

**Bike
to
Work**



Mechanics Sonny Flores, Chris Hurtado, Roy Ramos and Gary Itoku of North Los Angeles Division 3 plan to ride their bicycles to work on Bike to Work Day, Thursday.

**Bike to Work Day Not Just Once-a-Year for
North Angeles Division Mechanic Gary Itoku**

By AMY HOWELL

(May 15, 2002) Bike to Work Day – May 16 – is not just a once-a-year activity for North Los Angeles Division 3 Mechanic “A” Gary Itoku.

He rides his bike to work “at least once a week,” along with fellow Division 3 Mechanic “A”s Sonny Flores and Chris Hurtado. The trio meets at Flores’ home in La Habra and bikes to Division 3, a distance of about 25 miles. Also frequently biking to work is Mechanic “A” Roy Ramos.

Itoku drives to La Habra from his home in Chino Hills. He’s never tried riding his bike from Chino Hills to Division 3 because of time restraints and traffic conditions.

Itoku moved from Hawaii to California in 1987 and used to bike 300 to 500 miles a week. “That’s when I was in better shape,” he joked. He stopped riding his bike for a few years, but resumed after joining the MTA in 1993.

He also rides his bike on Saturdays or Sundays “or both” if he can, oftentimes along the Santa Ana or San Gabriel riverbeds. The former is about a 30-mile round trip, while the latter is about a 45-mile round trip. He described both routes as “a short distance.”

When Itoku wants to ride his bike a longer distance, he joins a group that meets annually in Rosarito Beach in Mexico and bikes about 50 miles to Ensenada.

The MTA promotes bicycle commuting as one of the ways to help reduce traffic congestion in Los Angeles. Over the years, the agency has funded miles of bike paths in the county and, most recently, helped dedicate the new Alex Baum Bicycle Bridge over the LA River, built with partial funding from the MTA.

In addition to these bicycle-friendly activities, the MTA has equipped more than 1,600 Metro buses with bike racks that

hold two bikes at a time. The agency has placed bike racks and lockers at 34 Metro Rail stations, providing parking for 596 bicycles.

[Back to MTA Report](#)