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Press Release

Milford to Kick off National Bike Month

Milford, CT, April 14, 2015- The City of Milford is excited to kick off its Bike Milford initiative, and Mayor Ben Blake has declared May 2015 as Bike Month in the city. In an effort to mitigate traffic congestion and parking, while improving the environment and health of our community, various cycling events are planned for the month of May.

Milford was recently ranked #11 in the BikeWalk CT survey of the friendliest “bike walk” cities and towns in Connecticut. The City is home to 17 miles of bikeable shoreline and the annual Folks on Spokes charity ride for Bridges. The event attracts hundreds of participants to raise awareness and funds for people on the road to recovery from the challenges of mental illness or addiction. This year’s Folks on Spokes ride will take place September 27, 2015. However, cyclists of all levels can enjoy the scenic, well-mapped routes around the Connecticut shoreline for a 5, 10, 20, 40, 50 or 66 mile ride all year round. Visit <http://folksonspokes.bridgesct.org/> for more information.

The City of Milford is fortunate to be integrated into the nation’s most ambitious long-distance urban trail, the East Coast Greenway (ECG). By connecting existing and planned shared-use trails, a continuous, traffic-free route is being developed, serving self-powered users of all abilities and ages. At 2,900 miles long, the ECG links Calais, Maine, at the Canadian border, with Key West, Florida. The ECG runs approximately 11 miles through Milford, travelling along the beautiful coastline, through state parks and Milford’s center. In 2014, as part of a route enhancement project, the East Coast Greenway Alliance partnered with the City of Milford to complete a contraflow bike lane along Wilcox Park’s Shipyard Lane. Please join the East Coast Greenway Alliance and the City of Milford in celebrating the opening of the state’s first contraflow bike lane on May 30th, and be sure to enjoy all the other biking events throughout May.

Schedule of events:

May 1st

Bike Milford Kickoff

12 Noon at City Hall

Ride over and join Mayor Blake for the kick-off of our Bike Milford Initiative on the steps of City Hall.

May 2nd

Ride to Rack

10 A.M. Beginning behind Colony Grill

Follow the new bike rack route and make sure you are stamped at each rack for a discount on some delicious Colony Grill pizza at the end of your ride. Meet members of Connecticut Young Professionals who will be volunteering along the route. The ride begins at the new bike parking racks behind Colony Grill across from the Green.

Find rack locations at www.milfordrecreation.org

May 9th

Professional Helmet Check

10 A.M. – 5 P.M. at Tony's Bikes and Sports

Head to Tony's for a complimentary helmet check. While you're in the area, be sure to hitch your bikes at our new racks and enjoy the Spring Arts & Crafts Show on the Green.

May 15th

Ride to Work Day

Mayor Blake, Milford Police, friends, family and local officials will ride to work today. We encourage others to do the same!

May 16th

Bike Rodeo

10 A.M.-4 P.M. Harborside Middle School

The Milford Police and the Milford Recreation Department will host a Bike Rodeo at Harborside Middle School. Bike rodeo events include: bike safety check; stopping at a line; obstacle cone course; riding bikes in a large circle & a small circle; and using hand signals. The importance of a properly fitted bike safety helmet will also be covered.

May 30th

Bike Month Finale

5 P.M. Wilcox Park @ the entrance of Shipyard Lane & Harborside Drive

Join the East Coast Greenway Alliance and the City of Milford for a ribbon cutting to welcome Connecticut's first contra-flow bike lane!*

For more information about the East Coast Greenway, a trail connecting cities from Maine to Florida, please contact molly@greenway.org

6 P.M. at City Hall

Colleen Kelly Alexander, a survivor, thriver, motivational speaker and biking enthusiast, will speak at City Hall at 6P.M.

To register please RSVP to BikeMilford@ci.milford.ct.us. Space is limited and seats will only be available that evening on a first come, first served basis.

To learn more about Colleen, please visit her site at www.colleenkellyalexander.com

**Refreshments & free valet bike parking compliments of [East Coast Greenway Alliance](#). At 6pm bike over to City Hall and hear motivational speaker, [Colleen Kelly Alexander](#). The ECGA will provide free bike valet parking at the 6pm event as well.*