



MAY IS BIKE TO WORK MONTH

# Grin & Bike it!

*A Cascade Bicycle Club Education Foundation Event*

## Starbucks Bike <sup>to</sup> Work Day

Friday May 19, 6-9am

## Group Health Commute Challenge

May 1-31, 2006

Presented by Adobe and  
Newsradio 710 KIRO

Tue April 25 - Thurs May 4 Group Health Team Captain Packet Pickups. Location info at [www.cbcef.org](http://www.cbcef.org)

Mon May 1-Sun May 28 **Group Health Commute Challenge** Sign up anytime during the month

Tues May 2, 7:30-9am **Vulcan Bike to Work Breakfast** @ Hyatt Regency

Fri May 19, 6-9am **Starbucks Bike To Work Day** 37 Stations throughout Puget Sound

Fri May 19, 7:30-8:30am Starbucks Bike To Work Day Rally @ Fremont Bridge station

Thurs May 25, 4-7pm **UW Hubhub.** Close out the month in style at our annual blowout bash!

**206-522-3222 [www.cbcef.org](http://www.cbcef.org)**

