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**Bikes, Prizes
for 11th
'Bike to Work Day'
May 19**

By JOSÉ UBALDO

(May 18, 2005) Metro is promoting the 11th annual Bike to Work Day, Thursday, by offering two commuter bikes, messenger bags, bike helmets, locks, and reflective lights to those who register in advance online at [Metro.net/biketowork](#) and pledge to pedal to work or school on that day.

Metro also will offer free rides on Metro buses and trains to bicyclists who use Metro for part of their commute.

The agency is sponsoring Bike to Work Day with its partners at the California Bicycle Coalition, Los Angeles County Bicycle Coalition, the City of Los Angeles, Good Samaritan Hospital, 7-Eleven, REI and Zone Perfect.

Metro has spent more than \$10 million funding such projects as the Long Beach Bikestation, bike lockers and racks at Metro Rail and Metrolink stations. Expenditures include public facilities to encourage commuters to bike to work and to educate children on safe riding habits.