



HOUSTON-GALVESTON AREA COUNCIL

3555 Timmons Lane, Suite 120
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h-gac.com | @HouGalvAreaCog

FOR IMMEDIATE RELEASE

May 2, 2023

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H-GAC'S COMMUTE SOLUTIONS INAUGURAL BIKE MONTH CHALLENGE RUNS THROUGH MAY 31

Workplaces and community members are encouraged to swap cars for handlebars

HOUSTON, TX – The [Houston-Galveston Area Council](#) invites individuals and organizations throughout the eight-county Metropolitan Planning Organization, including Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, and Waller counties, to participate in the nationwide Bike Month Challenge.

H-GAC and Love the Ride, the national event organizer, encourage everyone to register for the month-long Bike the Gulf Bike Month Challenge and enjoy friendly competition with others across the U.S. and rediscover the joys of biking. The challenge encourages people to embrace all the benefits riding a bike, such as supercharging physical and mental health, reducing stress and anxiety, and positively impacting the environment.

The challenge is open to everyone, aged 13 or older, who lives or works in the eight-county region. Individuals, community groups, and workplaces are invited to participate in this free challenge. Once registered, participants will be able to view local and national leaderboards and be eligible to win Love to Ride's national prizes, which includes bike gear, gift cards and other prizes.

For any bike ride recorded in May, whether to the store, work, or on a local trail, riders will be entered into prize drawings and help their team climb the leaderboards. Workplaces can challenge and compete against other organizations of a similar size, and individual departments within the organization can compete internally.

Registration is open now on lovetoride.net/bikethegulf. The Bike Month Challenge ends May 31, 2023. Participants can also log rides during the campaign by syncing their Love to Ride profiles to Strava or MapMyRide.

For more information and to register, go to lovetoride.net/bikethegulf.

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H-GAC is a voluntary association of local governments and local elected officials from the 13-county Gulf Coast planning region, which includes an area of 12,500 square miles and more than 7 million people. H-GAC works to promote efficient and accountable use of local, state, and federal tax dollars; serves as a problem-solving and information forum for local governments; and helps analyze trends and conditions affecting the region. For more information, visit h-gac.com.



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Commute Solutions' Bike Month Challenge

The month-long Bike Month Challenge is a partnership led by the Houston-Galveston Area Council's Commute Solutions program powered by Love to Ride. Commute Solutions is a service of the Houston-Galveston Area Council that connects the region's employees and students with their best travel options. Commute Solutions focuses on those who live or work in Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, and Waller counties. Learn more about Commute Solutions at: <https://www.yourcommutesolution.org/>

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