

Use the press release template below to share your role in Bike Month as a supporter of MoveTogetherKC. Let's help spread the word about all the amazing activities happening around the Kansas City Metro area. PLEASE NOTE: placeholders are included in the text below for you to update with information about your organization prior to sending to media outlets or sharing on your blog.

FOR IMMEDIATE RELEASE
[DATE]

[Organization Name] Celebrates Bike Month with MoveTogetherKC: Encouraging Physical Activity and Fostering Community Connection

Kansas City, MO – As May marks Bike Month, Kansas City is gearing up to tackle its health and fitness challenges head-on. This month offers a unique opportunity to promote cycling as a fun and healthy way to boost fitness levels. By fostering a biking culture, Kansas City aims to become a more bicycle-friendly community, enhancing the overall health and wellness of its residents.

Cycling not only provides an excellent cardiovascular workout but also supports mental well-being by reducing stress and promoting a sense of freedom and adventure. Biking also helps build a stronger sense of community. Group rides and biking events bring people together, fostering connections and camaraderie. As more residents take to the streets on their bikes, the city can become a safer and more welcoming place for cyclists of all ages and abilities.

[Organization Name], a community organization dedicated to [brief description of organization's mission and focus], is excited to participate in Bike Month this May. We invite everyone to join us in celebrating Bike Month and taking part in various biking events and activities designed to promote a healthier lifestyle.

Throughout May, a variety of events will be held to celebrate Bike Month, including community rides, bike repair workshops, and educational sessions on safe cycling practices. Highlights include:

- National Ride a Bike Day on May 4th
- Bike to School Day on May 7th
- Bike to Work Week from May 12th to 18th
- Bike to Work Day on May 16th

Together, we can pedal towards a fitter, healthier, and more vibrant Kansas City. Let's Move Together KC!

About Move Together KC

#MoveTogetherKC is a campaign to inspire and promote a culture of physical movement for every body in the Kansas City region. Powered by The Kansas City Physical Activity Plan and supported by a diverse coalition of community organizations, Move Together KC seeks to create a culture of physical movement that is inclusive and accessible to all. Learn more at kcphysicalactivityplan.org or on social media @MoveTogetherKC.

About [Organization Name]

For media inquiries, please contact:

[Media contact name]

[Title]

[Organization]

[Email]

[Phone]

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