



TMACOG
**BIKE
WEEK 09**
May 11-15



Friday, May 15, 2009 is Bike to Work Day.

TIPS for Organizing Bike to Work Day

- Form an office team. Or create a challenge between departments.
- Have your team meet at a gathering point and ride in to work together*.
- Or, research bike paths to the work site and provide maps to riders**.
- Host a breakfast for workers who ride to work on Bike to Work Day. Coffee and juice will be appreciated. A bagel or yogurt will restore energy.
- Provide an incentive: offer casual day for people who ride a bike to work, or hand out coupons for a media store or coffee shop.
- Create t-shirts, caps, or water bottles for your office team.
- Don't forget to take pictures of your team for the corporate newsletter or website.

TMACOG reminds all bike riders to wear helmets and **bright colors**.
And follow the rules of the road; signal turns, **stop** at red lights

* In Toledo, riders will gather at Ottawa Park (on Kenwood at the Toledo Police substation) and at Walbridge Park (near the Toledo Zoo), and at Detwiler Park in Point Place. At the parks, TMACOG staff and volunteers will be handing out information about bike laws and maps of regional bicycle facilities. Cyclists will leave the parks at about 7:30 a.m. to ride downtown. Experienced cyclists will lead these groups.

** Call TMACOG for help with mapping a route: Kent Gardam, 419.241.9155 ext. 116.

2009 Partners and Participants

TMACOG
Get Fit Toledo
City of Bowling Green
City of Fostoria
City of Holland
City of Oregon
City of Toledo
Lucas County
Metroparks of the Toledo Area

ODOT District Two
Owens Corning
Safe Kids Coalition
TARTA
Toledo Boys and Girls Clubs
Toledo Green Drinks
Toledo-Lucas County Health Department
Toledo-Lucas County Public Library
WTVG TV Channel 13