

Celebrate Bicycle Awareness May - Bike to work month



- 🚲 Tired of sitting in traffic
- 🚲 Having trouble sticking to a diet?
- 🚲 Not making it to the gym three times a week?
- 🚲 High price of gas getting you down?

We've got the solution. Join thousands of people nationwide who will use a bicycle for transportation during the month of May.

Play an active role in helping celebrate National Bicycle Awareness Month 2004. During the week of May 2-8 everyone is encouraged to ride a bike. Ride your bike to work, to school, to your favorite eatery or shop, the movies.

It's healthy! Riding a bike to work can keep you in shape without having to set aside additional time for exercise. Bicycle riders tend to enjoy healthier lifestyles, get sick less often and feel less stress.

It's smart! Bicycle commuting is one of the least expensive ways to get to work. There's no gas, maintenance, parking fees or insurance to pay.

It's fast! In many areas trips by bicycle, door to door, are faster than by car, especially where the one way commute distance is less than five miles.

It's Clean! Bicycles don't pollute the air or require lots of land or roads for parking lots. Eight to twelve bicycles can park in the space required for one car.

It's fun! A bicycle ride at the end of the day is a great way to relieve stress. Discovering routes on back roads through residential neighborhoods can be scenic and fun.

Bicycles and automobiles share the roads. They both must operate responsibly and respectfully and obey all traffic laws. Remember to follow these rules of the road when riding your bicycle:

- ... Always wear a bicycle helmet
- ... Ride on the right side of the road - in the same direction as if you were driving a car
- ... Obey all stop signs and traffic lights
- ... Ride as far to the right in the driving lane as practicable
- ... Signal your intent to change lanes or to make a turn
- ... Be visible if you ride at night. Use a flashing red/orange light and wear light colored clothing.
- ... Be predictable. Don't weave from the sidewalk to a driving lane.
- ... Don't run red lights or stop signs.
- ... Ride no more than two abreast
- ... Only one person per bicycle - no handle bar riding
- ... Make sure your bicycle is in good working order

-----**Mesilla Valley Bicycle Coalition**-----

For more information call 526-7783 or 528-3047, email trina@solsurvival.com or ahume@las-cruces.org