



SANDAG Bike Anywhere Day 2026 Toolkit

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Introduction

In celebration of National Bike Month, SANDAG invites the San Diego region to participate in **Bike Anywhere Day** from **6:30 a.m. to 9:30 a.m. on Thursday, May 21**. SANDAG has hosted an annual biking event in the San Diego region for more than 30 years. Bike Anywhere Day aims to alleviate traffic and create a healthier environment for everyone.

Bike Anywhere Day is a free event open to everyone and encourages participants to bike to work, school, or anywhere. Participants can also pedal to one of the 100 pit stops across the region to pick up a free, commemorative Bike Anywhere Day 2026 t-shirt, while supplies last.

This year, registered participants will be automatically entered into the Bike Anywhere Day Sweepstakes for the chance to win one of five e-bikes, courtesy of Ridepanda.

Thanks for your support in promoting this annual event!

Learn more: [SANDAG.org/bikeday](https://sandag.org/bikeday)

Contact us: bikeday@sandag.org

Follow SANDAG on social media:

- Facebook: [Facebook.com/SANDAGregion](https://facebook.com/SANDAGregion)
- Instagram: [Instagram.com/SANDAGregion](https://instagram.com/SANDAGregion)
- LinkedIn: [LinkedIn.com/company/SANDAG](https://linkedin.com/company/SANDAG)
- X: [X.com/SANDAG](https://x.com/SANDAG)

SANDAG

Flyer and Poster

Print and display these materials. English and Spanish versions are available.

Download Flyer and Poster

SANDAG
Bike Anywhere Day 2026
Thursday, May 21

Register for Bike Anywhere Day and pedal to one of our 100 pit stops across the San Diego region to pick up a free t-shirt:

**Thursday, May 21
6:30-9:30 a.m.**

You could win an e-bike!
Registered participants who are 18 or older will be entered for the chance to win one of five e-bikes, courtesy of Ridepanda.



Register Today at



SANDAG.org/bikeday

#BikeAnywhereSD



SANDAG
Bike Anywhere Day 2026
Jueves 21 de mayo

Regístrate para Bike Anywhere Day y pedalea hasta una de nuestras 100 paradas en la región de San Diego para recoger una camiseta gratis:

**Jueves 21 de mayo
6:30-9:30 a.m.**

¡Podría ganar una bicicleta eléctrica!
Los participantes registrados mayores de 18 años tendrán la oportunidad de ganar una de cinco bicicletas eléctricas, cortesía de Ridepanda.



Regístrate hoy en



SANDAG.org/bikeday

#BikeAnywhereSD



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**Jueves 21 de mayo
6:30-9:30 a.m.**

¡Podría ganar una bicicleta eléctrica!
Los participantes registrados que tengan 18 años o más participarán para tener la oportunidad de ganar una de cinco bicicletas eléctricas, cortesía de Ridepanda.

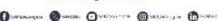


Regístrate hoy en



SANDAG.org/bikeday

#BikeAnywhereSD





Social Media

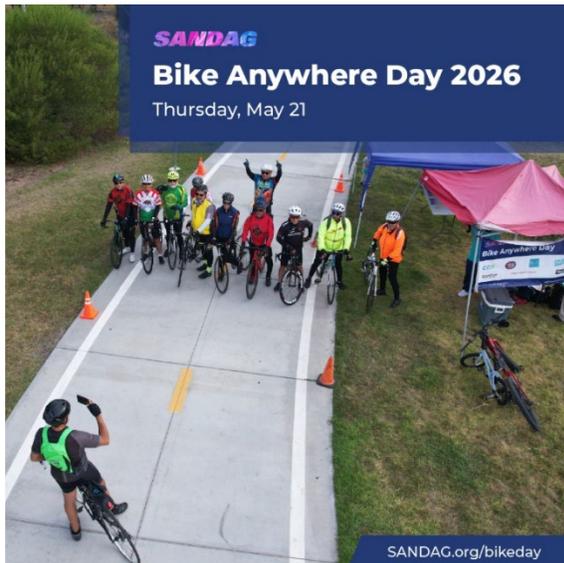
Share these social media posts. English and Spanish versions are available.

Sample Captions:

- @SANDAG Bike Anywhere Day is on Thursday, May 21. 🚲 Ride your bike to work, school, the beach, or... anywhere! Pick up a free t-shirt at one of the 100 pit stops across the San Diego region. Register for your chance to win one of five e-bikes. Learn more at SANDAG.org/bikeday. #BikeAnywhereSD
- 🚲 Don't forget, May 21 is @SANDAG Bike Anywhere Day! Enjoy riding to work, school, the beach, or anywhere. Register for a chance to win one of five e-bikes. Be sure to pick up your free t-shirt at one of the 100 pit stops on the day of the event. Learn more and register at SANDAG.org/bikeday. #BikeAnywhereSD
- 🚲 From here to there, bike anywhere! Grab your bike and join the fun for @SANDAG Bike Anywhere Day on Thursday, May 21. Pedal to one of the 100 pit stops across the San Diego region from 6:30–9:30 a.m. for a free t-shirt! Visit SANDAG.org/bikeday to register and get a chance to win one of five e-bikes. #BikeAnywhereSD



Download Social Media Images





Newsletter

Share this with your email subscribers. English and Spanish versions are available.

Consider adding this line to your email signature:

SANDAG Bike Anywhere Day 2026 is Thursday, May 21! Register today.

Sample Newsletter Article:

SANDAG Bike Anywhere Day is back! Join thousands and ride your bike to work, school, the beach, or anywhere in the San Diego region on Thursday, May 21. Be sure to pedal to one of the 100 pit stops between 6:30 and 9:30 a.m. to pick up a free t-shirt. Registered participants will be automatically entered into the Bike Anywhere Day Sweepstakes for a chance to win one of five e-bikes. Learn more and register at SANDAG.org/bikeday.

Download Newsletter Images





Presentation Slide

Share this slide in presentations or on TV monitors. English and Spanish versions are available.

Download Presentation Slide

SANDAG
Bike Anywhere Day 2026
Thursday, May 21
SANDAG.org/bikeday

A square QR code is centered below the text, which likely links to the event's website.

SANDAG
Bike Anywhere Day 2026
Jueves 21 de mayo
SANDAG.org/bikeday

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