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Metro Promotes Bike to Work Week with a Celebrity Bike Pit Stop, Prizes, Free Rides

- Register in Advance Online for a Chance to Win a Folding Bike

The 14th annual celebration of Bike to Work Week will kick off Monday, May 12, 2008, at the Metro Red Line Universal City station where Shrek and the Mummy, the characters from Universal Studios Hollywood, the Capital Entertainment of L.A., will host the celebrity bike pit stop.

Metro Board member and City of Glendale Council member Ara Najarian will join City of Los Angeles Council Members Wendy Greuel and Tom LaBonge and Metro CEO Roger Snoble welcoming the Universal Studios Hollywood characters in kicking off the week-long bicycle festivities.

Metro will be offering a chance to win a folding bike from REI to those who register in advance online at www.metro.net/biketowork and pledge to be part of the solution to reduce traffic by pedaling to work, school, or other destinations on Thursday, May 15, Bike to Work Day.

In addition, on Thursday, May 15, 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 CityBus, Gardena Municipal Lines, Glendale Beeline, 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.

(Note: Commerce and Gardena buses are not equipped with bike racks; participants planning on using these carriers should park their bikes and board with their helmet only.)

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 subway trains, bikes are not allowed in either direction during peak hours from Union Station to Wilshire/Vermont only. No other restrictions apply.

As part of the activities on Bike to Work Day, Metro is co-hosting bike pit stops with local organizations inviting bicyclists to stop by for refreshments and free giveaways on Thursday, May 15, from 6 a.m. to 9 a.m. only. For exact locations, go to www.metro.net/biketowork.

Hosts include the City of Los Angeles, Ketchum-Downtown YMCA, 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, Pasadena Fire Department, Maguire Properties and Western Asset, REI Arcadia, Polytechnic School, Shops on Lake Avenue, City of Glendale and Glendale TMA, Foothill Transit, Cal State LA, City of Whittier, City of Covina, 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.

Metro is promoting Bike To Work Week in Los Angeles County with the following partners and sponsors: Los Angeles County Bicycle Coalition, Los Angeles Department of Transportation, Caltrans, California Bicycle

Coalition, Good Samaritan Hospital, illuminateLA, City of West Covina, REI, Clif Bar, 24-Hour Fitness, Jax Bicycle Center, Ocean Potion Suncare, The Helmet Man, Fuze Beverages, Kaiser Permanente, Laugh Factory.

Metro also is supporting a series of events such as the fifth annual interfaith Blessing of the Bicycles at the Good Samaritan Hospital in Los Angeles on Tuesday, May 13, 2008, and the Los Angeles River Ride on Sunday, June 8, 2008, sponsored by the LACBC.

Details of these and other bicycling events, a guide for employers participating in Bike to Work events, helpful transit information for bike riders including LA City and Metro bike maps and resource links are easily accessible on Metro.net. Metro Commute staff also is available to answer questions by calling (213) 922-2811.

In addition, the Metro Bike Map guides bicyclists through Los Angeles County's 1,252 miles of bike paths, on street lanes and designated bike routes. It also indicates bike paths access points, location of bike racks and lockers. Customers can pick up one at any Metro Customer Center or can request them on metro.net/biketowork.

Among bikeways featured 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 along the Los Angeles River and in Whittier, Bellflower, the San Fernando Valley, Santa Clarita, Long Beach and other cities, as well as bike bridges and underpasses.

In addition, Metro has spent more than $185 million funding projects and programs such as bike paths and bike lanes, 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.

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

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Editors Note: Metro is the official name of the Los Angeles County Metropolitan Transportation Authority as adopted by the Metro Board of Directors in December 2004. To be consistent, we ask that "Metro" be used when referring to this agency. We ask for your cooperation in updating your style guides. If you need to update your files with the current Metro logo, please call Metro Media Relations at 213-922-2700.

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