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## [ Take the Pledge: Bike to Work Week is May 17 - May 20 ]



Metro employees Joe O'Donnell, Senior Contract Administrator, and Tony Jusay, Transportation Planning Manager III, are veteran bicycle commuters.

### Bike to Work Week: Sign Up Now To Get Ready to Ride

- Are you ready to dust the cobwebs off your bike and try riding it to work? If so, why not try it on Metro's annual Bike to Work Day - Thursday, May 20!
- But first, attend the Metro Bike Safety Training Session on May 7 at noon in the Union Station Conference Room (3<sup>rd</sup> Floor) of Metro Headquarters.
- [Online](#): Take the pledge to ride. Learn about the various Bike to Work Week activities and plot out your route and the pit stops near your work location at [www.metro.net/biketowork](http://www.metro.net/biketowork).

By Terree Holman

*Corporate Employee Transportation Coordinator*

(May 3, 2010) Bike to Work Week, May 17 – 21, is quickly approaching. This is a perfect time to try a great commuting alternative.

To learn more about the benefits of riding your bike to work, we asked regular bicycle commuters Joe O'Donnell and Tony Jusay how they manage their two-wheel daily commute.

#### ***What made you start riding your bike to work?***

**Joe:** I started commuting on my bike after 9/11. I wanted to reduce my dependence on oil, and



Give Bike to Work Week a try, says Corporate ETC Terree Holman. Join in the fun, games and

decided that riding my bike to work would help me do this.

**Tony:** To save money, get in shape, plus it is a lot of fun!

***Why do you like to ride your bike to work?***

**Joe:** I feel like I am contributing to creating a cleaner environment, and reducing my dependence on oil. Plus, no matter how hard of a day I've had, by the time I have ridden my bike home, all of the stress of the day has melted away.

**Tony:** I live near the Gold Line which makes it really convenient for me to ride my bike to the train station year round, as it is only a mile away. However, during the warmer months, I like to ride the entire 20 mile roundtrip to and from work. Plus, I don't need a gym membership because I get my exercise by commuting. How cool is that!

Here are some tips from the commuting pros Joe and Tony, who have a combined total of 16 years of experience commuting to work on their bikes:

**Don't hurt yourself!** If you haven't been on a bike in a long time, don't try riding your bike the entire 25 miles to work! Joe and Tony suggest that you ride your bike to the bus and/or train station near your house, and take public transportation the rest of the way.

**Cyclists ride free on Bike to Work Day!**

On Thursday, May 20, your helmet and/or your bicycle counts as fare. That's the designated day of "Bike to Work Week" when cyclists are invited to ride the bus or train for free. To find out which transit operators are participating, go to [www.metro.net/biketowork](http://www.metro.net/biketowork), select the "Bike to Work Day" tab, then scroll down to "Participating Transit Agencies."

**Map out and try out your route.** Make sure that you map out your route prior to riding your bike to work or the train/bus station. Joe and Tony suggest that you also ride the route the weekend before. This way you can make sure that the route is safe, and it will also give you an approximate idea of how long it will take you.

To find a safe biking route from your home to work, visit Google Maps. Pick the bike option, and it will map out a bike friendly route for you:

- Go to [www.google.com](http://www.google.com). Click on the "Maps" link in the upper left hand corner. Click on the "Get Directions" link in the upper left hand corner. Type in your starting point (A) and destination (B). On the drop down menu select "Bicycling." Click on "Get Directions"

prizes during the week of May 17-20. [Pledge online](#) at Metro.net or visit the Employee Transportation Coordinator (ECT) at your site. For more information, contact [Terree Holman](#), at (213) 922-7118.



Joe O'Donnell enjoys a four-mile ride to work and brings his lunch and business attire along in his backpack. Below, he stores his bike and gear in a bike locker on P-1.



**Wear comfortable clothing and a helmet.** You will also want to bring a clean set of clothes to change into at work.

**Make a pit stop!** Make sure that you stop at one of Metro's official pit stop locations to pick up some free goodies and great food. The pit stops are located throughout Los Angeles County, and some of the pit stops will be serving free breakfast from Subway!

**Take the Pledge!** Register now on *metro.net* or with your onsite ETC to enter a drawing for prizes.

For more information or assistance with registering, contact Metro Corporate Employee Transportation Coordinator, Terree Holman, (213) 922-7118.

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**EMPLOYEE RIDESHARE PROGRAM:** Metro's Rideshare Program encompasses all the alternative forms of commuting to and from work. Alternative Modes include: vanpooling, carpooling, walking, bicycling, public bus/train and Metrolink. To learn more about the benefits of ridesharing and how to enroll, please visit [mymetro/hr/Programs/Rideshare.asp](http://mymetro/hr/Programs/Rideshare.asp) or call (213) 922-7118. Come and join the fun and try ridesharing! You will save money on commuting costs, have more time, contribute to a cleaner environment and significantly reduce the amount of stress you create for yourself by commuting to work alone.