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Call the Help Desk  
at 2-4357

[Contact myMetro.net](#)


It's all here: [metro.net/biketowork](http://metro.net/biketowork) > CO<sup>2</sup> calculator, info, pit stop stations, bike map and more!



Transportation Planning Manager Paula Carvajal-Paez, who coordinates Metro's Bike to Work Week program, runs a pit stop station at Universal City in this photo from 2008. Some 40 pit stops, all staffed by participating sponsors and Bike to Work Day partners, offer cyclists refreshments and a range of sponsor giveaways, such as Clif Bars, coupons, sunscreen, Metro Bike Maps, water, and much more. Some even feature a quick-fix tune-up stand operated by a local bike shop mechanic. The list is growing, and this year Paula packed up 55 boxes full of donated cycling schwag for distribution at the pit stops.

## Metro Promotes 'Bike to Work Week' with Celebrity Bike Pit Stop, Prizes, Free Rides on Transit, Downtown Bike Ride, Cycling Club Bike Pool

- [Pledge Online](#)... and, be entered to win fabulous prizes, including an electric bike from Currie Technologies!

By JOSÉ UBALDO

(May 4, 2009) Cartoon character Bart Simpson will help kick off the 15th annual celebration of Bike to Work Week Monday, May 11, when he arrives on a Metro Bus for a bike tune up at Olvera Street in Downtown Los Angeles.

Metro Board member and Los Angeles City Councilmember Jose Huizar will join Metro CEO Art



Leahy in welcoming Bart to kick off the weeklong bicycle festivities.

Metro will be offering a chance to win several prizes such as two-night stay for two at the Red Mountain Resort & Spa in St. George, Utah, a hybrid electric bike from Currie Technologies, and more prizes to those who pledge to bike to work. Pledge [online](#) or by phone (213) 922-2811 or at the pit stop locations.

**Monday: Bart Simpson** will help Metro kick-off Bike to Work Week at Olvera Street press conference at 8:30 a.m.

**Tuesday: Blessing of the Bicycles** at Good Samaritan Hospital. 8 a.m. to 9:30 a.m. [Info](#)

**Wednesday: Downtown L.A. Ride**, 8 a.m., from Metro Rail Civic Center Station to L.A. City Hall South Lawn. [Map & pedometer](#)

**Thursday: Bike to Work Day!** Free rides for cyclists all day on Metro and other transit operators. Pit stop stations from 6 a.m. to 9 a.m. **PLUS!** Metro Cycling Club Bike Bus -- Ride to work from Pasadena or hook up along the way. [Route Info:](#) [nc\\_baird@yahoo.com](mailto:nc_baird@yahoo.com)

**Friday: It's Bike to School Day!** Check for participating schools and rules at [bike\\_at\\_school@la-bike.org](mailto:bike_at_school@la-bike.org)

In addition, on Thursday, May 14, Metro will offer free rides to bicyclists on Metro buses and trains throughout Los Angeles County. Moreover, Beach Cities Transit, Commerce Municipal Bus Lines, Culver City Bus, Gardena Municipal Lines, Glendale Beeline, Los Angeles Department of Transportation (LADOT), Montebello Bus Lines, Norwalk Transit, Pasadena ARTS Bus, Santa Clarita Transit, and Torrance Transit, also will offer free rides to bicyclists who use transit for part of their commute day. Just board with a bicycle and/or bike helmet.

Cyclists also can bring their bikes on Metro Rail trains and ride free. Since Metro Rail trains may be full during weekday rush hours, Metro reserves the right to ask bicyclists to wait for the next train from 6:30 a.m. to 8:30 a.m. and from 4:30 p.m. to 6:30 p.m. unless trains are moving in a direction opposite the peak hour flow of commuter traffic on the Metro Blue, Green and Gold Lines.

On the Metro Red and Purple Lines subways trains, bikes are not allowed in either direction during peak hours from Union Station to Wilshire/Vermont only. No other restrictions apply.

Also as part of the activities on Bike to Work Day, Metro is co-hosting more than 40 bike pit stops with

local organizations, inviting bicyclists to stop by for refreshments and free giveaways from 6 a.m. to 9 a.m. only. [Click here](#) for exact locations.

Metro also is supporting a series of events such as the annual interfaith Blessing of the Bicycles at the Good Samaritan Hospital in Los Angeles on Tuesday, May 12. For more information, visit [www.goodsam.org/news](http://www.goodsam.org/news).

Metro and LACBC are hosting a "Bike to Work Downtown L.A. Ride" Wednesday, May 13, to demonstrate how downtown workers coming from all areas of Los Angeles can easily access some of the most prominent area work sites, Metro Rail stations, civic and entertainment centers by bicycle.

Riders will congregate on the plaza of the Civic Center Metro Red Line Station starting



**BIKE PIT STOP STATIONS**

at 8 a.m., and will depart at 8:30 a.m. for a short 25-minute ride through downtown. The ride will end at the South Lawn of L.A. City Hall around 9 a.m.

Los Angeles Mayor Antonio Villaraigosa has been invited to join bicyclists for this event. All local bicyclists are invited to participate in this demonstration ride. [Click here](#) for a map and pedometer of the planned Bike to Work Downtown L.A. Ride route.

Details of these and other bicycling events, helpful Metro Bike Pocket Guides with bike information on safety and bicycle parking locations along the Metro Rail system, and Metro bike maps with resource links are easily accessible on Metro's [Bike to Work](#) website.

All streets are open to bicyclists, but the Metro Bike Map is a guide of the 1,252 miles of bike infrastructure throughout Los Angeles County, bike paths, on-street bike lanes and designated bike routes. Free copies are available at any Metro Customer Center.

Among bikeways featured in the Metro Bike Map is the Metro Orange Line bikeway in the San Fernando Valley, which runs along the 14-mile Metro Orange Line from North Hollywood to the West Valley. This facility is part of more than 100 bikeway projects in Los Angeles County that Metro has funded. Among others are the Los Angeles River and in Whittier, Bellflower, and other bicycle infrastructure projects in the cities of Santa Clarita, Long Beach, Burbank, Pasadena, Calabasas, Claremont and others throughout the county, as well as bike bridges and underpasses.

In addition, Metro funded the first Long Beach Bikestation, one being planned in Santa Monica and bike lockers and racks at Metro Rail stations to encourage commuters to bike with transit.

Metro is co-hosting more than 40 bike pit stops with local organizations:

\* City of Los Angeles \* California Department of Justice \* illuminateLA \* Los Angeles County Bicycle Coalition (LACBC) \* City of West Hollywood \* UCLA Transportation \* City of Santa Monica \* REI Santa Monica \* City of Pasadena \* Maguire Investments and Western Asset Management \* REI Arcadia \* Polytechnic School \* VNO Shops on Lake, LLC \* City of Glendale and Glendale TMA \* Foothill Transit \* Cal State LA \* City of Whittier \* City of Claremont \* City of Santa Fe Springs \* Los Angeles World Airports (LAWA) \* The Aerospace Corporation and Raytheon \* City of Torrance \* City of Long Beach \* Long Beach Cyclists \* REI Northridge \* City of Santa Clarita and Newhall Bicycle Company \* Bicycle Mart \* Cal State Long Beach \* City of El Monte \* CSULB Cyclists \* El Camino College Compton Education Center \* Glendale Cyclery \* Helen's Cycles \* I. Martin Bicycles \* Los Angeles Trade Tech College \* Montrose Bike Shop \* National Multiple Sclerosis Society \* Jennie Cooks

> [LOCATIONS](#)

**PARTNERS & SPONSORS**

Metro is promoting Bike to Work Week in Los Angeles County with the following partners and sponsors:

\* City of Los Angeles \* Los Angeles County Bicycle Coalition (LACBC) \* Los Angeles Department of Transportation Bike Program \* Caltrans \* California Bicycle Coalition \* Good Samaritan Hospital \* REI \* Clif Bar \* Jax Bicycles \* Ocean Potion Suncare \* The Helmet Man \* Kaiser Permanente \* Laugh Factory \* Fox 11 \* KFI Radio \* Bike Lid Systems \* Black Angus Steakhouse \* Currie Technologies \* Cy Fi Wireless Sports \* Huntington Library \* Pedestrian Safety Products \* Red Mountain Resort & Spa \* Weinerschnitzel