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CONTACT:

José Ubaldó / Marc Littman

Metro MEDIA RELATIONS

(213) 922-2707/(213)922-2700

www.metro.net/press/pressroom

e-mail: mediarelations@metro.net

FOR IMMEDIATE RELEASE

Metro Offers Free Rides to Bicyclists on Metro Buses, Metro Rail on Bike to Work Day Thursday, May 20

To promote Bike to Work Day Thursday, May 20, Metro will offer bicyclists free rides on Metro Buses and Metro Rail trains that day allowing commuters to cover a portion of their trip on public transit.

Nearly all Metro buses are equipped with bike racks in the front of the bus. Cyclists always can ride for no additional charge anytime on Metro buses equipped with bike racks. On May 20, their Metro Bus ride also will be free.

Cyclists also can bring their bikes on Metro Rail and Metrolink trains for no additional charge. Since Metro Rail trains may be full during weekday rush hours, Metro doesn't allow bikes on its trains 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 and Green lines or either direction on the Metro Gold Line. On Metro Red Line subway trains, bikes are not allowed in either direction during peak hours from Union Station to Wilshire/Vermont. No other restrictions apply.

Metro is promoting the 10th annual Bike to Work Day by offering a bike and other prizes to those who register online at metro.net/biketowork before that day and pledge to ride their bike to work or school.

Metro is a sponsor of Southern California Bike to Work Day May 20, but the transportation agency's commitment to promoting bicycling as an alternative travel mode is a year-round effort.

In the past nine years Metro has provided an estimated \$83 million for 109 bikeway projects in Los Angeles County. These include bike paths along the Los Angeles River, in Whittier, Bellflower, the San Fernando Valley, Santa Monica, Long Beach and other cities, as well as bike bridges or underpasses, bike lanes on surface streets and signage.

In addition, Metro has spent more than \$10 million on the Long Beach Bikestation, bike lockers and racks at Metro Rail and Metrolink stations and other public facilities to encourage commuters to bike to work, and also for education of children on safe riding habits and other bike expenditures.

It is estimated that bicyclists make 2.4 percent of all the daily travel trips in Los Angeles County. Metro's goal by the year 2025 is to double the number of bike trips to 5 percent to ease traffic congestion in the face of growing population and the influx of more motor vehicles.

For more information on Bike to Work Day and Metro supported bike programs, go to metro.net or call (213) 922-2811.

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