



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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FOR IMMEDIATE RELEASE

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SHELBY COUNTY MAYOR LEE HARRIS AND ASSESSOR OF PROPERTY MELVIN BURGESS TO LEAD COMMUNITY BIKE RIDE

Move with the Mayor event will celebrate National Public Health Week and encourage health and wellness through outdoor activity.

Shelby County, TN – On Friday, April 9, Assessor of Property Melvin Burgess and Mayor Lee Harris will kick off “Move with the Mayor” as a part of the Shelby County’s Health Department’s celebration of National Public Health Week. Mayor Harris and Assessor Burgess will lead a safe, family friendly bike ride at Shelby Farms. The event is a part of the Healthy Shelby program. Shelby County will provide a limited number of bikes for the ride, so attendees are encouraged to BYOB (bring your own bike). The event will feature music by DJ Stan Bell, giveaways, encouragement from the Memphis Grizzlies Hype Team, smoothies from Electro-Lyfe Juice Bar, workout tips from Cardi-O- Fitness, and instruction on safe biking from Innovate Memphis.

The bike ride will kick off at Shelby Farms Park at 3:30 pm, between Gates 9 and 10, near the corner of Mullins Station and Appling roads. To register for the free event, visit MoveWithMayor.com.

Shelby County Mayor Lee Harris: "I am thrilled to bring back ‘Move with the Mayor.’ COVID-19 has halted many of our social plans over the past year, but as more people take the vaccine, there is hope on the horizon. ‘Move with the Mayor’ is an opportunity for our



community to connect safely, encourage a healthy Shelby County and enjoy our county's crown jewel, Shelby Farms Park.”

Shelby County Assessor Melvin Burgess: "As an avid biker, I am excited to join Mayor Harris for this ride. Biking is a great outdoor activity that people can do safely while following COVID-19 guidelines. Exercise helps manage stress and promote positive mental health. I am looking forward to riding and seeing people enjoy themselves safely.”

Anton Mack, Executive Director of Explore Bike Share: "I am happy we can join Mayor Harris at Move with the Mayor. This is a great opportunity to encourage biking as a way to lead a healthy lifestyle.”

Odie Tolbert, Owner of Cardi-O-FiTness: “Fitness is essential in achieving long-term health goals. I am excited to partner with Mayor Lee Harris and teach residents of Shelby County a few training and stretching tips that can assist on their fitness journey.”

Sylvia Crum, Commute Options Program Manager at Innovate Memphis: “Bicycling is not only a great way to lead a healthy lifestyle, it’s also a great, affordable option to get from point A to point B. I am thrilled that Mayor Harris is hosting this bike ride and we hope it encourages members of our community to consider commuting via bicycle, too.”

(End of Release)