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Metro Promoting 11th Annual Bike to Work Day, May 19

- Prizes and free rides for bikers

(April 26, 2005) Metro will promote the 11th annual Bike to Work Day, Thursday, May 19, by offering a commuter bike and other prizes to those who register in advance at [Metro.net/biketowork](#) and pledge to pedal to work or school that day.

Metro also will offer free rides on its buses and trains, May 19, to bicyclists who use Metro for part of their commute and board with a bicycle or bike helmet.

Metro is supporting a series of events, including the Los Angeles River Ride Sunday, May 15, and the interfaith Blessing of the Bicycles event, May 19, at Good Samaritan Hospital in Los Angeles.

Metro.net has details of these and other bicycling events, a guide for employers participating in Bike to Work Day and helpful information for bike riders, including LA City bike maps and Metro connections and resource links.

'Good for your pocketbook'

"Bicycling helps reduce congestion and auto emissions, and it's not only good for your health, it's good for your pocketbook, too," said Board Chairman Frank Roberts. "With gasoline prices setting new records almost daily, it pays to consider alternative means of commuting and Metro can help."

In the past decade, Metro has provided an estimated \$83 million for more than 100 bikeway projects in LA County. This includes the Metro Orange Line bikeway, opening later this year, the Long Beach Bikestation, bike lockers and racks at Metro Rail and Metrolink stations, as well as bike safety education for children.

It is estimated that bicyclists make 2.4 percent of all daily travel trips in LA County. Metro's goal by the year 2025 is to double the number of bike trips to 5 percent to help ease traffic congestion.

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