



## For Immediate Release

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511 & Kaiser Permanente Present:  
15th Annual Bike to Work Day, May 14th

May 14th marks the Bay Area's 15th annual Bike to Work Day when nearly 150,000 commuters are expected to pedal to work or school. As part of the National Bike Month, people across the nation will commute by bike more now than before.

During these difficult economic times, many are evaluating the true costs of owning a car. When you add it all up, 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.

Add in the \$240 a year Federal Bike Commuting Benefit and it's easy to see how biking to work makes good economic sense.

“We hope Bike to Work Day inspires more people to ride their bikes for everyday transportation,” says Andrew Casteel, the Bay Area's Bike to Work Day event coordinator. Commuting by bicycle is a simple solution to many complex problems; it keeps you physically active, maximizes existing resources, saves money, and is fun!

Healthy 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 <http://btwd.bayareabikes.org/>.

On May 14th, volunteers will staff hundreds of **Energizer Stations** along bike commute routes in all nine Bay Area counties. They'll provide cyclists with complimentary treats, a reusable goodie bag, bicycle information, and good cheer! For a complete list of Energizer Stations, visit the Bike to Work Day website at <http://btwd.bayareabikes.org/>.

Bike to Work Day festivities kick off with nominations for the **Bike Commuter of the Year**. Submit a 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. Visit <http://btwd.bayareabikes.org/> to submit your nomination.

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. Visit <http://btwd.bayareabikes.org/> to register your team.

Bike to Work Day 2009 is presented by 511.org and Kaiser Permanente. Contra Costa Energizer Stations made possible by volunteers from the following agencies and companies: the City of San Ramon, City of Walnut Creek, City of Antioch, City of Pittsburg, City of Richmond, City of El Cerrito, Town of Danville, Bishop Ranch Transportation Centre, Lafayette Bike/Pedestrian Advisory Committee, Walnut Creek Bicycle Advisory Committee, Lafayette Chamber /Green Committee, Whole Foods Market, Fresenius Medical Care, Bank of America, Diablo Valley College, Los Medanos College, The Delta Pedalers, The County Connection, REI Concord and Brentwood, Parkmead School, Central Contra Costa Sanitary District, Renaissance Club Sport, Kaiser Permanente Antioch, The Pedaler Bike Shop, CARS (Complete Auto Repair Service), and SunPower Corporation.

In Contra Costa, Bike to Work Day is organized by the Bay Area Bicycle Coalition and 511 Contra Costa with funds from the Metropolitan Transportation Commission, County Congestion Management Agencies, Bay Area Air Quality Management District, and corporate sponsors. In-kind support provided by local bike coalitions, cities, municipalities, companies and hundreds of local volunteers.

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