



HANDOUTS

From previous meeting

May 12, 2010

BIKE TO WORK DAY 2010



left chest - 2.73" wide



full back - 11.5" wide

PITTSBURGH
 ALABAMA
 ALASKA
 ARIZONA
 ARKANSAS
 CALIFORNIA
 COLORADO
 CONNECTICUT
 DELAWARE
 DISTRICT OF COLUMBIA
 FLORIDA
 GEORGIA
 HAWAII
 ILLINOIS
 INDIANA
 IOWA
 KANSAS
 KENTUCKY
 LOUISIANA
 MAINE
 MARYLAND
 MASSACHUSETTS
 MICHIGAN
 MINNESOTA
 MISSISSIPPI
 MISSOURI
 MONTANA
 NEBRASKA
 NEVADA
 NEW HAMPSHIRE
 NEW JERSEY
 NEW MEXICO
 NEW YORK
 NORTH CAROLINA
 NORTH DAKOTA
 OHIO
 OKLAHOMA
 OREGON
 PENNSYLVANIA
 RHODE ISLAND
 SOUTH CAROLINA
 SOUTH DAKOTA
 TENNESSEE
 TEXAS
 UTAH
 VERMONT
 VIRGINIA
 WASHINGTON
 WEST VIRGINIA
 WISCONSIN
 WYOMING



bike to work day
 Friday 5.21.2010



SPECIALIZED CUSTOM WATER BOTTLES

Item #3

Screen #: _____

Layer: _____

Color: _____

Band/Grip Seam





Proclamation

WHEREAS, Bicycle commuting is an effective means to improve air quality, reduce traffic congestion, and conserve energy; and

WHEREAS, Bicycle commuting benefits both employees and employers through better employee health and fitness, reduced commuting, parking, and health care costs; lower absenteeism and turnover; and increased employee productivity; and

WHEREAS, Increasing numbers of businesses have installed bicycle parking and shower facilities to encourage employees to commute by bicycle; and

WHEREAS, The federal government has enacted a bicycle commuter tax provision for incurred costs which employers can pay such as bicycle purchases, improvements, repair and storage; and

WHEREAS, The TPB through its Commuter Connections program promotes and organizes the annual Bike to Work Day event along with the Washington Area Bicyclist Association, and supports bicycling through its Employer Outreach program; and

WHEREAS, The week of May 17th is national Bike to Work week, to promote bicycling as a viable means of transportation to and from work.

NOW, Therefore, be it resolved that the National Capital Region Transportation Planning Board :

- 1. Proclaims Friday, May 21, 2010 as Bike to Work Day throughout the Washington Metropolitan Region; and***
- 2. Encourages TPB Member jurisdictions to adopt similar proclamations in support of the event.***
- 3. Reminds all members of the importance of safety as illustrated by the Street Smart Campaign.***

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METROPOLITAN WASHINGTON COUNCIL OF GOVERNMENTS

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For Immediate Release

April 29, 2010

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More than 8,000 Expected to Participate in Bike to Work Day on May 21, 2010
Online Registration Now Open for Annual Event

Washington, D.C.—The Metropolitan Washington Council of Governments (COG) and the Washington Area Bicyclist Association (WABA) will host one of the nation's largest "Bike to Work Day" events on Friday, May 21, 2010. Registration for the event is free and has opened online, and more than 8,000 cyclists are expected to leave the car behind and bike to work May 21 in Washington D.C., Maryland and Virginia.

Part of COG's Commuter Connections program, the annual event brings Washington area commuters together to promote bicycling to work as a fun, healthy, environmentally friendly, and low cost alternative to drive alone commuting. This year, cyclists will pedal to 35 pit stops across the National Capital Region, the most ever for the annual event. Some commuters will join bicycle convoys led by experienced cyclists; many of the convoys will end at a bicycle rally at Freedom Plaza in Washington, D.C.

Cyclists can register and find more information about the 35 pit stop locations in the region, including commuter convoy meeting times and details, at www.waba.org. The first 8,500 bicyclists who register online at www.waba.org or by phone at 202-518-0524 by May 14 will receive a free Bike to Work Day T-Shirt at their pit stop. Each pre-registrant will also be entered into a Bicycle Raffle.

"We hope more commuters than ever choose to give bicycling to work a try on May 21," said Nicholas Ramfos, Director, Commuter Connections. "In our most recent survey*, 21 percent of participants had never tried cycling to work before they participated in Bike to Work Day—this is a great way to learn how easy it is to make bicycling to work a viable alternative that improves health and saves money."

-more-

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Participants can win chances for raffle prizes and enjoy refreshments at all of the pit stops. The annual event brings commuters together to promote bicycling to work as a healthy and environmentally-sustainable alternative to drive alone commuting. Bike to Work Day draws more cyclists and more corporate support each year, indicating continuing interest in a healthy, low-cost, low-impact way to work in the National Capital Region.

Major sponsors of this year's Bike to Work Day event include Crystal City Business Improvement District, DC Lottery, MASN HD, Whole Foods Market, AAA Mid-Atlantic, Arlington County's Car-Free Diet, Downtown DC BID, ICF International, SmartWool and Transurban. Their generous contributions help make this event a success.

Experienced and novice cyclists are welcome to participate in this free event and may register by visiting www.waba.org or by calling 202-518-0524.

* 2007 Bike to Work Day TERM Evaluation Survey

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Commuter Connections is a program of the National Capital Region Transportation Planning Board at the Metropolitan Washington Council of Governments. Commuter Connections promotes bicycling to work, ridesharing and other alternatives to drive alone commuting, and provides ridematching for carpools and vanpools and offers the free Guaranteed Ride Home program. Commuter Connections is funded by the District of Columbia, Maryland, Virginia and U.S. Departments of Transportation.
www.mwcog.org, www.commuterconnections.org.

The Washington Area Bicyclist Association creates a healthy, more livable region by promoting bicycling for fun, fitness, and affordable transportation; advocating for better bicycling conditions and transportation choices for a healthier environment, and educating children, adults, and motorists about safe bicycling.

Employer Guide

BICYCLING TO WORK

in the Washington Metropolitan Region



COMMUTER CONNECTIONS
A SMARTER WAY TO WORK

COMMUTERCONNECTIONS.ORG

