



Birmingham Bicycle Club
Helping everyone enjoy cycling



FOR IMMEDIATE RELEASE

For more information contact:

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**Ride of Silence. Wednesday May 18th, 2022 at 7:00pm
Hundreds of Cyclists will take to the street to raise
awareness for cycling safety.**

On May 18th, 2022 at 7:00 pm, the Ride of Silence will begin across America. In Birmingham cyclists will take to the road starting from the Birmingham Civil Rights Institute and proceed in a silent procession to honor cyclists who have been injured or killed while cycling on public roadways. This is the twentieth anniversary for the Ride of Silence. 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. Further information about the Ride of Silence can be found at <http://rideofsilence.org/main.php>

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 2022 with Alabama ranking 44th overall. Alabama is shown as lagging in the areas of Education & Encouragement and Evaluation and Planning https://bikeleague.org/sites/default/files/BFS_Report_Card_2022_Alabama.pdf

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

- increased cardiovascular fitness.
- increased muscle strength and flexibility.
- decreased stress levels.
- strengthened bones.
- 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 Birmingham Police Department. There will be a brief ceremony at 6:45PM before the ride starts to honor those killed and injured.

**Ride of Silence 2022
Wednesday May 18th at 7:00pm
Birmingham Civil Rights Institute
520 16th St N
Birmingham, AL**

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

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