



BIKE TO WORK DAY

MAY 14, 2015



ALAMEDA • CONTRA COSTA • SAN MATEO • SANTA CLARA • SONOMA • NAPA • MARIN • SOLANO • SAN FRANCISCO

Visit BikeEastBay.Org/BTWD for:
 120 Energizer Stations * Fun Rides, Events & Challenges
 * Raffle Prizes, Giveaways and More!

Check the East Bay Express on May 5 for Complete Guide



SUPPORTED BY



BIKE TO WORK DAY

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The Competition Kicks Off May 1st, 2015

Gather your friends, colleagues and neighbors, form your team and pedal to win!



Team Bike Challenge is an easy and fun way to see how biking supports your health, budget and our environment.

HOW IT WORKS

1. Form a team of 2-5 people and register at teambikechallenge.com. Registration begins April 1st.
2. Bike to work, shopping and fun during Bike Month in May.
3. Record your bike trips on teambikechallenge.com and earn points for each bike ride and your total daily mileage.
4. Earn medals for completing challenges, like biking enough miles to burn a burrito's worth of calories.
5. At the end of May, the team with the most points wins! Log your miles by June 2, 2015.

PRIZES

Every member of the top scoring team in each of the nine Bay Area counties will receive a prize.

COMPANY BIKE CHALLENGE

Is your business too big to fit into one team? Join the Company Bike Challenge and compete for top honors against similar sized companies throughout the Bay Area. Win bragging rights!

 Visit your nearest Energizer Station on Bike to Work Day, Thursday, May 14 to get snacks, enter a drawing for great prizes and to get your free commemorative Bike to Work Day canvas tote filled with giveaways. Find an Energizer Station near you at youcanbikethere.com.

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Contact your local bike coalition or congestion management agency for more information, including how to get started, bike safety classes, bike commuting information and route options.

Bike East Bay bikeeastbay.org	511 Contra Costa 511contracosta.org	San Mateo Commute.org commute.org	Silicon Valley Bicycle Coalition bikesiliconvalley.org	Sonoma County Bicycle Coalition bikesonoma.org
Napa Valley Bicycle Coalition napabike.org	Marin County Bicycle Coalition marinbike.org	San Francisco Bicycle Coalition sfbike.org	Solano Napa Commuter Information commuterinfo.net	





KAISER PERMANENTE PRESENT

BIKE TO SCHOOL 2015



For more information, visit BikeEastBay.org/b2sd



BIKE TO SCHOOL • BIKE TO THE PLAYGROUND • BIKE WITH FRIENDS • BIKE FOR FUN • BIKE TO THE LIBRARY

GET READY TO ROLL! THURSDAY, MAY 14TH

- HELMET
- AIR
- LOCK
- BRAKES

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METROPOLITAN TRANSPORTATION COMMISSION

