

Starbucks Bike to Work Day

Friday, May 19, 2006

Grin and Bike it!

Cascade Bicycle Club Education Foundation is proud to bring you the annual Starbucks Bike to Work Day. Frustrated with driving? Missed the bus again? Want to find a better way to get to your work or school? Why not try riding your bike? It's fun, easy, healthy and contagious. So get moving and live healthy by biking to work!

If you're already a seasoned bike commuter then help us spread the word and encourage colleagues to try a bike ride as part of their workday. Stop by one of the 37 Commute Stations located throughout the region; pick up a cool free water bottle, snacks, maps & other useful goodies. Enter the Starbucks Bike To Work Day raffle & have your bike spot-checked by our bike shop station sponsors. Many shops have substantial discount offers for participants throughout the month; check out the website for specific information: www.cbcef.org.

We need the help of many volunteers to help staff the stations and for post-event data entry. Email diana.larson@cascadebicycleclub.org or call 206-852-6827 to sign up.

MAY IS BIKE TO WORK MONTH!

Tue April 25-May 4: Group Health Commute Challenge Team Captain Packet Pick-ups. There are many different locations around the Sound this week; visit website for details.

Mon May 1- Weds May 31: Group Health Commute Challenge. Just ride five times May 1-31 to join the program; prizes galore; enter online today, its free!

Tuesday May 2, 7-9am: Vulcan Bike to Work Breakfast @ Grand Hyatt Seattle. Join featured speakers King County Executive Ron Sims, Seattle Mayor Greg Nickels, Group Health Cooperative CEO Scott Armstrong and many top companies at this premiere event. Order your table today!

Fri May 19, 6-9am: Starbucks Bike To Work Day. 37 commuter stations are open; let's break last year's 10,000 rider mark. Please see map for full station info.

Fri May 19, 7:30-8:30am: Starbucks Bike To Work Day Rally @ Fremont Bridge Commuter Station, 318 Nickerson Street. We'll have special VIP speakers, music, free Starbucks® coffee and lots more.

Thurs May 25, 4-7pm: UW Hubhub  Join all the fun at our annual UW Bike bash featuring special guests "Lady A and the Baby Blues Funk Band" plus Starbucks® coffee and fun contests.

For detailed information on all events please visit: www.cbcef.org or call 206-517-4826.

ORDER YOUR 2006 BIKE TO WORK T-SHIRTS!

New for 2006 you can order both "Starbucks Bike to Work Day" and "Group Health Commute Challenge" T-shirts. Shirts are available May 1 for \$10 each. 10 each. To order, print an order form at (the merchandise web site address) and fax to: 206.236.0973 or mail to: Cascade Bike Merchandise, P.O. Box 1716, Mercer Island, WA 98040. To avoid extra shipping charges, shirts can be bought directly from CBC office and at select Starbucks Bike to Work Day stations on Friday, May 19.



Commute Stations and Adopt-A-Station Sponsors

Reduce traffic congestion Promote clean air Conserve energy



North

For more information on Snohomish County Bike To Work program, visit www.communitytransit.org/go2/biketowork

1 Everett Boeing
Open 5:00-8:30am
75th & Seaway
Sharing Wheels 425-252-6952
Boeing 425-717-6683

2 Everett Station
Open 5:30-9:00am
3201 Smith Ave
Everett Transit 425-257-7777
REI Alderwood 425-774-1300

3 Lynnwood
Lynnwood Transit Center, 202nd St SW & 46th Ave W (west of Interurban trail)
Harvy's Bike Shop 425-774-8951
Community Transit 425-353-RIDE

4 McCollum Park Park & Ride 
128th St SE & Dumas Road
Community Transit 425-353-RIDE
Bicycle Centres (425) 337-3509

5 UW Bothell
Open 6:30-9:00am
18155 Campus Way NE
UW Bothell 425-352-5404
Bothell Ski & Bike 425-486-3747

East

6 Woodinville 
Wilmot Gateway Park
17301 NE 131st Ave & Samm Trail
Sammamish Valley Cycles 425-881-8442
City of Woodinville

7 Sammamish River Trail 
Near 116th on trail at new location
Greater Redmond TMA 425-702-8001

8 Overlake
NE 51st and the 520 Trail
Performance Bicycle Shop 425-643-8122
Greater Redmond TMA 425-702-8001

9 Bellevue
Hyatt Complex/Bellevue Place Courtyard
10500 NE 8th
Gregg's Bellevue 425-462-1900
BDA TransManage 425-990-3097


10 Kirkland
Marina Park - Pavilion
Montlake Bicycle Shop 206-329-7333
City of Kirkland 425-828-2238

11 I-90 East 
Entrance to I-90/
Mercer Island trail at SE 34th
City of Bellevue 425-452-4448
Montlake Bicycle Shop 425-462-8823


Central

12 Issaquah
NW Sammamish Rd & SR 900
Pacific Cycle 425-313-0388
City of Issaquah 425-837-3417

13 North Seattle Community College
Open 6:00-10:00am
9600 College Way N at flagpole in front of school
Aurora Cycle 206-783-1000

14 Greenlake 
NE Ravenna Blvd & Woodlawn Ave NE
Gregg's Greenlake Cycle 206-523-1822

15 Ravenna
20th Ave NE & NE 61st St
R & E Cycles 206-527-4822
Open for Sponsorship: Call 206-517-4826 to adopt this commuter station!

16 UW - Burke Gilman Trail 
Rainer Vista & Burke-Gilman Trail
Group Health Cooperative 206-988-2712
National MS Society 206-284-4236
Recycled Cycles 206-547-4491

17 UW - Blakely 
Open 6:00-10:00am
25th Ave NE & NE Blakely St @Ti Cycles
UW (Dept. of Urban Design & Planning)
Ti Cycles 206-522-7602

18 University Bridge
South end of bridge
REI - Seattle 206-223-1944



19 Ballard Bridge
15th Ave NW & Leary Way
Bike Sport 206-706-4700

20 Fremont Bridge 
Open 6:00-10:00am
318 Nickerson St.
Free Range Cycles 206-547-8407
Nickerson Street Saloon


21 Fremont/Burke-Gilman 
In front of Speedy Reedy
1100 N Northlake Way
Speedy Reedy 206-632-9879


22 Mercer & Dexter
Downtown Seattle
Counterbalance Bicycles 206-352-3252

23 Bank of America Plaza
5th between Cherry & Columbia
City of Seattle 206-684-5420
Play it Again Sports 206-264-9255

24 Elliott Bay Park  
Open 6:00-9:00am • North entrance of park
Elliott Bay Bicycles 206-441-8144
Environmental Protection Agency 206-553-0266

25 Seattle University
Open 6:00-10:00am
900 Broadway (just south of Madison)
Seattle University 206-296-5993


26 Bikestation Seattle 
Open 6:00-10:00am
313 3rd Ave S, near King St Station
King County Metro 206-684-1600
Bicycle Alliance of WA 206-224-9252
Bikestation Seattle 206-332-9795

27 Children's Hospital 
40th NE and Burke-Gilman Trail
Children's Hospital of Seattle 206-987-1297
Cascade Bicycle Club 206-522-3222
All About Bike & Ski 206-524-2642

28 Friends of Burke-Gilman Trail
8th Ave NW & Burke-Gilman Trail
Friends of the Burke-Gilman Trail

South/West

29 SODO @ Starbucks HQ
1st Ave S and S Stacy
Starbucks Corporate HQ 206-318-7408


30 I-90 West 
East end of tunnel, west end of bridge
Triumph Multisport 206-328-4676

31 Beacon Ave
Beacon Ave S & S Columbian Way
Bike Works 206-725-9408

32 Renton
Hardie Ave SE & SW 7th St
Center Cycle 425-228-3661

33 Kent
6750 S. 228th St
REI Corporate Headquarters 253-395-5924

34 Bainbridge Island Ferry
Olympic Drive at Winslow Ferry Dock
Squeaky Wheels Bike Club 206-842-9024

35 West Seattle 
Marginal PI SW & SW Spokane St (west end of lower bridge)
Aaron's Bicycle Repair 206-938-9795

36 Vashon Island
Main Intersection (by Old hardware store)
Cascade Bicycle Club 206-522-3222

37 Bremerton
Pacific & Farragut (in front of shipyard main gate)
West Sound Cycling Club 360-275-9299
Bremerton Naval Shipyards
Silverdale Cyclery 360-692-5508

All stations open 6:00-9:00 am unless noted.

Note: Helmets are required by law in Seattle and King County

 Denotes a Starbucks Bike To Work Day T-Shirt outlet. Only these stations have shirts available, but you can pick up an order form at any other station & mail/fax in your order.

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