



On May 20, an otherwise routine weekday morning, people across the country will get up, get ready for work, and . . . get on their bikes.

Join them and take our Bike to Work Challenge!

Brought to you by the:
South Bay Bicycle Coalition

Why give up the comfort of your drive-time coffee and your stereo? Well, we all know biking is fun. Isn't that what you do on the weekend? It's also healthy. Instead of spending your evening or lunch hour at the gym, get your exercise on your way to and from work.

Oh, and it's healthy for the planet, too. In the greater Los Angeles area, an amazing 60% of our greenhouse gases come from our daily transportation decisions.

If you live and work here in the South Bay there's still plenty of time to research your safest and easiest route and test it over a weekend. Visit <http://www.maps.google.com/biking> for route ideas.

MAY 20, 2010

Safety Tips for Riders

- Always wear a helmet
- Follow all traffic laws
- Ride on the right side of the street
- Use lights at night
- When riding near parked cars, ride in a straight line at least 5 ft from cars
- Watch for parked cars
- Check your bike for safe condition and fully inflated tires before every ride
- At intersections, ride in the right-most lane going in your direction
- Watch traffic and signal turns

Safety Tips for Drivers

- Keep an eye out for bikes
- Stay at least 3 feet away from bikes when passing
- Stay focused on the road - try to avoid using a cell phone

For more great safety tips, please visit: <http://www.hermosabch.org>. Click on "Share the Road."

Want to become involved?

Join the South Bay Bicycle Coalition and ride with us!

For more information, visit <http://www.southbaybicyclecoalition.org>

IT'S JUST ONE DAY. USE IT TO MAKE A DIFFERENCE.

Cycle to Work Challenge Co-Chaired by:

Steve Diels, Redondo Beach Council Member; Michael DiVirgilio, Hermosa Beach Mayor; Jean M. Ghianuly, The Aerospace Corporation; Richard Montgomery, Manhattan Beach Mayor Pro-Tem; Cliff Numark, Torrance Council Member; Vanessa Poster, Beach Cities Health District Board President; and Andrea Zislis, The Zislis Group.