

## **Try the green route to work this month**

Join over 150,000 bicycle commuters this May 14<sup>th</sup> to celebrate the Bay Area's 15<sup>th</sup> annual Bike to Work Day. Many more will commute by in May nationwide to commemorate National Bike Month. This event will be full of fun activities that inspire a greener, healthier, and more economical way to commute.

### **Why ride a bike?**

Bicycling is environmentally friendly! 70% of smog comes from motor vehicles. Did you know that if you drive a Toyota Camry and live 9 miles from work and switched to bicycling one day a week you would reduce car emission pollutants by 908 lbs each year? Bicycling improves the quality of the air we breathe and curbs climate change. Bike to work and be one less car.

Bicycling is healthy! The Surgeon General recommends 30 minutes of moderate physical activity most days of the week. Bike commuting is a great way to multi-task – get healthy while getting to work.

Bicycle commuting is virtually cost free! If you live 5 miles from work, and bike just one day a week, you'll drive 500 fewer miles a year, saving on gas and maintenance. Driving to work costs more than the money we pay at the pump. There's the cost to purchase, insure, license and maintain a car – not to mention fees for parking! Making more of your trips by bike can save a significant amount of money. When you add up the cost to purchase, insure, license, and maintain a car, the annual cost of owning a car is around \$8,000, according to the American Automobile Association. Commuting by bicycle only costs around \$700 a year – that's a savings of \$7300 a year! This doesn't even take into account the other savings that bicycle commuting confers.

Employers also benefit by encouraging their employees to bike to work. Free parking is estimated to cost an average of \$750 per employee per year. Encouraging employees to bike to work reduces this cost while making employees healthier and more productive. Healthier employees miss fewer days of work and daily physical activity makes bike commuters more productive and happier than those who drive alone. A toolkit full of ideas for how to encourage employees to bike to work is available on the Bike to Work Day website.

### **Upcoming Bike to Work Day Events**

CEO/Celebrity Cycle-to-Work Challenge – May 11<sup>th</sup>  
CEOs, political leaders, and celebrities will roll out National Bike Week with the CEO/Celebrity Cycle-to-Work Challenge on May 11<sup>th</sup>. Silicon Valley celebrities, including Andy Ball of Webcor, Carl Guardino of Silicon Valley Leadership Group, and San Jose Mayor Chuck Reed, will ride from Diridon Station to San Jose's City Hall setting an example for their employees, constituents, and fans.

## Bike to Work Day – May 14th

Thursday May 14<sup>th</sup>, tens of thousands of residents throughout the Bay Area and across the world will take their two wheels to work. Over eighty “Energizer Stations” will be set up throughout Santa Clara and San Mateo counties to support riders with refreshments, snacks, expert cycling information, and prizes. That evening, cyclists will wrap up Bike to Work Day with a celebration in downtown San Jose.

Bike to Work Day festivities kick off with nominations for Bike Commuters of the Year. Send us the story of a friend or coworker who goes above and beyond in their dedication to bicycle commuting and they will be put in the running to win one of many great bicycle-related prizes.

Biking to work is always more fun when there’s someone to bike with. The Team Bike Challenge provides an opportunity for more experienced riders and new bicycle commuters to team up to save money and reduce pollution. Participants track their bike trips all month long as they compete against other teams to log the most bicycle trips.

Companies are also encouraging their employees to bike to work with the Company Bike Challenge. As an extension of the Team Bike Challenge, the Silicon Valley Bicycle Coalition will track the points of teams associated with various companies. This is a fun opportunity to encourage friends and colleagues to cycle to work. Last year’s winner was Apple Inc. Give it a whirl and be this year’s company to take the lead!

Try bicycling on Bike to Work Day, and you might have so much fun that it will become a way of life. Ride your bike to work, to class, for errands or for play. Pedaling can take you there! If it’s too far to ride, consider taking part of your trip via VTA or Caltrain, which offer designated bicycle facilities.

To register and find more information, visit the Silicon Valley Bicycle Coalition website at [bikesiliconvalley.org](http://bikesiliconvalley.org).