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FOR IMMEDIATE RELEASE

Metro Promoting 'Bike To Work Day' by Offering Commuter Bikes, Other Prizes

Metro is promoting the 12th annual Bike To Work Day Thursday, May 18, by offering several commuter bikes and bike accessories to those who register in advance online at Metro.net/biketowork and pledge to be part of the solution to gridlock by pedaling to work, school or other destinations on that day.

In addition, on May 18 Metro will offer free rides to bicyclists on Metro buses and trains throughout Los Angeles County. Moreover, LADOT Commuter Express, Beach Cities Transit, Commerce Municipal Bus Lines, Gardena Municipal Bus Lines, Montebello Bus Lines and Norwalk Transit also will offer free rides to bicyclists who use transit for part of their commute that day.

Just board with a bicycle and/or bike helmet. (Note: Beach Cities, Commerce and Gardena buses are not equipped with racks; participants planning on using these carriers should park their bikes and board with their helmet only.)

Cyclists can also 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 will co-host bike pit stops with local organizations and is inviting bicyclists to stop by for refreshments and free giveaways on Thursday, May 18, from 7 a.m. to 10 a.m. only. The bike pit stops will be located in Long Beach, Los Angeles, San Fernando and San Gabriel Valleys, Santa Clarita, Santa Monica and the South Bay area. For exact locations go to Metro.net.

Metro is promoting Bike To Work Day in Los Angeles County with partners and sponsors at the California Bicycle Coalition, Caltrans, Los Angeles County Bicycle Coalition (LACBC), the City of Los Angeles Department of Transportation, Bikestation Long Beach, REI, 7-Eleven, Ocean Potion Suncare, Costco, Clif Bar, Answer Products, the Aerospace Corporation, City of Los Angeles, Delta Air Lines, Foothill Transit, Ketchum-Downtown YMCA, Los Angeles World Airports (LAWA), City of Santa Clarita and Newhall Bicycle Company.

Metro is also supporting a series of events such as the third annual interfaith Blessing of the Bicycles at the Good Samaritan Hospital in Los Angeles and the El Segundo/Westchester Bike To Work Employer Challenge on Tuesday, May 16, as well as the Los Angeles River Ride, on Sunday, May 21, 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 bike maps and Metro connections, 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, Metro has issued 65,000 new Metro Bike Maps to be distributed to bicycle commuters and recreational bikers. The 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 path access points, location of bike racks and lockers. Customers can pick up one at any Metro Customer Center.

The Metro Orange Line Bikeway Path in the San Fernando Valley is the newest addition to the County's more than 251 miles of exclusive, off-street bike paths. It runs along the 14-mile Metro Orange Line busway from North Hollywood to the West Valley. This facility is part of the more than 100 bikeway projects in Los Angeles County that Metro has funded along the Los Angeles River and Whittier, Bellflower, the San Fernando Valley, Santa Monica, Long Beach and other cities, as well as bike bridges and underpasses, for a total of 481 miles of designated bike lanes on surface streets and signage for 500 miles of bike routes.

In addition Metro has spent more that \$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.

For more information on Bike To Work Day and Metro supported bike programs, go to Metro.net or call 1 (213) 922-2811.

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