



FOR IMMEDIATE RELEASE

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## 2009 BIKE TO WORK WEEK ENCOURAGES ALTERNATIVE TO THE COMMON COMMUTE

Research Triangle Park, N.C. - (May 7, 2009) - Thousands of Triangle commuters will leave their cars at home next week and pedal to and from work.

Bike to Work Week is an annual event with free tune-ups, group rides, door prizes and scheduled events that will make it easier than ever for people to get into gear in 2009. Over 3,000 Capital area commuters participated in 2008, and there are more ways to be a part of the event this year from May 11-15.

**Durham County and RTP Participants:** After-work get-togethers are scheduled from 5 p.m. to 7 p.m. on Wednesday, May 13 in Durham at Alivia's on Main St. and in RTP at Serena on Miami Blvd. Breakfast will be held throughout the region on Friday, May 15. In Durham, cyclists can enjoy breakfast at Five Points Plaza in downtown from 7 a.m. until 9 a.m., and in RTP, breakfast will be available for cyclists at RTP Headquarters on Davis Dr. from 7 a.m. until 9 a.m.

**Orange County Participants:** Orange County cyclists can receive free bike inspections from all Chapel Hill and Carrboro cycling shops on Tuesday, May 12. On Friday, May 15, cyclists can meet at The Shops of Eastgate at 9 a.m. for coffee at Carmine's with Chapel Hill Town Council members to brainstorm and discuss alternative transportation in Chapel Hill. Discounts and specials will be available at cycle shops throughout Chapel Hill.

**Wake County Participants:** In Wake County, cyclists are invited to join in the fun on Friday, May 8 for the Bike to Work Week Kick-Off Event in the courtyard of Marbles Kids Museum, located at the corner of Hargett Street and Blount Street in downtown Raleigh, from 3:30 p.m. until 7:30 p.m. Roly Poly and Coca-Cola Bottling Co. are providing food, and area cycling companies will offer free bike maintenance. An adult ride and kids rodeo will also take place, with free helmets and fittings available for children.

**Apex Participants:** Residents are invited to come to the Farmer's Market next to the Historic Train Depot downtown on Saturday, May 9 for an interactive question and answer session with a bike mechanic at 9 a.m. and 11 a.m. A free beginner bike maintenance course will be available at 10 a.m.

**Join an Organized Ride:** The City of Raleigh and Wake County community leaders will observe Bike to Work Week with an organized bicycle ride in downtown Raleigh on Friday, May 15. The group ride will begin at 8:30 a.m. on the north side of the Bicentennial Mall, where light refreshments will be served following the ride.

**Wake Forest Residents:** The Town of Wake Forest is sponsoring a free Bicycle Safety Fair on Sunday, May 17. The event will be held from 10 a.m. until 3 p.m. in the old Wake Forest Plaza, located at the corner of Elm Avenue and Brooks Street. The Bicycle Safety Rodeo is designed to teach safe bicycle riding skills to children age five to 10 and their parents. Helmets will be on sale for \$6 each. In addition, residents of all ages and biking skill levels are encouraged to come out to watch or ride on Sunday, May 17 in The Historic Downtown Wake Forest Bike Race. The race will begin at 8 a.m. on South White Street in downtown Wake Forest. Online registration is still available via the link posted on [www.GoTriangle.org/BTWW](http://www.GoTriangle.org/BTWW).

Bike to Work Week occurs during the SmartCommute Challenge, an annual, non-profit, public service campaign aimed at reducing traffic congestion and improving air quality in the Triangle. The SmartCommute Challenge encourages commuters and college students who work or attend classes in Durham, Wake or Orange counties to try a smarter, greener commute.

Commuters can take the Challenge to try the bus, carpooling, vanpooling, teleworking, biking or walking at least once at [www.SmartCommuteChallenge.org](http://www.SmartCommuteChallenge.org). SmartCommute Challenge representatives will be at the Bike to Work Week Kick-Off Event at Marbles Kids Museum, where participants can pledge to use cycling for their alternative commute. Registration includes a chance to win a new commuter bike or grand prize of \$2,500 at the end of the Challenge.

To sign up as a volunteer, participant or to find out more information about all Bike to Work Week events in Durham, Orange and Wake counties, please visit [www.GoTriangle.org/BTWW](http://www.GoTriangle.org/BTWW).

