

Get to work faster, cheaper and with less stress

May 2009

Get in Gear – Bike to Work Day Is Here

California Bike to Work Day is Thursday, May 14, so leave your car at home and bike instead to get fit, save money and contribute to cleaner air.

Biking to work isn't just for people who live close to the office. Now that most buses are equipped with racks, and trains allow bikes on board during off-peak hours, more people than ever are discovering the benefits of bicycle commuting.

Here's how you can be part of this exciting event:

Pit Stops/Energy Stations

Stop at any of 40 Bike to Work Day Pit Stops/Energy Stations from 6 to 9 a.m. where you can take a break, connect with other riders, and enjoy snacks and giveaways. Pit stops will be located at some Metro Rail stations and at convenient sites throughout Los Angeles County—go to metro.net/biketowork for a complete list of locations.

In Ventura County, pit stops will be at the City of Ventura (corner of Santa Clara and California), County of Ventura Government Center and Thousand Oaks City Hall.

Prizes

Pledge to bike to work and you could win great prizes.

- In Los Angeles County: Pledge online at metro.net/biketowork; prizes include an electric bike from Currie Technologies, a two-night stay at the Red Mountain Resort and Spa in Utah, gift certificates and more.
- Throughout Southern California: Pledge at californiabikecommute.com

Free Rides on Bus/Rail

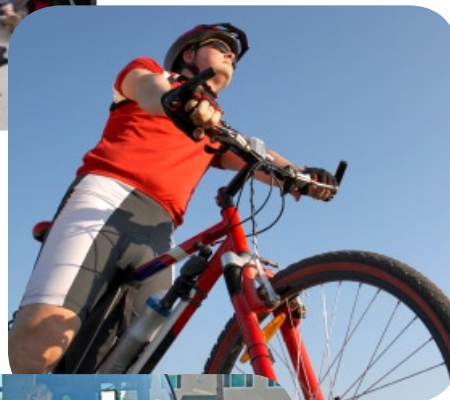
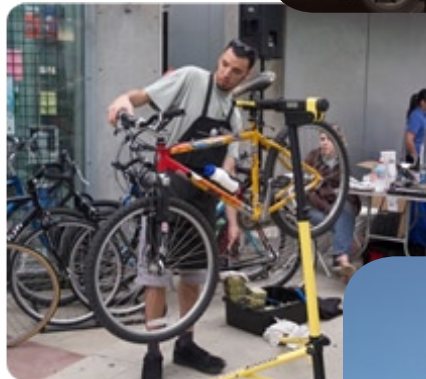
If you're combining transit with bicycling, ride free on May 14 with your bike or by showing your bike helmet (if

leaving your bike in a locker). Participating agencies are:

- Beach Cities Transit
- Commerce Municipal Bus Lines
- Culver City Bus
- Gardena Municipal Bus Lines
- Glendale Beeline
- Los Angeles Commuter Express and DASH buses
- Metro
- Montebello

- Bus Lines
- Norwalk Transit
- Pasadena ARTS Bus
- Santa Clarita Transit
- Torrance Transit

To ride free with your bike on VISTA, download a free ride coupon at vcapcd.org, good May 11-17.



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More Bicycling Events

Monday, May 11—
Bike to Work Week
Kick-off at Olvera
Street in Los Angeles,
8:30 a.m.

Tuesday, May 12—
Blessing of the

Bicycles at the Good Samaritan
Hospital, 8 a.m., goodsam.org

Wednesday, May 13—Downtown
LA Bike Ride; meet
at Civic Center Metro Red Line
Station, 8 a.m.

