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For Immediate Release

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City of Ventura rolls out Bike to Work Week activities, May 16 - 20

Across the nation, communities are participating in Bike to Work Week, May 16-20, to encourage bicycle commuting as a healthy and safe alternative to driving. The City of Ventura's Transportation Division, in partnership with the Ventura County Transportation Commission and the Ventura County Air Pollution Control District, is hosting daily events with route maps, safety information, pit stops, prizes and free bike tune-ups.

Motorists are urged to use extra caution and obey driving laws such as; giving at least three feet of clearance when passing a bike from behind, slowing down on narrow roads to pass a cyclist only when it is safe to do so, and observing bike-vehicle interaction zones designated by bright green lanes & bike boxes and "sharrows".

The public is encouraged to attend the City of Ventura's Bike to Work Week activities:

Monday, May 16: Cyclists are invited to join "Bike Trains"

Bicyclists can select one of five starting points, or pick-up points along the way, for a group ride along a relatively low stress route to work. See the "Map of Bike Train" routes posted at www.cityofventura.net/bicycling-and-walking. Contact the ride leaders with any questions.

Tuesday, May 17: Stage 3 of the AMGEN Tour of California Race, riding through Ventura. Cheer the national and world champion racers as they ride through the city of Ventura, 1pm – 2pm, from Harbor Blvd. to Sanjon Road to Thompson Blvd. to Ventura Avenue.

Wednesday, May 18: Attend the free "Bike Mechanic Essentials" session, 12noon – 1pm.

Ventura Bike HUB will give a free class/demonstration about tuning up your bike, at Ventura City Hall, Santa Cruz Conference Room. Space is limited, RSVP to 654-7849 or dtowers@cityofventura.net. Visit www.vccool.org/hub to learn more about The Ventura Bike HUB, their tools, resources and upcoming events.

Thursday, May 19: Downtown Ventura Bike to Work Day Pit Stop, California Street & Santa Clara Street, 6:30am – 9:30am. Come to the pit stop for free snacks, prizes, contest sign-ups and a free bike tune-up from a Trek mechanic.

For more information contact Derek Towers at dtowers@cityofventura.net or 805-654-7849, or visit www.cityofventura.net/bicycling-and-walking.

This release is available on the City of Ventura website at www.cityofventura.net. --###--

