

Bike to work in the month of May!

It's that time of the year again to clean the dust and cob webs off your bike and leave the car in the garage. Please read the two events that are taking place next week that you can participate in. This is a great way to not only decrease the amount of pollution in our air, but to start you off on a "healthy foot" as you begin your day at work.

History of Bike to Work Day:

Bike-to-Work Day is an annual event held in May across the United States and Canada that promotes the bicycle as an option for commuting to work. Leading up to Bike-to-Work Day, national, regional, and local bicycle advocacy groups encourage people to try bicycle commuting as a healthy and safe alternative to driving by providing route information and tips for new bicycle commuters. On Bike-to-Work Day, these groups often organize bicycle-related events, and in some areas, pit stops along bicycle routes with snacks.

Bike Events

Wednesday, May 13th. 8th Annual Bike Week Downtown Ride

Meet at Manchester Center near the Fresno Area Express (FAX) site on Blackstone at 7:45 for an 8:30 group ride to downtown Fresno. Clovis riders, meet at the rest stop on the Old Town Clovis trail (near Ashlan Avenue and Clovis Avenue) at 7:00 am for a group ride to Manchester Center to meet other cyclists. From Manchester Center we will be escorted by the Fresno PD Bike Cops. Free refreshments will be provided on the Fulton Mall. Then head

off to work. Tell your friends. (This can be a great practice ride before Bike to Work Day!)

Thursday, May 14th. 4th Annual FCBC Corporate Challenge.

Sign up as a solo rider, ride to work, and win prizes. See the Fresno County Bicycle Coalition's web site for more information on how to participate, contest rules and how to win! There'll be Energy Stations in Fresno and Clovis. Click on the link below to help you with coordinating the best routes.

Stop by the HR department with your bike at 10am for a group photo and receive your free gift!

For registration: www.fresnobike.org

Plan ahead and map your commute: <http://tinyurl.com/fcbc-2009-cc-es>

