



1375 East Siebenthaler Ave.  
Dayton, Ohio 45414

Phone (937) 275-7275  
Fax (937) 278-8849  
[www.metroparks.org](http://www.metroparks.org)

Contact:

Val Hunt  
Beerbower  
pr specialist

o 274-3122  
c 424-6489

## 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 21. Cyclists are encouraged to stop by the PNC 2nd Street Market (600 E. Second St.) 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 Greg Brumitt, director of outdoor recreation at Five Rivers MetroParks. “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, event coordinator for the Outdoor Recreation Department at Five Rivers MetroParks, at (937) 567-4478.

Partners in this event 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, 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](http://metroparks.org/biketowork).

### 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](http://www.metroparks.org) or call (937) 275-PARK.

###

