

Bergamo Bike Friendly Business Newsletter

Vol. 1, Issue 1 Winter 2020

Bergamo Guests & Staff Did you know?...

- Bergamo is situated less than a quarter mile from the paved **Iron Horse Trail** which stretches 10 miles from Dayton to Centerville. Bergamo is just one mile from **US Bicycle Route 50** and the **Great American Rail Trail**.
- Bergamo has 2 bicycles for free use by guests or staff around the Mount Saint John Campus and nearby paved bike trails (see details on back page)
- Bergamo is seeking to become a **Bicycle Friendly Business** with the League of American Bicyclists. Application will be submitted by Feb. 20.
- Bergamo is located in the Miami Valley which boasts the Nation's Largest Paved Trail Network with over 350 paved miles of multi use trails.
- Bergamo is a business member of the following cycling organizations:



Love to Ride formerly known as the National Bicycle Challenge. Bergamo Center is a registered business in the program which encourages all Americans to get out and ride! Log your cycling miles and be entered to win prizes. Go to register at

<https://www.lovetoride.net/>

Be sure to select Bergamo Center as your workplace/team.



Ohio Bicycle Federation - The OBF is an alliance of individuals and groups interested in promoting the use of bicycles for recreation, transportation and other appropriate purposes. Bergamo Center is an organizational member.

Bike Miami Valley - Bergamo is a corporate member of Bike Miami Valley (BMV). The mission of BMV is to advocate, promote, and create opportunities for all forms of bicycling in the Miami Valley. Bergamo staff who cycle are eligible for discounts offered by the following businesses near Bergamo:

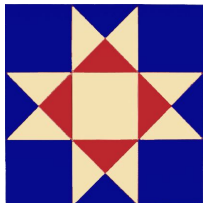
- [Faast Cycles](#) – 10% off on everything in the store (located in Beavercreek)
- [Kettering Bike Shop](#) – 10% off all parts and accessories
- [K&G Bike Stores](#) – 10% off parts and accessories and \$10 off tune-ups at all 3 locations

Go to <http://www.bikemiamivalley.org/> to find more discounts in the Miami Valley.



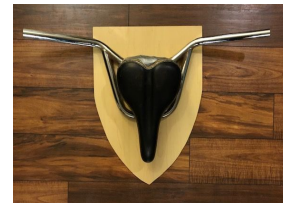
New Bike Amenities at Bergamo

Two new bike racks made from repurposed materials have been installed conveniently near the front entrance and the employee entrance at the lower level of the building. Guests and Staff of Bergamo now have access to a library of bike maps and bike magazines including *Adventure Cyclist*, *Rails to Trails* and *Bicycling* in the Spiritual Direction Room 024.



Need an Incentive to Commute to Work?

Bergamo's new Health Benefits with Anthem offers incentives for all types of fitness activities including cycling to work. Bergamo will further reward any first time commuting cyclist with a grab bag of bike lights and bike tire changing tools along with one of the unique rustic Ohio Star Quilt Block Patterns or a Bike Antlers Trophy Mount!



Need a Good Used Bike?

Bicycles for All is great local resource for finding and donating good used bikes. Located in the basement of the red Armory building at 201 E. 6th Street, Dayton, Ohio 45402. Access to the entrance is off of Patterson in the parking lot behind The Armory Building. Open on Mon. & Weds. evenings from 6-9 to take bike donations, give out kid bikes and sell adult bikes for a suggested donation during shop hours.





Useful Bike Links Online

<https://ohio.bike/> The Ohio Bicycle Events Calendar is an annual compilation of cycling events including dates, descriptions, and contact information.

<http://www.bikemiamivalley.org/> Bike Miami Valley is the leading cycling support organization in the area. The website has further links to information and maps for all the area bikeways.

Going Electric?

Electric Assist bikes are getting popular. If you have or planning to get one then be aware Bergamo employees may use the same power outlet near the employee entrance made available for charging electric vehicles for charging your e-assist bike too, (as available).

Beavercreek Earns Bronze Rating from the League of American Bicyclists

In November 2019 the City of Beavercreek received the Bronze-level Bicycle Friendly Community (BFC) award, joining 488 communities across the country. Congratulations Beavercreek! Bergamo is often associated with Dayton, but geographically is actually situated in Beavercreek. Bergamo hopes to join Beavercreek as a Bike Friendly business soon.



Don't Have Cycling Gear? Do Not Fear, Bergamo is Here!

Guests and Staff alike may borrow the two foldable *Dahon* bicycles at Bergamo to ride around the Mount Saint John Campus and paved trails nearby. Please note - No cycling is permitted on the nature preserve trails of Mount Saint John. The bikes fold up and will fit easily in a car trunk so do not need a car mounted bicycle rack. Additionally Bergamo offers cycling gear for the bikes, including locks, lights, racks and helmets. Inquire about use at the front desk.

Bergamo has other recreational gear for free use by Bergamo Staff. If recreational plans include camping, then Bergamo can provide the following camping gear on loan (Simply check with the executive director):

- 8 Person Dome Tent
- Inflatable Mattress (2)
- Ice Chest Cooler



Tour de Gem

Bergamo had 3 participants in the 2nd Annual Tour de Gem sponsored by the Rotary Club of Dayton on Labor Day weekend 2019. Riders Dr. Kathryn Tchorz, Michele Devitt, & Brent Devitt raised \$538 in this past fall's Tour de Gem for the Bergamo *Renew, Restore, Rebuild* project. Bergamo will cover the entry fee of any staff interested in Tour de Gem 2020.

Bike to Work Month is May.... Bike to Work Day is May 15

We are actively planning the first ***Bergamo Bike to Work Day*** on May 15, 2020. Employees will be allowed more casual dress code in honor of BTWD and additionally employees will be allowed flexible scheduling in honor of BTWD. Any Bergamo employees who bike to work during the month of May will be entered in a drawing for one of the unique rustic Ohio Star Quilts Block Patterns or a Bike Antlers Trophy Mount.

Bergamo - A Cycling Friendly Business?

Bergamo offers parking, water and restroom access to cyclists. We simply ask cyclists to check in at the front desk. The driveways of the Mount Saint John are accessible to cycling guests and visitors to the property. All guests who ride to Bergamo will be entered in an annual drawing for an Ohio Star Quilt Block Pattern or a Bike Antler Trophy Mount. *Cyclists are reminded that speeds are restricted to the same speed limits for all other vehicles - no more than 15 mph on the black top paved surfaces. There is no cycling permitted on the sidewalks or natural trails on the property.*

National Bike Summit

Brent Devitt will be attending the National Bike Summit in Arlington, VA on March 15-17. He will be representing not only the Bergamo Center, but also as a member of the Kettering Bicycle & Pedestrian Advisory Committee and as a member of the newly forming Kettering Chapter of Bike Miami Valley. If you have any questions about cycling issues at Bergamo or in the community feel free to discuss them with Brent any time.