



For Immediate Release
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North Natomas Transportation Management
Association

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Bicycles and Breakfast in Natomas ***North Natomas TMA Celebrates Bike to Work Day***

In honor of May is Bike Month, The North Natomas Transportation Management Association (NNTMA) salutes those who spare the air at its annual Bike to Work/Errands/Pleasure Day + Breakfast on May 20, 2016.

All those riding their bikes are invited to pedal up to the east entrance of Sleep Train Arena on Truxel Rd. between 6 and 9 a.m. Riders should stop by on the way to work, school, shopping, or wherever the day may lead. Grab a cup of coffee, juice and a sweet or savory treat provided by the NNTMA. Riders will also get the chance to spin the prize wheel.

May is Bike Month is a regional campaign that is challenging Sacramento area residents to ride two million miles this month. "Cycling to work has become an integral part of my daily routine," said avid cyclist Jonathan Lee. "It has turned what many people consider to be the most stressful time of the day, commuting in traffic, into something I actually look forward to doing." Stop by the breakfast to interview cyclists about what motivates them to jump on their bike and ride instead of grabbing the car keys.

"May is Bike Month is a time when we can highlight the importance of transportation options beyond the car," said Becky Heieck, Executive Director of the NNTMA. "Our programs, events and advocacy that are centered on biking, are aimed at bettering the community and advancing this transportation movement in Sacramento."

About the North Natomas Transportation Management Association

The North Natomas Transportation Management Association is a nonprofit organization with the mission to foster transportation behaviors that enhance placemaking in our community through advocacy, programs, education, and services.

The NNTMA also closely partners with schools and other organizations to promote walking and cycling, and has partnered with the City of Sacramento in the completion of many local transportation projects. Contact Communications & Program Coordinator Abbey Harding for more information about our mission and programs.

You can also connect with us via our website, www.nntma.org or any of the following social media channels:

- via Twitter: [@NorthNatomasTMA](https://twitter.com/NorthNatomasTMA)
- via Facebook: [NorthNatomasTMA](https://www.facebook.com/NorthNatomasTMA)
- via Instagram: [@nntma](https://www.instagram.com/nntma)

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