



Sacramento Region

MEDIA ADVISORY

FOR IMMEDIATE RELEASE
May 13, 2008

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LOCAL ACTIVITIES FOR NATIONAL BIKE TO WORK DAY -- THURSDAY, MAY 15

Who: Over 5,600 people across the Sacramento region are logging commute, errand and recreational bike miles this month. This Thursday, they will join individuals across the country participating in National Bike to Work Day. California Assembly Speaker Emeritus Fabian Núñez, Caltrans Director Will Kempton and others will join regional co-chairs Lincoln Councilmember Tom Cosgrove and Folsom Vice Mayor Steve Miklos in the day's festivities.

What: Several planned morning rides into downtown Sacramento, a large lunchtime BikeFest at the State Capitol, energizer stations with refreshments as people ride to work and more.

When/ Thursday, May 15

Where:

Rides

7:00 to 9:00 a.m. — Sacramento Natural Foods Co-Op, 1914 Alhambra Blvd – Energizer Station & Ride

At 8:00 a.m., Assembly Speaker Emeritus Fabian Núñez will lead a ride to the State Capitol. Details: 916-321-9000.

5:45 to 8:15 a.m. — Group Bike Ride with Folsom Vice Mayor Steve Miklos – Folsom to State Capitol

Bike Month honorary Co-Chair Steve Miklos will lead 50 bicyclists from the new parking garage in Historic Folsom along the American River Parkway to downtown Sacramento. Details: 916-351-3660.

Breakfasts & Energizer Stations

6:00 to 10:00 a.m. — Sacramento County Regional Parks: American River Parkway – Free Parking for Bicyclists

Bicyclists can also pick up complementary coffee, juice and bagels. Details: 916-875-6961.

6:30 to 9:00 a.m. — Cafe Colonnade 2495 Natomas Park Dr. -- South Natomas Bike to Work Day Breakfast

Provided by the South Natomas TMA. Details: 916-646-0928.

6:15 to 6:45 a.m. -- Tanzanite Park (Innovator Dr. and Tanzanite Way) – North Natomas Bike-in-Breakfast

Provided by the North Natomas TMA. Details: 916-419-9955.

7:00 to 9:00 a.m. — Lions Gate (poolside) – McClellan Park Bike to Work Breakfast

Provided by the McClellan Park TMA. Details: 916-570-5314.

7:00 to 9:00 a.m. — State Capitol, West Steps (10th & Capitol Mall) - Energizer Station for all bicyclists

Provided by Caltrans. Details: 916-653-2750.

9:30 to 10 a.m. -- Tanzanite Park (Innovator Dr. and Tanzanite Way) – North Natomas Bike-in-Breakfast

Meet up to ride to the BikeFest at the State Capitol. Details: 916-419-9955.

Bike to Work Day Celebration

11:00 a.m. to 1:00 p.m. — BikeFest at the State Capitol, West Steps

Hundreds of bicyclists will descend on the Capitol for grand prizes, giveaways and lots of bike-related fun. New bikes will be raffled off and t-shirts will be given away to anyone logging their miles during May. The BikeFest will also feature booths by bike shops and groups, bike valet parking and bike safety checks. Details: 916-321-9000.

Why: The regional challenge is for residents to ride one million bicycle miles in May, with over 416,000 miles already logged.

May is Bike 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.mayisbikemonth.com.

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