

# COLUMBIA HEIGHTS

## PROCLAMATION

### Bike Month: May 2026

May is recognized nationally as Bike Month, a celebration that encourages people of all ages and abilities to discover the joy, freedom, and connection that come from riding a bicycle. In Columbia Heights, biking is more than a mode of transportation – it is a way for neighbors to explore our community, strengthen wellness, protect our environment, and build a safer, more accessible future for everyone.

Biking helps reduce traffic congestion and carbon emissions while supporting physical and mental health. It also strengthens our city's commitment to sustainability, community building, and equitable access to transportation. Families, students, workers, commuters, and recreation-seekers all benefit from having bike-friendly routes and safe spaces to ride.

Columbia Heights continues to improve its streets and trails so people biking, walking, rolling, and driving can all travel safely. We are grateful for the local partners, advocates, volunteers, and city staff who work year-round to promote bike safety education, host community rides, and support efforts that make biking easier and more welcoming for everyone.

During May Bike Month, we honor those who lead the way in creating a more bike-friendly Columbia Heights and encourage residents to take part – whether through group rides, helmet fittings, safety workshops, or simply enjoying a ride around the neighborhood. Every mile pedaled contributes to cleaner air, healthier bodies, and a stronger, more connected CoHi.

**Now, therefore,** I, Amáda Márquez Simula, Mayor of Columbia Heights, do hereby proclaim **May as Bike Month** in the City of Columbia Heights. I encourage all residents to celebrate the joy of biking, explore our community on two wheels, and support a safer, greener, and more vibrant future for all.

In Columbia Heights, we celebrate culture, community, and connection. We honor the diversity of our residents and the traditions they bring. Let this proclamation reflect our ongoing commitment to belonging, equity, and shared joy in our city.

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Amáda Márquez Simula, Mayor  
May 11, 2026