



**Bike Month Social Media Sample Posts**  
May 2022

	May 1	Post 2	Post 3	Post 4	May 30
<b>TDM Agencies Post</b>	<p><b>Bike Month begins today through May 31!</b> Visit DRPT's Bike! VA website for bicycling resources, helpful tips and a bike month events calendar! Learn more at Bikeva.org. #BikeXCE</p> <p>*Use Bike to Work Week logo</p>	<p>Commute on two wheels! It's great for your health, great for the environment, and can save you money on parking and wear and tear on your car. Learn more at bikeva.org</p> <p>#BikeVA</p> <p>*Use two tires are better than four</p>	<p>Virginia is home to an expansive public bicycle network, including hundreds of miles of bike lanes and bicycles trails, such as the Mount Vernon Trail, Virginia Capital Trail, Heart of Appalachia Bike Trail, and Virginia Creeper Trail. There are so many places and reasons to ride, what's yours? Learn more at bikeva.org. #BikeVA #Bikelife</p> <p>*Use there are so many reasons image</p>	<p>Virginia's public transit systems are bike friendly! That means you might be able to bike to the bus stop, take the bus, and bike to your workplace. Try it for yourself during Bike to Work week.</p> <p>#BikeVA</p> <p>*Use your bike gets a free ride</p>	<p><b>Happy Bike to Work Day!</b> This is a great day to learn all the benefits of bicycling and practice peddling to your job. Visit bikeva.org for resources and tips to help get you started. #BikeVA</p> <p>*Use Bring Your Bike to Work Day image</p>

**Partners are encouraged to edit and use posts for their service area**