



Toiyabe Indian Health Project
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TOIYABE
INDIAN HEALTH PROJECT

PRESS RELEASE

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84 riders and walkers participate in Bike Month!

In May 2016, agencies and community members across the Eastern Sierra joined together to participate in Bike Month. Bike Month is a national event to promote biking for transportation to reduce greenhouse gas emission and promote public health. The local Eastern Sierra Bike Month was hosted by Great Basin Air Pollution Control District (GBAPCD), and supported by a planning committee including Toiyabe Indian Health Project, Inyo County Health and Human Services, Public Health and Prevention Division, US Forest Service, Caltrans, and City of Bishop staff. The goal of the local challenge was to promote cycling and walking in the Eastern Sierra for transportation, fun and fitness.

Community members of Inyo, Mono and Alpine Counties were invited to participate in the challenge through a national challenge hosted online. Each participant created a profile and logged their miles for biking and walking as transportation miles or recreation miles. The online platform, The National Bike Challenge, is a nation-wide challenge, which began in May and continues through September. Participants can continue to log their miles, and new participants can still join! Visit the GBAPCD webpage at <http://www.gbuapcd.org/active> and click on "Log Miles" to start today!

The Local Bike Month challenge had 84 active participants who rode a total of 9,213 miles in the month of May. On June 2, 2016, GBAPCD presented awards at a lunchtime celebration hosted at the Caltrans District 9 office. Ann Piersall, Bike Challenge Coordinator with GBAPCD, started the presentation thanking participants and noting the success of the challenge. "This year over 2,400 miles were ridden for transportation by community members during the challenge. We look forward to expanding Bike Month in the future to promote cycling for transportation, recreation and working to help create connected and healthy communities."

Caltrans District 9 Director Brent Green, an avid cyclist, presided over the awards. The individual award category was presented to David German, for both the most transportation miles ridden and the most days ridden. David rode over 250 miles on his bike for transportation in the month of May. Congratulations David! The agency award category was presented to Toiyabe Indian Health Project for the highest percent employee participation (17 people) and the most transportation miles ridden (583 miles).

In addition to the local challenge, Bike Month was also an opportunity to support Bike to School Day, which was Wednesday, May 4. Bike advocates were on hand to cheer and educate students as they arrived at school. Sam Nelums, Prevention Specialist with Inyo County Health & Human Services, joined Jacob Mathew at Home Street Middle School, to promote bike safety. “We talked about the importance of wearing helmets and handed out bike lights to students so if they rode at night they’d be seen,” said Sam. “Home Street provides a great bike rack for their students to park their bikes, and I was impressed with how many students ride their bike to school!”

Following the May Bike Month activities, the Toiyabe Community Wellness Program is now exploring a bike share program for the Bishop area. Toiyabe is soliciting information from you and your fellow community members on the interest that our community has around a bike share program via a survey found at this link: <https://www.surveymonkey.com/r/DKYL7GS>. Your answers are 100% anonymous! **The survey will be open until July 15th, 2016.** In the survey, you will find links to more information about the types of programs we are investigating to help you make a better and more informed decision. If you are interested in joining this effort or if you have more comments to contribute, please contact Katie Larsen at 760-873-8851.

Photo Caption: Great Basin Air Pollution Control District hosted a May Bike Month Challenge with 84 riders participating.



Photo Caption: Serena Johnson (left) accepts the award for Toiyabe Indian Health Project as the agency with the most participants and miles, and David German (right) received the award for the individual with the most miles and days ridden with Caltrans District 9 Director, Brent Green (center) presiding.



Photo Caption: Sam Nelums with Inyo County Prevention and Jacob Mathew with Caltrans promote bike safety at Home Street Middle School on Bike to School Day in May.



Photo Caption: Erin Noesser with US Forest Service promotes bike safety at Bishop Elementary on Bike to School day in May!

