

May is Bike Month!

Stanford Medicine has 10 events for Bike Month



Beginner Bike Safety Webinars

Interested in beefing up your bicycling skills? Check out these beginner bike safety classes for helpful tips and trips to gear up and stay safe on the road.

Riding Safely, Part 1 - Gear Up for Your Ride

Learn about helmet and bike fit, bike lights, and other cycling gear

Date: Wednesday, May 3rd

Time: 12:15pm - 12:45pm

Link provided after sign up

Riding Safely, Part 2 - Rules of The Road

Learn about the rules of the road and important cycling skills

Date: Tuesday, May 9th

Time: 12:15pm - 12:45pm

Link provided after sign up



Bike Check-Up Day

Date: Thursday, May 4th

Time: 7:00am - 4:00pm

Location: Spieker Plaza
(Near The Bucky Ball)

Bring your bike to receive FREE basic bike maintenance by Campus Bike Shop. Spaces are limited. A reservation guarantees your bike will be looked at.

Reserve a space in the Bike Check-Up Day event.



Basic Bicycle Maintenance Class

Date: Wednesday, May 10th

Time: 12:15am - 1:30pm

Location: North Pasteur
Between 300P and 500P

Learn how to tell when your bike is ready for a safe ride. You'll learn the ABC quick check, including how to work on Tires, Brakes, Chain/Cassette, and Quick release levers. Optional, for a hands-on experience, bring your bike and bike tools. Sign up for the class. Walk-ins welcome



Bike to Work Day (BTWD) Energizer Stations

Date: Thursday, May 18th

Ride your bike to work and stop by these Energizer Stations for some goodies

Stanford Health Care

6:30am - 9:00am

500 Pasteur Drive, near

Transportation Lounge/shuttle stop

Stanford Medicine at Lucile Packard Children's Hospital

6:30am - 9:00am

Quarry Road

Stanford Medicine Outpatient Center in Redwood City

6:30am - 9:00am

240 Broadway, Near Barron Ave.

Stanford Health Care in Emeryville

7:00am - 9:00am

5800 Hollis, in front of Pavilion A

500P Bike Room and Hoover Bike Cage Open House

Learn how to use your badge to access the bike parking areas and learn how to lock your bike to the racks. Drop in. No registration necessary.

500P Bike Room

Date: Tuesday, May 16th

Time: 12:00am - 2:00pm

Location: The 500P Bike Room. Located at the Pasteur Staff Garage near Welch Road

Hoover Bike Cage

Date: Wednesday, May 17th

Time: 12:00am - 2:00pm

Location: The Hoover Bike Cage. Located behind 213 Quarry Road next to Hoover Pavilion Parking Garage