



Photo by Kevin Casey

Cascade Commuter Education Program: Recruit your business!

With funding from a Federal Transportation Enhancements Grant, Cascade will be launching an expanded program to work with King County businesses and bicycle commuters on programs to encourage bicycle commuting.

Over the next two years, we'll be:

- Teaching classes in safe and effective bicycle commuting at King County business locations
- Advising businesses on how to promote bicycle commuting
- Educating motorists and bicyclists in how to share the road safely
- Adding a "Bike to Work Friday" program

We are currently recruiting six businesses for a free assessment of their commuter programs including suggestions on how to improve their facilities for bicycle commuters. Contact commute@cascadebicycleclub.org to find out how to get your business involved.

Creating a Better Community Through Bicycling



At every level of Cascade Bicycle Club our staff and volunteers are working to make sure policies, projects and funding are directed toward making riding a safer, easier and more accepted form of transportation. In a nutshell, the Cascade Bicycle Club is more than 6200 members working for better bicycling in our region. Join our growing ranks and help build real power for bicyclists throughout the area. Please visit www.cascade.org to join or call 206-522-3222 to request a membership form via mail.

These events are made possible by the generous support of:



GroupHealth

And presented by:



Additional support is provided by:



City of Seattle



Special thanks to our community partners:



A Cascade Bicycle Club Education Foundation Event

MAY IS BIKE TO WORK MONTH

Grin & Bike it!

Presented by Adobe and Newsradio 710 KIRO

Starbucks Bike to Work Day

Friday May 19, 6-9am

Group Health Commute Challenge

May 1-31, 2006



A Cascade Bicycle Club Education Foundation Event

www.cbcef.org



GroupHealth

Group Health Commute Challenge

May 1-31, 2006

Grin and Bike It!

What is the Group Health Commute Challenge?

It's a chance to test your bike-commuting mettle by riding to work as often as you can during National Bike to Work Month, May 2006. Challenge yourself, challenge your workmates or challenge other neighboring businesses. Just commit to commuting at least 5 days (roundtrips) during these thirty days to join a team! Register anytime during the month as long as you can still complete five trips per rider; it's also OK to ride the bus or carpool part-way.

Why should I take the Challenge?

At the Vulcan Bike to Work Breakfast event in 2005 Seattle Mayor Greg Nickels challenged Cascade Bicycle Club and Puget Sound cyclists to help make this region the healthiest, cleanest place in the country. In 2006 we can all help make this a reality! Biking to work is very satisfying, will improve a rider's health and reduce stress. Bike commuting also reduces our reliance on cars, which means less pollution and less traffic congestion. So we invite YOU to take the challenge, get on your wheels this May and "Grin and Bike it!" Even with unpredictable weather anyone can ride one day per week, and that's all it requires to take the Group Health Commute Challenge! This year we have amazing prizes, including two free bikes, bike gear, Starbucks cards and lots more. Check www.cbcef.org for complete listings & prize categories

There is no "I" in Team!

Activities are more fun when you can participate with friends. Last year, over 400 teams completed the challenge, so why not gain recognition for your office, department or organization by forming a team or two? Appoint a Commute Challenge Team Captain to enter basic team member info on the website. These valued Team Captains earn a new long-sleeved wicking "Captain's Shirt" and an invitation to the "Captain's Bash" at Cascade Bicycle Club! Don't forget, the more new commuters

you get to join the team, the better chance you have at winning the top prizes. Every week we send out a special "Cross-town Traffic" e-newsletter to all team members with the latest news and weekly prize drawing winners.

Wear your colors!

New for 2006 all team members will receive a custom Commute Challenge leg band courtesy of Group Health Cooperative. Wear the band on your leg, arm or just put it on your bike for the whole month and let's see how many we can spot each day on our commute! Be sure to say hello to your fellow Challenge participants. As an added incentive for you to play along, Cascade Bicycle Ambassadors will be on the road during May granting instant great prizes to riders they see wearing their band!

Note: Team captains must pick up these items for their teammates at any one of the team captain packet pick-up meetings listed at www.cbcef.org or at one of the following events; May 12 Captains Bash, May 19 Starbucks Bike To Work Day Rally & May 25 UW Hubhub.

Team Sign-up: It's fast and it's free!

- 1) Team Captain forms a team of 4-10 riders, decides on team name and registers online at www.cbcef.org
- 2) After registering at www.cbcef.org, Team Captain pick up free shirt & package full of goodies for teammates at one of the packet pick-ups listed online, April 24-May 4. Captain uses resources from the Toolbox on website to challenge other departments or offices and to motivate and inspire their team! We have logos available for your use.
- 3) Team members bike to work at least five times during the month; of course the more you ride, the higher you rank! Team members can download a tally sheet from the website and keep track of their trip data; or just enter it daily directly online.

You don't have to join a team or have Internet access to enter

You can enter as a solo participant in the Challenge; just visit the website and register as an "Individual" on the sign up page. Sorry, but only team captains of teams with 4 or more riders earn a free Captain's shirt. You will follow the same instructions as above to register. To register by mail/ fax call 206-517-4826 to request a form or stop by the CBC office during regular office hours, Mon-Fri 9-5pm.

Take a Commute Class!

Still not sure you have what it takes? The Cascade Bicycle Club Education Foundation offers free commute classes and easy, low-cost basic maintenance classes.

Tues. April 25 (6:30-9pm), Ancient Secrets of Bicycle Maintenance I: Fix a Flat: Cascade Office, 7400 Sand Point Way NE, Seattle. \$20 preregistration required.

Thurs. May 4 (4-8pm), Bicycle Commuting Class: Sound Transit -Concourse Room at Union Station, Seattle. Free 3-hr class with optional 1-hr ride afterwards. \$20 refundable deposit to hold place in class.

Thurs. May 11 (Noon-1pm), Lunchtime Commute Overview: Century Square, 1502 4th Ave, Alki Room Ste 301, Seattle. Registration not required.

Wed. May 17 (7-9pm), Ancient Secrets of Bicycle Maintenance II: Chains and Derailleurs: Cascade Office, 7400 Sand Point Way NE, Seattle. \$20 preregistration required.

Thurs. May 25 (4pm-7pm), Bicycle Commuting Class: Century Square, 1502 4th Ave, Alki Room, Ste 301, Seattle. Free 3-hr class. \$20 refundable deposit to hold place in class.

To register or to see a complete spring/summer schedule please visit www.cbcef.org/classes.html or call 206-957-6623.

Get support!

Need help with route planning or need to find someone to ride with? Check out the commute bulletin board at www.cascade.org or contact our Commute Specialist at commute@cascadebicycleclub.org. For additional help with route planning and commuting, call Kent Peterson @ Bicycle Alliance of Washington and ask about the Bike Buddy program: 206-224-9252 or www.bicyclealliance.org.

A Cascade Bicycle Club Education Foundation Event

www.cbcef.org 206-522-BIKE