

You Can't Spell Sustainability Without Albany  
May Topic: Bike Month



May is Bike Month, and Mother Nature definitely got the memo – the weather is extremely bike friendly! So put on your bike shorts... or not... and enjoy some human-scale transportation this month. After all, Albany is only 1.7 square miles and offers virtually every good or service you might need (including excellent public transit in case you need to leave town!). So leave the car at home and enjoy the fresh air.

Biking is great for you and the environment: it saves gas, money, and pollution - and keeps you healthy. According to the [Bike Geek](#), bicycling two miles with a gas price of \$4/gallon results in saving \$0.23 dollars and 1.13 lbs of CO<sub>2</sub> will NOT be added to the atmosphere. Fossil fuels aren't burned, but calories are!

Biking in an urban environment can be intimidating. We are fortunate to have several excellent resources for bicycle commuters, such as the [East Bay Bicycle Coalition](#) and [Albany Strollers and Rollers](#). In addition, Albany is home to [Solano Avenue Cyclery](#) – a full-service bike shop that can provide the velo-related goods and services you need to prepare for your biking adventure.

Not up for pedaling? Try some other non-auto options like walking or taking the bus. For schedules and other information, try resources like [511.org](#).

There are a number of environmentally-related activities going on this month. Mark your calendar:

May 11: Albany Farmer's Market (every Wednesday from 3 – 7 pm). Solano Avenue between San Pablo and Adams Street. Check out Albany's new farmer's market and enjoy fresh produce, baked goods, and other delectable items. You can even hang out and have a delicious dinner from several vendors at the market while enjoying live music.

May 12: [Bike to Work Day](#) featuring energizer stations in the morning including food, coffee, and giveaways (at Albany elementary schools and the middle school, as well as at the intersection of Marin and the Ohlone Greenway from 7-9:00 a.m.) and a Bike Away from Work party in the evening in Oakland.

May 15: the 8<sup>th</sup> Annual [Bay Friendly Garden Tour](#). The annual self-guided Garden Tour celebrates the diverse styles of Bay-Friendly gardening.

May 14: The [Citywide Garage Sale](#) will be held from 9am - 3pm. A great opportunity to re-use and get some great deals!

May 22: Transition Albany's [Great Unleashing](#). Described as "a working afternoon with a celebratory feel" the event features guest speakers, a brainstorming session, music, and a picnic.

*Dan Lieberman's monthly column for Albany Patch is written on behalf of the City of Albany's [Sustainability Committee](#). The column is intended to provide information and resources for local residents and businesses to improve their impacts on the environment in a cost-effective manner.*