

Sample Bike-to-Work Items



Metro
Sponsor's
Bike to Work
every year, the
3rd week in
May

metro.net

2007

BIKE TO WORK WEEK

May 14-18

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
7:00am - Bike Rally and Concert at LA City Hall	8:00am - Blessing of the Bikes at Good Samaritan Hospital		BIKE TO WORK DAY 7:00am - Pig Stops All Day - Free Bikes (participating agencies)	

Be part of the solution and pledge to bike to work and win fabulous prizes.
LA County bike maps are available to help you plan your trip.

For pledging and more information on free rides and pit stops, visit metro.net/biketowork or call 213.922.2811.

Sponsors: Southern California Edison, FITNESS, Flexcar, CLU, LAX Los Angeles World Airport, BICYCLE ROUTES, LADOT, CTS, PEOPLE CONNECTION, METRO America's Best, 2007 BIKE TO WORK.





10 Easy Steps for Riding Your Bicycle to Work

1. *Gear Up*

Using a bike that's been in the garage for a year or more? Have it checked out and get a tune up at your local bike shop.

2. *Select a Route*

Design a route by looking at a city map or get a customized route at bikemetro.com. When choosing a route, look for extra wide travel lanes and low traffic volumes.

3. *Cut a Long Ride Down to Size*

Metro Bus, Metro Rail and Metrolink allow bikes on board at certain times. Most buses have storage racks—so you may only need to ride as far as the nearby bus stop or rail station. Many Park & Ride lots also offer safe bike storage.

4. *Consider a Bike Budd.*

Do you know anyone who lives nearby and might want to bicycle to work with you? Riding with a buddy may encourage you to bicycle to work more often, and it may also be safer to ride as a pair.

5. *Do a Test Run*

On a day you would regularly take your car, drive the route and look for things like wide lanes and traffic flow. Check out the street conditions: Is the pavement even? Are there lots of parked cars? You may even try a test ride on your bicycle prior to riding the route on a busy weekday.

6. *Start Thinking Like a Cyclist*

In many cases, this isn't much different from thinking like a driver. The law in California gives bicycle riders the same rights and responsibilities as auto drivers.

7. *Put Safety First*

Buy a safety-approved helmet and wear it. Check your bike for reflectors (reflectors and lights are required in California for riding in darkness) and other safety features. Your local bike shop can help you find the right equipment. Wear brightly colored clothing, especially if you bicycle at dawn or dusk.

8. *Check Your Fitness Level*

You may want to consult your physician to make sure you're fit enough to ride.

9. *Dress for the Occasion*

Besides wearing your helmet, it's also a good idea to bike in comfortable cycling clothes; Consider bringing a change of clothes to work the day before you cycle (so they won't get wrinkled).

10. *Bicycle to Work*

Bicycling is a low-cost, high-energy, zero-pollution way to get where you're going.