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DITCH THE DRIVE AND BIKE TO WORK

CELEBRATE NATIONAL BIKE TO WORK DAY WITH SPECIAL EVENTS

DAYTON – Take part in the cycling revolution and celebrate Dayton nabbing the League of American Bicyclists’ bronze-level status as a bike-friendly community. Join fellow pedal pushers for National Bike to Work Day Friday, May 20. Cyclists are encouraged to stop by RiverScape MetroPark, 111 E. Monument Ave., for a free pancake breakfast and entertainment.

“As Americans, we love our cars. We think nothing of driving less than a mile to the bank, the store or even from one parking lot to another at a shopping center,” says Five Rivers MetroParks Outdoor Recreation Special Events Coordinator Tom Helbig. “As our dependence on foreign oil increases, the quality of our life and air decreases. But there’s a better way. Residents of the Greater Dayton Region have a variety of alternative travel options – walking, biking on paved recreation trails, riding regional transit, or carpooling. The goal of Bike to Work Day is to highlight those means of transit that will ultimately make us and the planet healthier.”

Events are scheduled throughout the region, so even those working outside the downtown area are encouraged to participate. Bike commuters who would like to set up a Bike to Work Day event should contact Tom Helbig at (937) 567-4478 or tom.helbig@metroparks.org.

In addition to refueling with pancakes, Bike to Work Day guests are invited to tour the new bike hub facility at RiverScape MetroPark. This members-only facility offers secure storage, showers and personal lockers, helping to facilitate the growing trend of downtown workers choosing cycling over driving to work. “Whether you ride because of high gas prices, environmentalism, personal health or a combination of all three, cycling commuters come out on top,” says Five Rivers MetroParks Outdoor Recreation Cycling Coordinator Dan Sahli.

Other event features include live music, bike commuting classes and prizes. Later, cycling advocates are invited to participate in the Miami Valley Cycling Summit, gathering cycling enthusiasts and local government leaders together in a proactive discussion on bicycle access, transportation and infrastructure. Learn more at www.cyclingsummit.com.

Bike to Work Day partners include the [Drive Less Live More](#) campaign, composed of representatives from the Miami Conservancy District, Miami Valley Regional Planning Commission, Greater Dayton RTA and Five Rivers MetroParks, as well as CH2M HILL, Pedal Pals, LJB Inc., and the Dayton Dragons.

Plan a group ride, learn more about the team challenge, get the day’s complete schedule and more by visiting metroparks.org/biketowork. Get tips on cycling, including upcoming MetroParks programs when you visit metroparks.org/cycling.





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ABOUT FIVE RIVERS METROPARKS

Five Rivers MetroParks focuses on three areas - conservation, recreation and education - as part of its role as steward of greater Dayton's public lands. Established in 1963 through the efforts of forward-thinking citizens concerned about preserving green space and natural areas, Five Rivers MetroParks has grown to a nationally renowned park system composed of natural area parks, gardens, sensitive river corridors, urban parks and a network of recreation trails. Educational programs and recreational opportunities are offered year-round for all ages. And, diverse natural habitats are being protected and cared for today to assure their future existence. To learn more about Five Rivers MetroParks, log onto www.metroparks.org or call (937) 275-PARK.

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