WELCOME TO
30 DAYS OF BIKING!

April 1 – 30

30 Days of Biking (a.k.a., 30DOB) is a pledge to ride your bike every day in April — any distance, any destination, in any kind of weather — and share your adventures online with the hashtag #30daysofbiking. (Don't worry, that trainer bike counts, too!)

Founded in 2010 with 300 participants, in Minneapolis, Minn., 30DOB today boasts more than 8,000 pledged riders in dozens of cities around the world.

And best of all, it's free to everyone everywhere. 30DOB encourages participating cities to lead their own rides during April and join in the international celebration. Participating teams, bike shops and individuals can get their own Captain's Kit at **30daysofbiking.com/goodies**.

Why is 30DOB important?

We encourage people to ride their bikes every day — a truly life-changing activity — and we've built a community around that action. Thousands of people worldwide have been inspired by this collective goal during the month of April.

Whether for exercise, environmental advocacy, socializing or just for fun, the simple goal of riding our bike every day in April has the power to change people's lives.

Bring 30DOB to your city

Anyone can join the pledge to ride every day in April! Make the pledge at **30daysofbiking.com** and get your Captain's Kit, spoke card and Official 30 Days of Biking T-shirt at **30daysofbiking.com/goodies**.

Contact Us

Join us on **Twitter** and **Facebook**, on the web and in the streets. For PR, sponsorship or anything-else inquiries, visit our **Contact Us** page!