and during Bike Month, you can share that trip with a friend. Congratulations to all our partners for supporting Bay State Bike Month.



Bay State Bike Month
PIONEER VALLEY MAY 2025

Monday, May 19, 8:00AM - 9:00AM
Bike Breakfast at the Pioneer Valley Planning Organization (PVPO) office. Join us for a breakfast of bagels and coffee while we discuss the upcoming Bay State Bike Month events and activities. Free and open to all.

Wednesday, May 21, 10:00AM - 11:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Thursday, May 22, 6:00PM - 7:00PM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Friday, May 23, 8:00AM - 9:00AM
Bike Breakfast at the Pioneer Valley Planning Organization (PVPO) office. Join us for a breakfast of bagels and coffee while we discuss the upcoming Bay State Bike Month events and activities. Free and open to all.

Saturday, May 24, 9:00AM - 10:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Sunday, May 25, 10:00AM - 11:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Monday, May 26, 8:00AM - 9:00AM
Bike Breakfast at the Pioneer Valley Planning Organization (PVPO) office. Join us for a breakfast of bagels and coffee while we discuss the upcoming Bay State Bike Month events and activities. Free and open to all.

Tuesday, May 27, 10:00AM - 11:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Wednesday, May 28, 6:00PM - 7:00PM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Thursday, May 29, 8:00AM - 9:00AM
Bike Breakfast at the Pioneer Valley Planning Organization (PVPO) office. Join us for a breakfast of bagels and coffee while we discuss the upcoming Bay State Bike Month events and activities. Free and open to all.

Friday, May 30, 10:00AM - 11:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Saturday, May 31, 9:00AM - 10:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

Sunday, May 31, 10:00AM - 11:00AM
Bike Ride to the Green Mountains. Join us for a scenic bike ride to the Green Mountains. The ride is approximately 20 miles long and will take us through some of the most beautiful scenery in the state. Free and open to all.

[Click here](#) to view/download the poster of the events.

May is Bay State Bike Commute Month | PVPC

Bay State Bike Month: Pioneer Valley – Pioneer Valley Metropolitan Planning Organization

Check out the [Events Calendar](#) to find bicycling events happening in your community. Everyone is welcome to submit their bike-friendly events to the calendar.

Email Announcement to PVPC Constant Contact Database

Other bike related events occurred during the Bike Month in May 2025. These were either recurring local events or new events that did not make it into the MassBike calendar or the PVPC poster due to lack of timely communication of event details. Two events included a bike rodeo and a bike ride whose organizers posted announcement details to their own organization members or to residents of their localities.

The Jack and Jill Western Massachusetts Chapter hosted a bike safety rodeo in the Town of East Longmeadow in May 2025. The two images on the next page are of the flyer announcement of this event. The following page has an image of the announcement for the weekly bike ride in South Hadley. Organizers of such events are invited to join the regional Bike Month planning

committee that convenes about six weeks ahead of Bike month each year to ensure that their future events are included in our regional promotional efforts.

LIFE IS LIKE RIDING A BICYCLE.

KIDS BIKE RODEO EVENT

PLACE: THE DEPOT @ GRAHAMS CENTRAL STATION
64 MAPLE ST, E. LONGMEADOW, MA
DATE: MAY 17TH TIME: 12P-2P

Hosted by: Mom Yolanda M. & Mom Lee-Jay
w/ MassBike



Come Join WMJJOA Investigators for a day of bike safety, fun & ice cream!



Western Massachusetts Jack and Jill of America-Investigators

KIDS BIKE RODEO EVENT

Experience the joy of cycling with our exciting event for kids to learn how to ride your bike safely!

FUN BIKE RODEO EVENT FOR KIDS

Join us at the WMJJOA Kids Bike Rodeo event for a day of fun cycling activities and games for children of all ages.

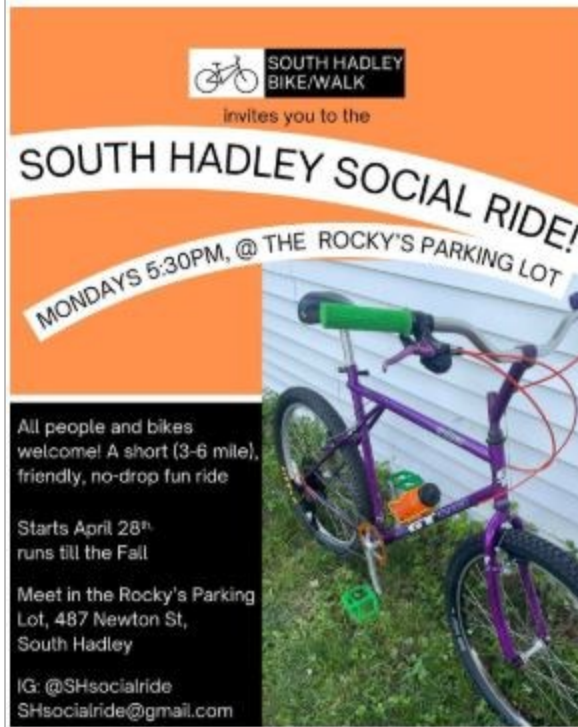
Poster Flyers of Bike Rodeo Event in East Longmeadow

Monday Evening Social Bike Rides at 5:30pm

Starting Monday, April 28, 2025 (runs through fall)

Meetup and leave from Rocky's parking lot, 487 Newton St

Bike/Walk committee member Jake Woodruff will be leading a social bike ride on Monday evenings at 5:30pm, leaving from the parking lot of Rocky's Ace Hardware (487 Newton St). All people and bikes are welcome-rides will be 3-6 miles at an easy pace. Email SHsocialride@gmail.com with any questions. See you there!



Poster Flyer of Weekly Monday Social Bike Ride Event in South Hadley

FUTURE GOALS

PVPC staff worked with Bike Month organizers and the Pioneer Valley Joint Transportation's Bicycle, Pedestrian and Complete Streets (BPCS) Sub-Committee to establish the following goals for future events to celebrate the annual Bike Month.

- Work with the BPCS sub-committee to identify new communities to engage in future Bike Week Events for next year.
- Work with MassBike to develop and promote new events for next year.
- Continue to augment the database of contacts of partner organizations and individuals and parties interested in bike month by adding the list of bike shops received from one of the event hosts and other lists of bike enthusiasts.
- Consider holding some in-person event planning meetings either at the offices of the PVPC or offer to join local meetings of partner organizations to encourage participation of new organizations.
- Talk to the Age Friendly Pioneer Valley Committee to encourage participation in Bike Month Planning and discuss how to remove potential technical barriers. Reach out to the aging friendly community to assess interest in participating in the planning of events.
- During the planning stage, remind participating event hosts to include groups of people with disabilities in their outreach efforts.
- Continue to encourage hosting of family friendly events as an opportunity to educate and promote the next generation of riders throughout the region. The monthly recurrence of the Northampton Bike Party is an effective way to build community. Building on critical mass rides nationwide, the local initiative has turned into a social gathering including some treats at the completion of a casual group ride down the main street of a community.
- Address the issue of the current text-heavy poster due to the doubling of number of event offerings which happened after event offerings expanded to a month from the original week. The use of a graphic with a QR code pointing to a detailed schedule of events could improve on communicating information about Bike Month.
- Remind communities of the opportunity to create their own sub-regional posters. This would allow for the creation of lists of fewer events close to where the poster is being hung. An example would be to group Easthampton, Holyoke and Northampton events in one poster. Another option could be of east of the river events versus west of the river events posters.
- Another idea is to color code events or group them by town/city to easily identify event locations in a busy poster or print the poster on larger size paper than the current 11" x 14'.

- Use educational graphics that focus on health benefits to all ages, while promoting a multimodal transportation network to offer alternative transportation choices within the pioneer valley.
- Increase organization and coordination around the information being presented and other potential activities during the bike breakfast events to incorporate an educational component. Work more with the local bike shops for this event.
- Help increase the presence of bikeshare representation at bike month events.
- Connect with the college and university population to get interested student clubs and individuals involved before finals' week, when their end of semester activities usually concludes in the first week of May.
- Seek more media coverage to announce happenings before events by additional media outlets and platforms, especially newspapers and local radio station. Some local news agencies include The Daily Hampshire Gazette, MassLive, The Reminder, The Republican, and the Westfield News.
- Continue efforts in social media coverage to promote Bike Month events. Increase the use of the PVPC Social Media Accounts to advertise and promote Bike Month. Include PVPC social media handles at select Bike Month events to increase followers.
- Continue to work on improving the ability to promote events. Use flyers and mail out postcards, as well as public service announcements via local radio.
- Continue working with communities to help them promote their events.


APPENDIX

- **National Bike Month Promotion**
- **Bike Month Poster**
- **Bay State Bike Month Website**
- **Social Media Coverage**
- **Great Tree Bicycle Tour Map**

<https://bikeleague.org/events/bike-month/>

[https://bikeleague.org/events/bike-month/](#)

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NATIONAL BIKE MONTH

May is National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling – and encourage more folks to giving biking a try.

In 2025, we'll be celebrating all the ways and days people bike during National Bike Month. There are so many days to celebrate Bike Month: with a commute during Bike to Work Week (and Day!), biking to coffee or around the block, or riding on May 4 for **National Ride A Bike Day**.

Save the Date

Bike to Work Week 2025 will take place May 12-18, 2025, and Bike to Work Day is on Friday, May 16!

Whether you're riding for fun, fitness or with family, or taking essential trips to work or shop, you are part of our movement for safer streets, connected communities, a healthier planet, and happier people.

As the national sponsor of Bike Month, the Bike League provides resources to help you and local organizations in your area plan an event, and each year the number and diversity of Bike Month celebrations continues to grow, accelerating the momentum around bicycling nationwide.

EVENT CALENDAR

See where Bicycle Friendly Businesses and Communities, local bicycling advocacy organizations, bike shops, and others are hosting events near you! Want to see your event on this map? Contact us at communications@bikeleague.org.

PIONEER VALLEY EVENTS POSTER



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: [pvmpo.pvpc.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 Burg 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


BAY STATE BIKE MONTH WEBSITE

← ↻ 🏠 🔒 https://www.massbike.org/bike-month 🔍 A ☆ 🇺🇸 3 📺 ⚙️ |

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Bike Month



From the Berkshires to the Cape and everywhere around and in between, riders across Massachusetts are celebrating Bay State Bike Month this May!

Events across the Commonwealth are bringing bike joy to their communities this May! We hope you join an event near you.

Click to find a bike-friendly event near you

[Join MassBike's Mailing List](#) to receive weekly Bike Month emails this May that include bike-friendly events round-ups and other Bike Month news!

2025 BAY STATE BIKE MONTH SURVEY

How did you hear about Bay State Bike Month?

☐ MassBike Email

☐ Social Media

☐ Bay State Bike Month Website

☐ MassBike Website

☐ Employer

☐ A Friend / Family Member / Co-worker

☐ Other: _____

Home Zip Code

Your answer _____

Did the Bike Month encourage you to ride:

☐ More

☐ The Same (no change)

☐ Less

Did Bike Month encourage you to ride for transportation: More, Same, Less

Please select all of the ways you participated in Bay State Bike Month

☐ Attended an event on the Bay State Bike Month Calendar

☐ Hosted an event on the Bay State Bike Month Calendar

☐ MassBike Social Media Challenges

What was your favorite part of Bay State Bike Month?

Your answer _____

What can do to make Bay State Bike Month better in 2025 ?

Your answer _____

What additional feedback do you have about Bay State Bike Month?

Your answer _____

Demographics

We are working to understand who our programming currently reaches. These questions are all optional.

Gender (Optional)

☐ Woman

☐ Man

☐ Non-binary

☐ Prefer not to state

☐ Other: _____

Age (Optional)

☐ Under 18 years old

☐ 18-24 years olds

☐ 25-34 years old

☐ 35-44 years old

☐ 45-54 years old

☐ 55-64 years old

☐ 65-74 years old

☐ 75 years old or older

Ethnicity (Optional)

☐ Asian

☐ Black or African American

☐ Caucasian

☐ Latino, Latina, Latinx or Hispanic

☐ Native American

☐ Native Hawaiian or Pacific Islander

☐ Two or more

☐ Other: _____

Next

Page 1 of 2

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Submit

Page 2 of 2

Clear form

SOCIAL MEDIA COVERAGE


SOCIAL MEDIA POSTS BY PARTNER ORGANIZATIONS

 **MassBike**
May 14 · 🌐


Add a little bling to your bike, bottle or other gear with MassBike stickers. There are two ways to get your free stickers:


- 1 Organize an event and add it to the Massachusetts Bike-Friendly Events Calendar.
- 2 Attend a MassBike-sponsored event.

Visit massbike.org/bike-month to learn more.

 **BAY STATE BIKE MONTH**

Get Free Stickers!





MassBike.org/bike-month



Friends of the Columbia Greenway Rail Trail, Inc.

Yesterday at 9:22 AM · 🌐

This week is Bike to Work Week!

Try getting on your bike this week to ride to work, even if it's only part of the way! Now's a great time to try replacing part of your commute with a bike ride, or try a bike+bus trip instead. Check out the graphics below on common bike commuting concerns and how to overcome them!

LEAGUE OF AMERICAN BICYCLISTS
presents

NATIONAL BIKE MONTH

NAT'L RIDE A BIKE DAY 04
BIKE TO WORK WEEK 12-18
BIKE TO WORK DAY 16
MAY 2025

Overcoming Bike Commuting Concerns
I'M OUT OF SHAPE
Start at an easy, comfortable pace and take as many breaks as you need. Keep riding, and over time, you'll build confidence and endurance!
Ride your route on a weekend to find the easiest way to work.
Consider an e-bike (lots of bikeshare services have them now!) or bike part of the way and take transit for the rest.

IT TAKES TOO LONG
The average commuter travels at 10 mph (and faster by e-bike) – the more you ride, the faster you will get.
Trips of less than three miles will be quicker by bike than by car.
Trips of five to seven miles in urban areas may take the same time or less as by car.

Overcoming Bike Commuting Concerns
NO BIKE PARKING
Look around for a storage area in your building or office.
Stash your bike in a covered, secure place such as a closet or even your office.
Formally request that your employer provide bike parking or lock it up outside.

MY BIKE IS BEAT UP
Get a reputable bike shop that you are commuting and have them tune up your bike.
If you can't maintain your bike yourself, identify bike shops near your route.
Make sure that your bike is reliable and in good working order before you start riding.

Overcoming Bike Commuting Concerns
I HAVE TO DRESS UP
Keep multiple sets of clothing at work; rotate them on days you drive.
Have work clothes cleaned at nearby laundromats or dry cleaners.
Pack clothes with you and change at work; try rolling clothes instead of folding.

IT'S RAINING
Fenders for your bike and rain gear for your body will keep you dry.
If you are at work, take transit or carpool to get home; ride home the next day.
Take transit or drive if you don't have the gear to ride comfortably in the rain.

THE ROADS AREN'T SAFE
Join bike advocacy groups to join our work for safer streets.
Obey traffic signs, ride on the right, signal turns, and stop at lights.
Plan a route ahead of time to utilize low-stress bike networks and

👍 You and 2 others

3 shares




Friends of the Columbia Greenway Rail Trail, Inc.

May 13 · 🌐




Did you miss our Bike Commuting 101 workshop last week? Well, you are in luck! The [League of American Bicyclists](#) is hosting a bike commuting webinar TODAY Tuesday 5/13 at 3pm. Learn more and register below!



WEBINAR

SPEAKERS INCLUDE...




Laura Mitchell
Board President, Our Streets (MN)



Lauren Nagle
Active Modes Specialist, FC Moves



Brian Looney
President, CRW Engineering



Bike Commuting 101
Tuesday, May 13th at 3:00^{PM ET}
[BIKELEAGUE.ORG/WEBINARS](https://bikeleague.org/webinars)



League of American Bicyclists ✓

May 13 · 🌐

Webinar reminder! 📢 Join us TODAY at 3PM for Bike Commuting 101 to learn tips and tricks for making your bike commute a success, plus find out what communities and employers can do to foster a culture of active mobility.

🔗 Sign up: https://bikeleague-org.zoom.us/j/7N_vmpZ-ipLRaa-mns3nluLHw

Westfield Mayor's Ride 2025

MAY
14

Wednesday, May 14, 2025 at 05:30 PM

****Update:** date changed to Wednesday, May 14th

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!

The round-trip ride will leave from Westfield City Hall shortly after 5:30pm.

More details to follow!

This is a family-friendly, all ages and abilities event. Rules of the Columbia Greenway are posted on the trail and will be followed. Helmets are recommended.

📍 Location

Westfield City Hall

59 Court St

Westfield, MA 01085

United States

[Google Map And Directions](#)

👤 Event Contact

Friends Of The Columbia Greenway Rail Trail

· Information@Columbiagreenway.Org

Will you come?

WEDNESDAY, May 14

5:30pm

Starting at City Hall

Rain date: May 28

Join Mayor Mike McCabe and The Friends of the Columbia Greenway Rail Trail for a community bike ride. Start and finish at City Hall, traverse 7-8 miles on the road and on the Columbia Greenway Rail Trail.

Northside Creamery will provide ice cream at the finish!

This is a FAMILY FRIENDLY Ride for ALL to enjoy!



Friends of the Columbia Greenway Rail Trail, Inc.

May 3 · 🌐

...

Today's a perfect day to go out on a bike ride and stop by [Chrissy G's Bakery](#) for lunch or a treat! Stop in any Saturday during Bike Month this May and get a 10% discount!

Are you a Westfield business doing a promotion during Bike Month? Let us know and we'll help promote it!

Happy Bike Month! 🚲



Chrissy G's Bakery

April 30 · 🌐

Quick bite - big flavor, and the perfect way to put a pause on the work day for some "me" time. Our paninis are made fresh to order! Paired with our free WiFi and lounge area, there's no better way to reset for lunch 🍴

Lunch is always from 11-2. Call, come in or DoorDash your way to something yummy today!



Friends of the Columbia Greenway Rail Trail, Inc.

May 15 · 🌐

...

We hope everyone has been having great bike commutes this Bike to Work Week!

Tomorrow (Friday 5/16) is Bike to Work Day, and here in Westfield, [Circuit Coffee](#) is helping us celebrate! Bike to the coffee shop on Friday and receive a small discount!





Friends of the Columbia Greenway Rail Trail, Inc. ▶ ValleyBike Demonstration Day

May 17 · 🌐

We are here at the Westfield River Esplanade with ValleyBike until 4! Come on down and try an e-bike!



Friends of the Columbia Greenway Rail Trail, Inc.

May 21 · 🌐



Please join us tonight for our last bike month event, the [Ride of Silence](#)!

The ride aims to raise the awareness of motorists, police, and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

Please join us tonight (Wednesday 5/21) at 7pm at the Westfield Middle School (30 W Silver St).



6

1 comment 2 shares

Westfield Ride of Silence 2025

MAY
21

Wednesday, May 21, 2025 at 07:00 PM

The Ride of Silence will traverse and unite the globe as nothing before it. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

The Ride of Silence is a free ride that asks its cyclists to ride no faster than 12 mph, wear helmets, follow the rules of the road and remain silent during the ride. The ride, which is held during Bike Month, aims to raise the awareness of motorists, police, and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for and honor the lives of those who have been killed or injured.

The ride will begin at the Westfield Middle School and travel on West Silver St and Western Ave, turning around near Westfield State University.

In case of inclement weather, the ride will be held on Saturday, May 24th at 10am.

To learn more about this worldwide event, please visit <https://rideofsilence.org>.

📍 Location

Westfield Middle School

30 W Silver St

Westfield, MA 01085

United States

[Google Map And Directions](#)

🔍 Event Contact

Friends Of The Columbia Greenway Rail Trail

· Information@Columbiagreenway.Org

Will you come?

First name

Last name

Email



Bike Commuting 101



Get in gear to bike to work, school, or anywhere you need to go with Bike Commuting 101.

Bike Commuting 101 is an interactive workshop for those interested in bike commuting or who want a refresher. We'll go over getting your bike ready to roll, gear, what to wear, and planning your route. Plus, we'll share other tips and tricks to help you gear up for Bike to Work Week this May! Come with any questions about your bike commute, and all your excitement for biking as transportation!

This workshop will be a classroom session--you do not need to bring your bike. Masks are appreciated to keep the space accessible to all.

Questions? Email jes.slavin10@gmail.com.

Date: Wednesday, April 30, 2025

Time: 5:30pm - 6:30pm

Time Zone: Eastern Time - US & Canada ([change](#))

Location: Community Room



forbeslibrary 67w

Ready for Bike to Work Week (May 13-19)? Join Bikes For All (a program of [@fntrails](#)) for a free bike repair clinic on the library lawn on May 14, 5-7pm. Learn how to fix a flat tire and get your hands dirty practicing on a demo wheel. Bring your own bike to receive free minor adjustments!



No comments yet



34 likes

May 4, 2024



Self-Guided Great Tree Bike Tour

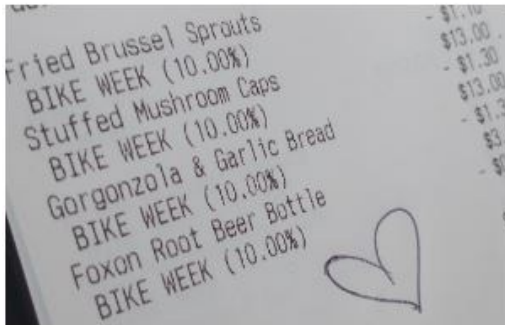
Saturday, May 10th - Sunday, May 18th

Location: Starts in Pulaski Park

Take a self-guided bike tour of some of New England's biggest and best trees! The approximately 8-mile one-way tour visits significant trees located in Northampton and Florence. There will be yard signs at each of the trees along the route with QR codes to scan and learn more about the trees. The yard signs will be up May 10th-May 18th for easy tree identification on the tour.

[Click here to view the route on ride with GPS](#)

[Click here to download the PDF map](#)



Discounts at Local Businesses

Monday, May 12th - Sunday, May 18th

Get rewarded for biking! During Northampton Bike Week, when you bike to participating local businesses and show your helmet, you'll receive special discounts or incentives.

[Click here](#) for the full list of participating businesses and incentives.



Lindsay Sabadosa, State Representative, 1st Hampshire District

May 14 · 🌐

...

Joined Rachel from [Transportation for Massachusetts](#), Cheryl from the [Food Bank of Western Massachusetts](#), and George from [Friends of Northampton Trails](#) this morning at Pulaski in celebration of Bike Week!

To encourage folks to get out and ride, there will be a series of bike-related events including bike rides, bike repair clinics and more:

Thursday, May 15: Northampton May Bike Party
Departs Pulaski Park at 6 PM

A fun, family-friendly ride — decorate your bikes and join the fun!

Friday, May 16 : Bike to Work Day
Celebrate by commuting on two wheels!

Saturday, May 17
Informal Revolutionary War 250 Ride
9:30 AM – 1:00 PM | Starts in Downtown Williamsburg
A scenic and historical ride through the valley

Don't forget to look for the Northampton Bike Week signs at participating businesses and show your helmet for a discount! For more details and a full list of events, visit:

www.nohobikeweek.com/home



👍❤️ 17

<https://patch.com/massachusetts/williamsburg-ma/calendar/event/20250517/9672d051-173a-4b87-ac65-c0422ee651a3/rev250-ride-from-burgy-to-belchertown-back>

Rev250 Ride from Burgy to Belchertown & Back

MAY
17

Tom Adams, Neighbor



Event Details

Sat, May 17, 2025 at 9:30 AM

[Add to calendar](#)

5 Main St, Williamsburg, MA, 01096

[More info here](#)

BURGY TO BELCHERTOWN AND BACK:

As Massachusetts celebrates the 250th anniversary of the American Revolution, (REV250), the biking community is gearing up with enthusiastic support. Biking groups from across the Commonwealth are organizing rides integrated with REV250 events in April and May.

Riders from western Mass will celebrate the western MA Minutemen from Williamsburg to Belchertown who responded to the call to arms by marching to Cambridge. This ride – the Burgy to Belchertown and Back, on May 17th – will start in downtown Williamsburg in front of Tangle Chocolate at 9:30 a.m. The route takes you through Haydenville to the Mass Central Rail Trail to Belchertown. A 38-mile ride roundtrip. Riders are welcome to join anywhere along the ride. This is an informal ride so no registration, fees or support is expected.

- Ride any or all of the miles -

Join anywhere along the way

No registration, fees or support

Ritual MTB Film Tour Fundraiser

MAY

18

Sunday, May 18, 2025 at 06:00 PM

Since humankind invented the wheel, we've been determined to take it to new heights, push it to the limit, and revel in the experience. Doubling down for 2025, RITUAL is a big-screen celebration of the indomitable human spirit that defines the sport of mountain biking with unforgettable film-going experiences. The film series highlights incredible athletes, creative filmmakers, engaging storylines and stunning cinematography, bringing riders together in mountain biking's most significant cities and venues.

Western Mass NEMBA and Northampton Cycling Club are proud to present this film festival tour here in Western Mass! All proceeds from this event will go towards the Northampton Velosolutions pump track project.

Come eat some of the best pizza in the valley, enjoy a Treehouse beverage, engage with your cycling community and help to support the construction of the pump track!

There will be a raffle with some great prizes to further our fundraising efforts.

📍 Location

Treehouse Brewing Company

1 Community Pl

South Deerfield, MA 01373

United States

[Google Map And Directions](#)

👤 Event Contact

Ben Jankowski · Bjankowski@Nohobikeclub.Org

Tickets


\$20.00 USD · [Purchase tickets](#)

Will you come?

First name

Last name




Presented by
 **All Bodies on Bikes ...** [Subscribe](#)

allll the events we are hosting at ABOB Western Mass!



Hosted By

 **ABOB Western Mass**

Contact the Host

Report Event

[# Wellness](#)

The Great Tree Ride

MAY
31
Saturday, May 31
 12:00 PM - 2:00 PM

 **Roundhouse Lot** ↗
 Northampton, Massachusetts

Registration



Past Event

This event ended 86 days ago.

Welcome! To join the event, please register below.

[Register](#)

About Event

THE BIG IDEA:

We will meet at the [Roundhouse Parking Lot](#) on 5/31 at 10 AM. We'll ride 5 paved miles through Northampton, stopping several times to look at the coolest trees! We'll end the ride right back where we started, with snacks!

MEET UP LOCATION:

[Roundhouse Parking Lot](#) - parking is \$0.25 an hour. the lot is right on the rail trail, and there is a bus stop right up the street at Pulaski Park!

SCHEDULE:

Pre-ride talk starts at 10 AM (please be there and ready by 10!)

Book Discussion: When Driving is Not an Option: Steering Away from Car Dependency

MAY
29

Thursday, May 29, 2025 at 07:00 PM

Zoom Event, Thursday, May 29th:

- **7-8PM Book Discussion:** We will host an online book discussion of the book *When Driving is Not an Option: Steering Away from Car Dependency* by Anna Zivarts
- **8-9PM Author Q&A:** We will host the author, Anna Zivarts, who will do an engaging presentation and answer audience questions.

Two events, one hour each, one Zoom registration. Stay for both or come to just one or the other.

FREE! To **register**, please complete this [Zoom registration](#).

About the Author

Anna Zivarts is a low-vision parent, nondriver and author of [*When Driving Is Not an Option: Steering Away from Car Dependency*](#) (Island Press, 2024). Anna created the [#WeekWithoutDriving](#) challenge and is passionate about bringing the voices of nondrivers to the planning and policy-making tables. Anna sits on the boards of the Washington State Transportation Innovation Council, League of American Bicyclists, is a member of the Transportation Research Board's Committee on Public Health and Transportation (AME70) and the National Aging and Disability Transportation Center Coordinating Committee, and is the Interim Advocacy Co-Director for Disability Rights Washington's Disability Mobility Initiative.



Franklin Regional Council of Governments

May 5 · 🌐

...

Join us on Tuesday, May 13th, from 8-9:30 a.m. at the J.W. Olver Transit Center's rear concourse for our annual Bike Breakfast! Show up on your bike, on foot, or park your car and stroll over; attendees will enjoy coffee, juice, light breakfast fare, and some fun giveaways. The breakfast will provide attendees the opportunity to meet other local cycling enthusiasts and offer feedback on what's needed to enhance the Franklin County Bikeway maps.

<https://frcog.org/project/franklin-county-bikeway/>

FRANKLIN COUNTY
2025 BIKE
BREAKFAST

TUESDAY, MAY 13
8:00-9:30 a.m.
J. W. Olver Transit Center
12 Olive St., Greenfield



Alex Carlson - @alexmakesmonsters

Celebrate **Bike to Work Week** with the Franklin Regional Council of Governments and the Franklin Regional Transit Authority at the Transit Center rear concourse.

Enjoy juice, coffee, fruit, and some sweet treats to fuel your morning bike commute. We'll have some fun giveaways as well!

ALL ARE WELCOME!





From the Berkshires to the Cape and everywhere around and in between, riders across Massachusetts are celebrating Bay State Bike Month this May! Scan the QR code to learn more.



4



6



Franklin Regional Council of Governments

May 13 · 🌐



Thanks to everyone who joined us for our Bike Breakfast this morning, and happy Bike to Work Week! Thanks to our partners at [Franklin Regional Transit Authority](#), [MassDOT](#), and [MassBike](#) for their support!

<https://frcog.org/project/franklin-county-bikeway/>



👍❤️ 20



In the News

Bike Parking Valet

05/12/2025

[Back](#)

WALK BIKE SPRINGFIELD
PRESENTS

BIKE PARKING VALET

SPRIT OF SPRINGFIELD'S WORLD'S LARGEST



Pancake
BREAKFAST

MAY 17TH • 8:00AM TO 11:00AM

RIDE FREE BREAKFAST TICKETS FOR **PARK**
YOUR BIKE BIKE VALET USERS AND VOLUNTEERS YOUR BIKE

**BERKSHIRE BANK PARKING LOT
HARRISON AVE SPRINGFIELD, MA**
FOR MORE INFORMATION OR TO VOLUNTEER
walkbikespringfield@gmail.com



Username

[EVENT HOME](#)

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Event Day Details

DATE: Sunday, May 18, 2025

LOCATION: Yankee Candle Village
25 Greenfield Rd.
South Deerfield, MA



[CLICK HERE](#) for directions

Schedule of Events

Registration

8:00 am - 10:00 am

Start Times

8:30 am - 50 Mile Start

9:30 am - 25 Mile Start

10:00 am - 10 Mile Start

11:00 am - 5K Start

12:00 pm - Picnic Lunch

Pricing

\$40 Adults (18+)

\$25 Teens (13-17)

\$10 Kids (12 & under)



Wheeling for Healing

SUPPORTING CANCER CARE & SERVICES AT

Baystate  Health

Wheeling for Healing, S. Deerfield MA, May 18, 2025

Wheeling for Healing Ride, Walk, Run for Cancer Care at Baystate Health – Join us
5/18/25!


Wheeling for Healing is a fundraising event where participants can cycle their choice of a 10, 25, or 50 mile route, or walk/run the 5K route. All funds raised support cancer care and services at Baystate Health.

We will once again be gathering at Yankee Candle Village (25 Greenfield Rd., South Deerfield, MA) from 8am to 1pm for a day of fun, friends, and the future of cancer care. Visit our website, Baystatehealth.org/WheelingforHealing – to register yourself or your team, get event day details, and check the starting time for each route.

Pricing: Adults \$40, Teens (13-17) – \$25, Kids (12 & under) – \$10. There is no fundraising minimum to participate, but the more you raise, the bigger difference we can make in the lives of cancer patients in Western Massachusetts.

SOCIAL MEDIA POSTS BY PVPC:

BLUESKY SOCIAL POSTS

 **PVPC MA**
Yesterday at 1:21 PM · 🌐

See what's happening this week for Bike Month 🚲🚲🚲
Full event list here: <https://shorturl.at/p8rQT>

What's Happening This Week for BIKE MONTH

May 10-17

May 10 | 10 AM - 4 PM


- Amherst: Pioneer Valley Regional Bicycle & Pedestrian Plan Info Table - *Amherst Sustainability Festival, Town Commons (Table #53) (10 AM - 4 PM)*
- Northampton: Birding by Bike - *Veteran's Field, 88 West St. (10 AM - 12 PM)*
- Northampton: DIY Bike Fixing - *Bike Lab, 12 Northern Ave. (11:30 AM - 2:30 PM)*

May 12-18

- Bike to Work Week 2025 - *Ride for fun, fitness, and a cleaner commute*

May 12 | 5 PM - 7 PM

- Northampton: Free Bike Repair Clinic - *Forbes Library Lawn*

 Pioneer Valley Planning Commission

What's Happening This Week for BIKE MONTH

May 10-17

May 14 | 7:30 AM - 9:30 AM

- Northampton: Community Bike Breakfast - *Pulaski Park, 240 Main St.*

May 14 | 5:30 PM

- Westfield: Mayor's Bike Ride 2025 - *Departs from Westfield City Hall, 59 Court St.*

May 14 | 6 PM - 8 PM


- Northampton: Bike Camping 101 - *Northampton Bicycle, 319 Pleasant St.*

May 15 | 6 PM - 8 PM

- Northampton: May Bike Party - *Departs from Pulaski Park, 240 Main St.*

May 16

- Bike to Work Day - *Encourage others to bike commute and reduce traffic*

 Pioneer Valley Planning Commission

What's Happening This Week for BIKE MONTH

May 10-17

May 17 | 8AM - 11 AM


- Springfield: Bike Valet at World's Largest Pancake Breakfast - *Berkshire Bank lot, Harrison Ave. near Convention Center Carpark*

May 17 | 9:30 AM - 1 PM

- Williamsburg to Belchertown: American Revolution 250 Ride - *Starts at Tangle Chocolate, downtown Williamsburg*

May 17 | 1 PM - 4 PM

- Westfield: ValleyBike Demonstration Day - *Westfield River Esplanade*

 Pioneer Valley Planning Commission




Pioneer Valley Planning Commission @pvpcma.bsky.social · 3mo
We're heading to the Amherst Sustainability Festival! 🌱

📅 May 10 | 🕒 10 AM - 4 PM
📍 Amherst Town Common

Stop by our table to learn about the Pioneer Valley Regional Bicycle & Pedestrian Plan. Let's talk walkable, bikeable communities! 🚶 🚲 🚌

Read up on the plan here: shorturl.at/wuyQM


Join us at the



Amherst Sustainability Festival

Saturday, May 10 | 10 AM – 4 PM
Amherst Town Common

Join PVPC at the Amherst Town Common for a day of sustainability-themed activities, vendors, and workshops. Stop by our table to learn about the [Pioneer Valley Regional Bicycle and Pedestrian Plan](#).





Pioneer Valley Planning Commission @pvpcma.bsky.social · 3mo

PVPC is tabling at a classic Bike Week tradition hosted by Bikes 4 All + Friends of Northampton Trails! Learn about the Pioneer Valley Regional Bicycle & Pedestrian Plan and get inspired to celebrate active transportation during Bay State Bike Month.

Read the plan here: shorturl.at/Kcbfp

Join us at the



Northampton Community Bike Breakfast

Wednesday, May 14 | 7:30 AM - 9:30 AM
Pulaski Park, Northampton

PVPC will table at this popular Bike Week tradition hosted by Bikes 4 All and Friends of Northampton Trails. Stop by our table to learn about the [Pioneer Valley Regional Bicycle and Pedestrian Plan](#). We'll be celebrating active transportation and encouraging folks to get involved with Bay State Bike Month activities across the Valley.





Pioneer Valley Planning Commission @pvpcma.bsky.social · 3mo

🚲 Westfield's Mayor's Bike Ride rolls out tomorrow at 5:30 PM from City Hall!

Family-friendly, 7-8 miles, free ice cream at the end 🍦

We'll be there sharing the Pioneer Valley Regional Bicycle & Pedestrian Plan and ways to support active transportation.

[#BayStateBikeMonth](#)

Join us at the



Westfield's Mayor's Ride

Wednesday, May 14 | 5:30 PM - 6:30 PM

Westfield City Hall

Join PVPC at the Mayor's Bike Ride in Westfield, a family-friendly community event hosted by Mayor Mike McCabe and Friends of the Columbia Greenway Rail Trail. The 7-8 mile ride starts and ends at City Hall and finishes with free ice cream from Northside Creamery. Stop by our table to learn about the [Pioneer Valley Regional Bicycle and Pedestrian Plan](#) and how you can support active transportation across the Valley.





Pioneer Valley Planning Commission @pvpcma.bsky.social · 3mo

🚴 Westfield Ride of Silence - May 21, 7PM 🚴

Ride in honor of cyclists who've been killed or injured. Slow, silent, and powerful. Begins at Westfield Middle School and heads toward WSU. Helmets required.

Rain date: May 24 at 10AM

More info: columbiagreenway.org/events

[#BikeMonth](#) [#RideOfSilence](#)

Join us at the



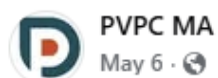
Westfield's Ride of Silence 2025

Wednesday, May 21 | 7:30 PM
Westfield Middle School

Join the Ride of Silence in Westfield, a meaningful community event hosted by Friends of the Columbia Greenway Rail Trail to honor cyclists who have been killed or injured. This slow, silent ride begins at Westfield Middle School and follows West Silver Street and Western Avenue before turning around near Westfield State University. Riders wear helmets, follow the rules of the road, and maintain a pace under 12 mph. Stop by to show your support for safer streets and help raise awareness that cyclists have a legal right to the road.



FACEBOOK POSTS



May 6 · 🌐

...

Join PVPC at the Amherst Sustainability Festival on Saturday, May 10, from 10 AM to 4 PM at the Amherst Town Common! 🌱 Stop by our table to learn more about the Pioneer Valley Regional Bicycle and Pedestrian Plan and discover how we're working to make walking, biking, and transit safer and more accessible for all. View the plan here: <https://shorturl.at/wuyQM>

Enjoy a full day of sustainability-themed activities, local vendors, and workshops. Let's build a greener future together!



Amherst Town Common



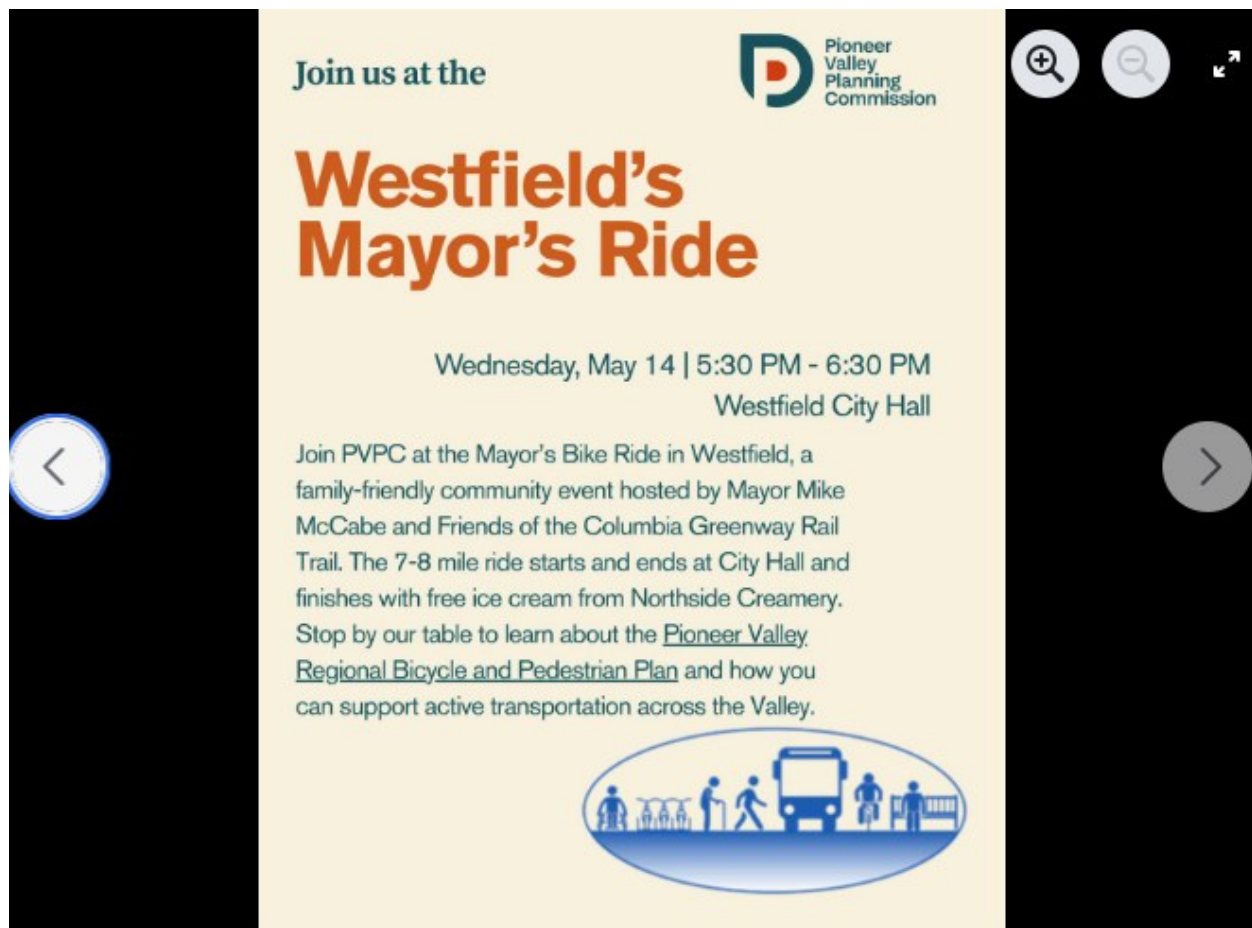
Saturday, May 10 | 🕒 10 AM - 4 PM

#PVPC #Sustainability #AmherstMA #CleanTransportation See less



🚲 Join PVPC at a beloved Bike Week tradition hosted by Bikes 4 All and Friends of Northampton Trails! We'll be tabling to share updates on the Pioneer Valley Regional Bicycle and Pedestrian Plan and to celebrate active transportation across our communities. Stop by, say hello, and learn how you can get involved in Bay State Bike Month activities!

View the Pioneer Valley Regional Bicycle and Pedestrian Plan here: <https://pvmpo.pvpc.org/regional-bicycle-pedestrian-plan/> See less



🚲 Reminder! The Mayor's Bike Ride in Westfield is happening tomorrow at 5:30 PM, starting at City Hall!

Join Mayor Mike McCabe and the Friends of the Columbia Greenway Rail Trail for a family-friendly 7-8 mile ride on city roads and the Columbia Greenway Rail Trail.

🍦 Northside Creamery will be serving up free ice cream at the finish!

PVPC will be tabling with info on the Pioneer Valley Regional Bicycle and Pedestrian Plan - come say hi and celebrate Bay State Bike Month with us!

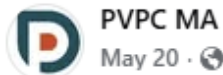
Join us at the



Westfield's Ride of Silence 2025

Wednesday, May 21 | 7:30 PM
Westfield Middle School

Join the Ride of Silence in Westfield, a meaningful community event hosted by Friends of the Columbia Greenway Rail Trail to honor cyclists who have been killed or injured. This slow, silent ride begins at Westfield Middle School and follows West Silver Street and Western Avenue before turning around near Westfield State University. Riders wear helmets, follow the rules of the road, and maintain a pace under 12 mph. Stop by to show your support for safer streets and help raise awareness that cyclists have a legal right to the road.



May 20 · 🌐

📍 Westfield - Ride of Silence 🚴

Join this powerful annual ride to honor cyclists who have been killed or injured, while raising awareness that cyclists have a legal right to the road.

📅 Wednesday, May 21 at 7:00 PM

📍 Begins at Westfield Middle School (West Silver St & Western Ave)

🚦 Riders move in silence, no faster than 12 mph, wearing helmets and following the rules of the road.

🗺️ The route heads toward Westfield State University and returns.

☔ Rain date: Saturday, May 24 at 10:00 AM

More info: <https://columbiagreenway.org/events>

#BikeMonth #RideOfSilence #WestfieldMA See less

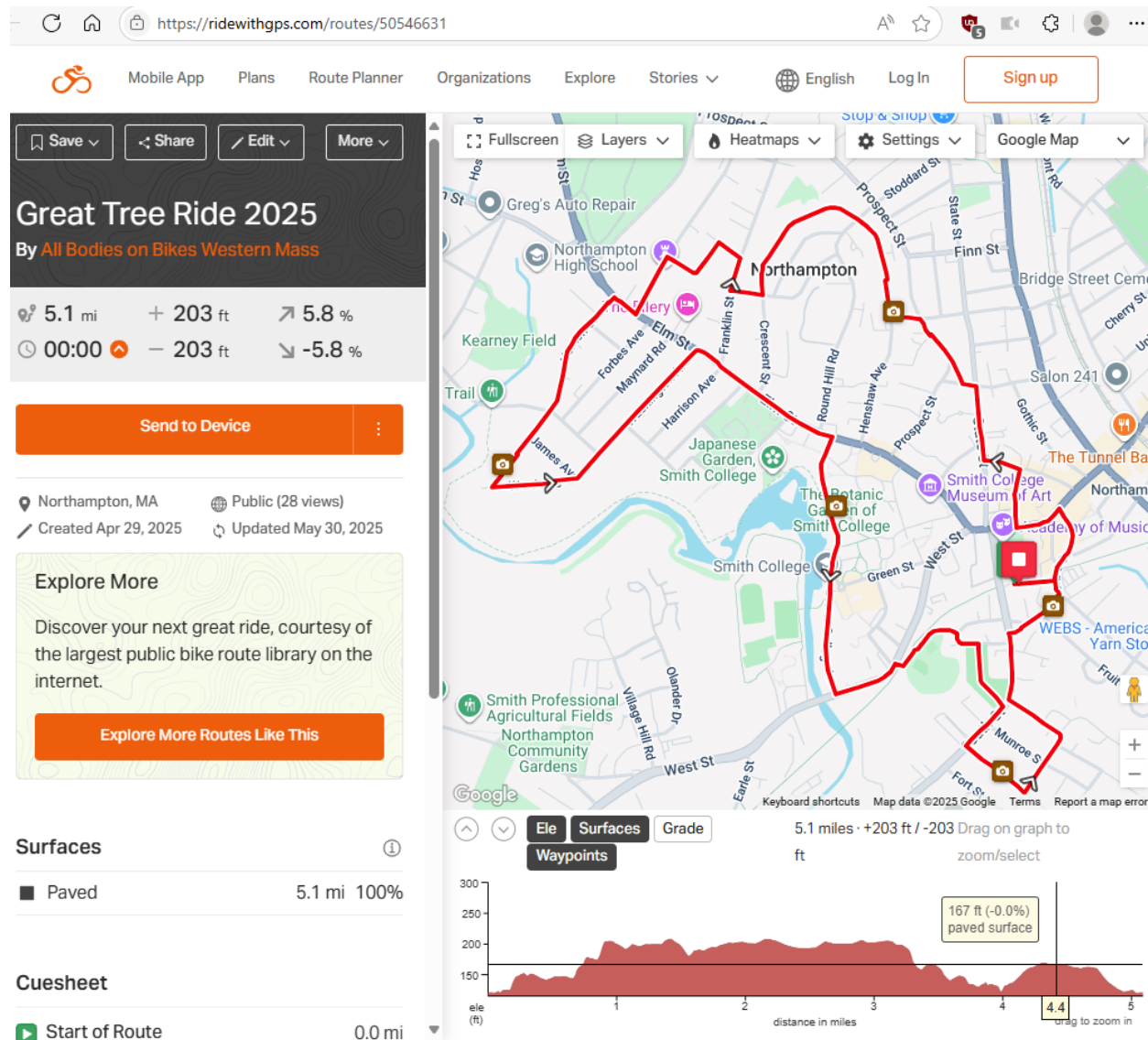
INSTAGRAM POSTS



BIKE TOUR MAP

In-Person Tour:

<https://ridewithgps.com/routes/50546631>



Self-Guided Tour:



BIKE SAFETY AND ETIQUETTE REMINDERS

- Wear helmet at all times
- Stay alert and obey traffic laws
- Use hand signals for turning and braking
- Be prepared for sudden braking of bikes in front of you
- If stopped, move yourself and your bike safely from traffic
- Do not lean your bike against trees
- Please respect private property

HOW TO USE THE QR CODES

- Follow the map to each tree location
- With smartphone's photo app, place QR code in the viewfinder to access link to audio recording
- Press play and listen

POST YOUR PHOTOS ON INSTAGRAM WITH
#GREATTREEBIKETOUR @FNTAILS

1
American Elm
48 Old South Street



3
Ginkgo (State Champion)
Smith College
16 College Lane



4
American Sycamore
135 Vernon Street



5
Copper Beech
77 Crescent Street



6
Case Study of Entire Block
15 Stoddard Street



7
Norway Maple
Keyes Street & Bike Path



8
Tulip Tree (State Champion)
40 Keyes Street



9
White Oak
26 Bardwell Street



10
White Mulberry
1 Corbucci Street



End
Summary at Maines Field
570 Riverside Drive



Maines Field is a good place to have a picnic and a rest.