

15th Annual

BIKE TO WORK DAY

THURSDAY, MAY 14TH

6:00 - 9:00 AM & 3:00 - 6:00 PM

CONTRA COSTA COUNTY'S LARGEST ENERGIZER STATION IN '08 w/600 CYCLISTS!

Bishop Ranch Energizer Station ~ Bollinger Cyn Rd @ Iron Horse Trail

AM/PM FREE REFRESHMENTS, GOODIES & BIKE BAGS ~ CHIPOTLE BURRITOS (PM ONLY)

Register ahead at 511.org or May 14 at the Energizer Station! More Cycling Resources at 511.org.

Electric Bike Demo...Try one out!
Win a \$2500 Ultra Motor Electric Bike

5 Minute Chair Massages
by Healthy Ways

EAST BAY REGIONAL PARKS DISTRICT

STORUS CORPORATION

BAY AREA AIR QUALITY MANAGEMENT DISTRICT

HOME OF THE SMART MONEY CLIP

Join the Team Bike Challenge Kicking Off May 1st

Form a 2 to 5-person team; Sign up at 511.org; Earn points for prizes for riding in May.

A Bishop Ranch Team won the Contra Costa County Team Challenges in '07 & '08!

WHY BIKE TO WORK?

1. It's healthy, cost effective & convenient
2. It increases productivity & reduces absenteeism
3. Time-saving commute/exercise routine combo
4. It's flexible and can be adjusted to your needs
5. Showers/locker rooms & bike racks provided



Plan Ahead for Success:

1. Dust bike off & find helmet
2. Check the lights & reflectors
3. Check the tires & chain
4. Plan your route
5. Time route on weekend
6. Carry a cell phone & your ID
7. Take water and snacks
8. Know your limits
9. Always ride safely
10. See & be seen

Bike to Work Starter Kits!
(925) 830-0101 or
brtc@bishopranch.com

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