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FOR IMMEDIATE RELEASE

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**Metro Promoting 'Bike to Work Day' by Offering Commuter Bike, Other Prizes**

Metro is promoting the 11<sup>th</sup> annual Bike to Work Day Thursday, May 19, by offering a commuter bike and other prizes to those who register in advance online at [Metro.net/biketowork](http://Metro.net/biketowork) and pledge to pedal to work or school on that day.

In addition, on May 19 Metro will offer free rides on Metro buses and trains to bicyclists who use Metro for part of their commute. Just board with a bicycle and/or bike helmet. Metro also is supporting a series of events such as the Los Angeles River Ride Sunday, May 15, sponsored by the Los Angeles County Bicycle Coalition (LACBC), and the interfaith Blessing of the Bicycles event May 19 at Good Samaritan Hospital in Los Angeles.

Details of these and other bicycling events, a guide for employers participating in Bike to Work Day, helpful transit information for bike riders including LA City bike maps and Metro connections, and resource links are easily accessible on [Metro.net](http://Metro.net).

Metro Commute Services staff also is available to answer questions by calling (213) 922-2811.

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

Nearly all Metro buses are equipped with bike racks in the front of the bus. Cyclists always can ride for no additional charge on Metro buses. On May 19, 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, Green, and Gold lines. On Metro Red Line subway trains, bikes are not allowed in either direction during peak hours from Union Station to Wilshire/Vermont only. No other restrictions apply.

Metro is sponsoring Bike to Work Day in Los Angeles County May 19 with its partners at the California Bicycle Coalition, LACBC, the City of Los Angeles, Good Samaritan Hospital, 7-Eleven, REI, and Zone Perfect. However, the transportation agency's commitment to promoting bicycling as an alternative travel mode is a year-round effort.

Including the new Metro Orange Line bikeway now under construction in the San Fernando Valley, Metro in the past decade has provided an estimated \$83 million for more than 100 bikeway projects in Los Angeles County. Besides the new Metro Orange Line bikeway, which will stretch from North Hollywood to the West Valley sidling the transitway, projects Metro has funded include bike facilities along the Los Angeles River and 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 funding such projects as 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](http://Metro.net) or call (213) 922-2811.

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