

**National  
Ride your bike  
to Work Week  
May 12th-16th**



# **BIKE TO WORK DAY 2008**

## **Thursday, May 15th**

**Visit the Rideshare Pit stop located by the HR Dept from 8:00am to 10:00am**

Not riding your bike to work?

Please stop by and learn more about ULV's Rideshare Program. Bike Maps, Public Transit Info and Possible Rideshare Matches will be available!

**\*Raffle Prizes\***

**\*Snacks\***

Pledge to Ride your Bike **ONE DAY** out of the week of May 12<sup>th</sup> -16<sup>th</sup> @ [www.californiabikecommute.com/register.asp](http://www.californiabikecommute.com/register.asp) and be entered to win a Folding bike and other prizes courtesy of



**For more information Contact Tsmith11@ulv.edu or Ext 4076**

## Bike Safety Tips:

**Be Alert-** Ride Defensively

**Hydrate-** Be sure to drink enough fluids

**Ride in a straight line-** If you ride with someone else, ride in a single file. Allow cars space to pass. Follow lane markings

**Obey Traffic Signs, Signals, and Laws-** Bicyclists must follow the same laws as motorists

**MAKE EYE CONTACT WITH DRIVERS-** Assume that other drivers don't see you

**Yield to Pedestrians-** Pedestrians have the right of way on walkways

**Ride on the right** - Riding against traffic is a major cause of bicycle accidents

**WEAR A HELMET!!!!!!**

## Environmental Benefits of Cycling

Fewer people cycle per capita in the U.S. than in many other parts of the world. The U.S. is a leader in petroleum consumption. These high levels of consumption are leading to many negative effects on the environment, such as increased emissions of harmful gases including:

- 🚗 Carbon Dioxide
- 🚗 Carbon Monoxide
- 🚗 Methane
- 🚗 Nitrous Oxide
- 🚗 Volatile Organic Compounds
- 🚗 Hydrofluorocarbon
- 🚗 Perfluorocarbon
- 🚗 Sulfur hexafluoride

These emissions are believed to be causing warming through the "greenhouse effect", depletion of the ozone layer, and a reduction in general air quality. Vehicles also cause noise pollution.

## Commuting by bike has a world of benefits

**A Better Body** - Ride your bike to work, and you no longer need to make **time to exercise**.

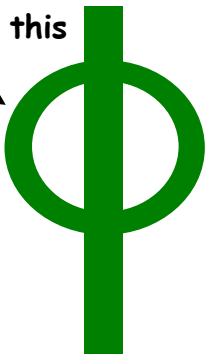
**Save Money** - \*The average annual price of keeping an automobile running is at least \$3,000. \*\*The cost of running a bike for a year is less than \$300. \*\*\*The joy of saving more than two grand a year is **PRICELESS!!!**

**Clean Air** - Riding a bike is a simple way to improve the environment.

**Need a Place to lock your bike up on Campus?**

Look for the **NEW** Bike Racks all over

Campus that look like this



**Want to Bike Ride to Work but... don't want to worry about Hygiene issues?**

The Sports Pavilion is open to all rideshare employees that wish to Shower and Dress before work. Lockers are Limited.



### Lock your Whole Bike

You should put your chain, cable, or U locks through your frame and both wheels taking the front wheel off if you have a quick release hub. Never lock through your wheel without locking the frame, because thieves can remove your wheel and steal the rest of the bike.