



Birmingham Bicycle Club
Helping everyone enjoy cycling

FOR IMMEDIATE RELEASE

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Ride of Silence. Wednesday May 19th at 7:00pm Hundreds of cyclists will take to the street to raise awareness of bike safety.

On May 19th, 2021 at 7:00pm, the Ride of Silence will begin all across America. In Birmingham cyclists will take to the road starting at Cahaba Cycles in Homewood in a silent procession to honor cyclists who have been injured or killed while cycling on public roadways. The Ride of Silence is a free ride that asks cyclists to ride no faster than 12mph, wear helmets, follow the rules of the road and remain silent during the ride.

Even though cycling is popular in our state, Alabama continues to be one of the least cycling friendly states in the nation. The League of American Bicyclists released its annual "Bicycle Friendly States" rankings for 2019 and ranked 45th overall. Alabama is shown as lagging in the areas of Education & Encouragement and Legislation & Enforcement.

Locally in Birmingham, there has been a noted increase in cycling including road and mountain bike. Cycling regardless of what type provides several health benefits such as

- increased cardiovascular fitness.
- increased muscle strength and flexibility.
- improved joint mobility.
- decreased stress levels.
- improved posture and coordination.
- strengthened bones.
- decreased body fat levels.
- prevention or management of disease

Everyone is welcome to join the ride on Wednesday. Riders must be able to maintain a 12mph pace, wear a helmet and follow the rules of the road. The ride is escorted by the Homewood Police Department. There will be a brief ceremony at 6:50PM before the ride starts to honor those killed and injured

**Ride of Silence
Wednesday May 19th at 7:00pm
Cahaba Cycles
2834 South 18th Street
Homewood, AL
205-879-3244**

Ride of Silence <http://www.rideofsilence.org/main.php>

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