

NATIONAL BIKE MONTH: Oklahoma Bike Club Promotes Good Healthy Living to Black Community

Major Taylor Cycling Club of Oklahoma (MTCCOK) promotes National Bike Month by targeting black community with bike fitness events.



Oklahoma City, Oklahoma May 13, 2022 ([Issuewire.com](https://www.issuewire.com)) - Are you ready to wave the winter behind you and celebrate spring? The Oklahoma bike club is celebrating Nation Bike Month by encouraging individuals to take up biking, especially in the black community where people are still recovering from the pandemic.

May is National Bike Month; it was established in 1956. National Bike Month, promoted by the League of American Bicyclists, is an opportunity to showcase the many benefits of bicycling and encourage more people to ride bikes.

The Major Taylor Cycling Club of Oklahoma (MTCCOK) is named after a Black world champion cyclist Marshall "Major" Taylor. In recent years, efforts have been made to revive and introduce Taylor's story to a broader audience. Marshall Walter Taylor is regarded as a cycling legend who was one of the greatest bicyclists of his era, setting numerous world records and winning a World Championship and multiple National Championships, all while battling racism throughout his career from the late 1800s to

early 1900s. MTCCOK has more than 150 members in the State of Oklahoma. The club offers weekly bike rides to members and guests to encourage good fitness.

According to the US CDC, the COVID-19 pandemic has brought social and racial injustice and inequity to the forefront of public health. It has highlighted that health equity is still not a reality as COVID-19 has unequally affected many racial and ethnic minority groups, putting them [more at risk of getting sick and dying from COVID-19](#). Social determinants of health are the conditions in the places where people live, learn, work, play, and worship that affect a wide range of health risks and outcomes.

MTCCOK President Myron O. Knight sees biking as a proactive way to encourage positive health in the Black Community: “Most of us have bicycles in our garages collecting dust or know someone who has one. Cycling is a great form of exercise and a fun way to improve your health. It can be done alone or enjoyed with your family and friends. It is also an activity for all ages.”

KNIGHT HAS THE FOLLOWING TIPS FOR NEW BIKERS GETTING STARTED:

- Wear a helmet
- Get the right type of bike for your activity (road or off-road)
- Use bike trails until you feel comfortable riding on the streets
- Hydrate, eat and wear sunscreen when riding in the heat
- Join a bike club for accountability and safer group rides

The bike club is preparing a community ride in July. The 2nd Annual OKC Eastside Bike Ride will be on Saturday, July 2nd. Registration will be \$20 for MTCCOK members and \$30 for non-members. Riders will receive a bib, medal, t-shirt, swag bag, and an opportunity to purchase photos. Bike route options include 5, 10, 25, 50 and 62 (100K) miles. Individuals can register at:

<https://my.cheddarup.com/c/okc-eastside-bike-ride-registration-2022>

To find more information about this organization, please email Mr. Myron Knight at

Myronknight@SBCglobal.net

About MTCCOK:

Major Taylor Cycling Club Oklahoma, also known as MTCCOK, was inspired by Marshall “Major” Taylor, who in 1899, became the first African American world champion in cycling. The MTCCOK's mission is to identify and develop new riders and promote good health and sportsmanship by supporting recreational and social cycling activities in the community. MTCCOK has sole authority to charter MTCCOK chapters in the state of Oklahoma.

About OBU Business Interns Assisting Organization

Youssef Mikhail is a senior marketing major from Frisco, Texas. Youssef's main role as an intern came from social media. He worked on graphics, schedules, and the enhancement of social media accounts. Mikhail states, “I’m thankful for Dr. Green giving me the opportunity to take my knowledge from the classroom and use that to help the growth of a small business like MTCCOK.”

Jacob Moore, a junior marketing major, from Oklahoma City, Oklahoma headed the marketing aspect of the internship. He oversaw the creation of visual content such as designing posters for Major Taylor

Cycling Club. Jacob stated, “I want to thank Dr. Green and MTCCOK for giving me the opportunity to work with an actual business. This internship has helped me further develop my marketing skills using real-world experiences.”



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