



MEDIA ADVISORY

FOR IMMEDIATE RELEASE
May 14, 2007

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Sacramento Region
Travel Info

BIKE FEST AT CAPITOL CELEBRATES NATIONAL BIKE-TO-WORK DAY

Who: This Thursday, May 17th, Sacramento region commuters celebrate National Bike-to-Work Day with the Capitol Bike Fest and CalEPA Transportation Fair, as part of the Sacramento Region Bike Commute Month.

What: Live music, prizes and information on bicycling, walking, transit and more. More than 40 bike shops, groups and organizations will have tables at the Bike Fest. The event includes drawings for two Breezer folding bicycles a Dahon Speed 8 folding bicycle and the Specialized Globe IG-8 commuter bicycle. To enter the drawing, pledge miles at www.bikecommutemonth.com and bring a page showing your miles logged. Must be present to win.

When: Thursday, May 18

7 to 9 a.m. Energizer Station

Water and energy bar energizer station for downtown cyclists provided by Caltrans and the Sacramento Transportation Management Association.

11 a.m. to 1 p.m. Bike Fest and Transportation Fair

Where: West Steps, State Capitol (10th Street and Capitol Mall), Sacramento

Why: The regional challenge is for residents to ride one million bicycle miles in May. Bicycling is a zero emission commute, improving both air quality and physical health.

One million miles of bicycling in May reduces over 5,000 pounds of smog-forming nitrogen oxides from Sacramento's air. Bicycling three hours per week reduces a person's risk of heart attack or stroke by 50 percent.

Since May 1st, 3,642 cyclists have logged over 288,000 miles, but more cyclists need to log their miles for the region to meet its goal of a Million Mile May.

Bike Commute Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. Special events and rides planned throughout the month are available at www.bikecommutemonth.com.

Contact: www.bikecommutemonth.com or (916) 321-9000.

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