



# Sign Me UP!!



## Bike to Work Registration Form

or visit us online to register at <http://dot.tucsonaz.gov/bicycle>

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Business Name/Dept. \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile/Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Are you interested in receiving information on the City's Bike Commuter Program? Yes, I want to learn more!  No, thanks.

Mail registration forms to: Bike to Work, c/o Tucson Department of Transportation, 6th Floor, P.O. Box 27210, Tucson, AZ 85726-7210

Your registration also enters you in our bike raffle!

### Preparing to Hit the Road

🚲 **Share the Road** - Ride predictably, legally and safely. Always ride with the flow of traffic, never against. Use hand signals to indicate when you plan to stop or turn, make eye contact with motorists.

🚲 **Trip Planning** - Your Bike to Work Day Representative has bike maps to help you plan your route. You can also print out a bike map on our web site, or call Melissa Antol, the City of Tucson Bike/Ped Coordinator at 791-4371, or Richard Corbett, PAG Regional Bike Manager at 792-1093.

🚲 **Clothing** - Be visible - wear bright colored clothing. You don't have to bike in your work clothes. Bring your clothes the day before you plan to ride, and if you make it a regular habit, drive in one day and bring a weeks worth of clothing in with you.

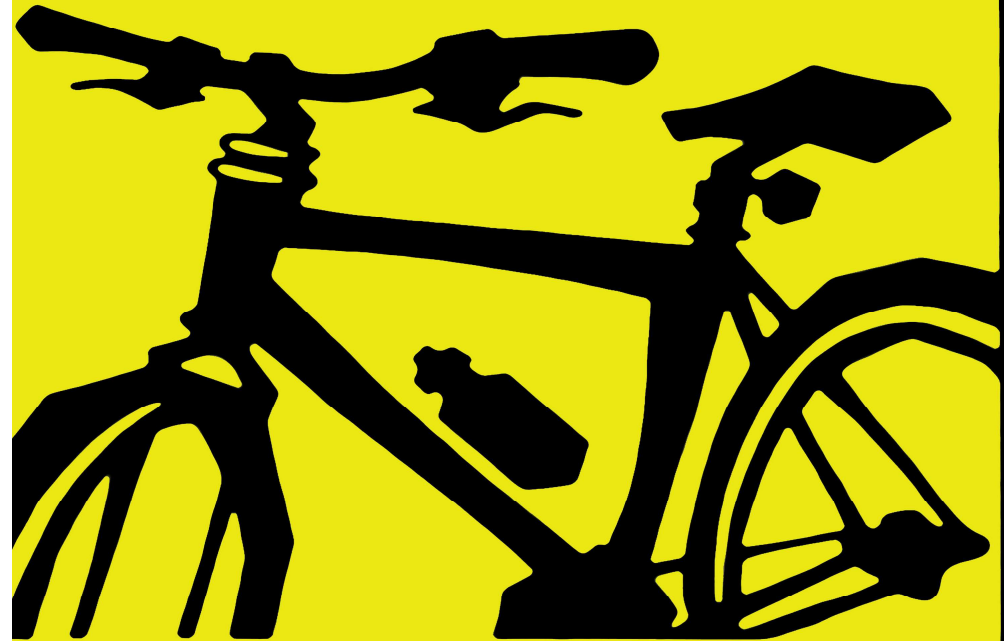
🚲 **Check Your Bike** - Make sure there's air in your tires. Check the brakes chain and crank, and ensure the quick release lever is tight.

🚲 **Gear and Tools** - Always wear a bicycle helmet, if you ride at night you must have a headlight and a rear bike reflector. Be prepared for mishaps and flats: bring a tire patch kit, a spare tube and a bike pump.

# BIKE TO WORK DAY Friday, April 7, 2006

<http://dot.tucsonaz.gov/bicycle>

# BIKE



# 2 WORK

# Bike to Work?

## Friday, April 7th is Bike to Work Day!

Did you know that more than half of Tucson area residents live within 5 miles of their workplace? While the cooler spring air is still with us, what better time than now to dust off your bicycle and start a new routine of bicycling to work? Tucson Mayor Bob Walkup urges everyone to join him (and the tens of thousands of current bike commuters) in cycling to work on **Bike to Work Day Friday, April 7** for fun, fitness and transportation.

## When?

Bicycle Commuters are invited to ride downtown to the **Bike to Work Day Fair** held 7:00 - 9:00 am, at Jacome Plaza, in front of the Main Library. Present your bicycle helmet to **receive a free continental breakfast**.

## What?

The **Bike to Work Day Fair** will feature bike demonstrations, commuting information, raffle drawings and an opportunity for folks to register to participate in the City's long-term bike commuting program. Regular bike commuters can earn bike discounts, commuter bikes, safety kits, and free bike safety classes through their commitment to participate.

**To learn more** visit the City of Tucson Bicycle Program website at <http://dot.tucsonaz.gov/bicycle>, or call Melissa Antol, the City of Tucson Bike/Ped Coordinator at 791-4371, or Richard Corbett, PAG Regional Bike Program Manager at 792-1093.

*Free showers offered for Bike to Work Day participants at the YMCA and Gold's Gym locations, just present your helmet and photo identification at the front desk!*

## A Healthy Workplace Competition

Local employers or agency departments are encouraged to compete with each other and **win prizes** based on the highest percentage of employees that use their bicycle to commute to work on **Friday, April 7, 2006**.

There are six different size categories to track employee participation:

- Up to 10 employees
- 11 to 25 employees
- 26 to 50 employees
- 51 to 100 employees
- more than 100 employees

Healthy competition is a great way to build enthusiasm for bicycle commuting and increase participation in **Bike to Work Day**. Talk to a Bike to Work Representative for details!

## Why?

### Benefits of Bicycle Commuting include:

- 🚲 Saves you money on auto related expenses: gas expenditures, auto insurance, parking fees. The average annual price of running and maintaining a car is \$8,410 a bike averages \$200.
- 🚲 You reduce traffic congestion, as well as time spent commuting, and hunting for parking.
- 🚲 Helps keep you physically fit doing something you have to do anyway - traveling to work. Over 60% of Americans are overweight, or obese, an increase of 40% in the last 10 years!
- 🚲 It's an easy way to get the recommended 30 minutes a day of exercise, since seven out of ten people do not get the recommended amount.
- 🚲 Helps reduce air pollution

### Goals of Bike to Work Day

1. Promote bicycling as an alternate mode of transportation
2. Increase bicycle safety and provide educational opportunities
3. Encourage long-term bicycle commuting among the Tucson community
4. Provide information on bicycle planning and public participation
5. HAVE FUN!!!!!!!!!!!!!!!