

MEDIA RELEASE
For Immediate Release



Contact:
Sandy Fry
Bike to Work & National Bike
Challenge Chair
sfry@crcoq.org
860.522.2217 x220

Kelly Kennedy
Executive Director
kelly.kennedy@bikewalkct.org
860.904.2420

Bike to Work on May 18: Events Scheduled Across Connecticut *It's Easier Than You Think!*

Hartford, CT (May 15, 2012) – Bike to Work Day is Friday, May 18, and Bike Walk Connecticut invites bike commuting novices and veterans alike to join the celebration at any of the 30 events and rides that will take place across the state. The weather looks good for Friday, but Bike to Work events will be held rain or shine. See the following page for the full list of rides and breakfasts.

For the second consecutive year, Commissioner of Energy and Environmental Protection, Dan Esty, is doing the 35-mile ride from his home in Cheshire to West Hartford, then continuing on to Hartford. Asked why he backs bike commuting, Esty says “Cycling is a healthy, cheap, and environmentally-friendly alternative to driving to work. Any day that begins with a bike ride is a good day!”

Join Bike Walk Connecticut at the Old State House in Hartford

Bike Walk Connecticut will provide free breakfast to bike commuters from 6:30 am to 9 am, with a short program at 8 am. The event will be held on the east lawn of the Old State House, where numerous rides will be converging from all directions. See the following pages or <http://www.bikewalkct.org/bike-to-work/meet-ups/> for the full schedule.

Need Bike to Work Tips?

For tips on biking to work, visit our [tips page](http://www.bikewalkct.org/bike-to-work) at <http://www.bikewalkct.org/bike-to-work>.

For More Information

For more information contact Sandy Fry, Bike to Work and National Bike Challenge Chair for Bike Walk Connecticut at sfry@crcoq.org, or Kelly Kennedy, Bike Walk CT Executive Director, at kelly.kennedy@bikewalkct.org.



Connecticut bike commuting in style. Just remember your helmet when you ride!

Bike Walk Connecticut thanks Patagonia and UnitedHealthcare for helping to make Connecticut's Bike to Work Day possible.

Bike Walk Connecticut is taking the lead to encourage bike commuting in Connecticut. Bike commuting reduces vehicle traffic, avoids pollution, saves gas—and burns calories! We are a 501(c)(3) not-for-profit organization dedicated to making bicycling and walking safe, feasible and attractive for a healthier, cleaner Connecticut. Visit us at www.bikewalkct.org.

Please see the following pages for the full listing of Bike to Work Day activities across Connecticut.



Bike to Work on May 18: Events Scheduled Across Connecticut
It's Easier Than You Think!

Connecticut Bike to Work Breakfasts Scheduled for Friday May 18		
Location	Time	Contact
Bethel - Metro North Rail Road Train Station	7 to 8:30am, free breakfast	Paul Chenard, 203-744-4070 Ext: 131 or paulc@hartransit.com . Download the poster .
Bridgeport - Bike to Work with Mayor Finch. Meet at Spoke and Wheel (2355 East Main street) at 8:30 am and ride with the Mayor to the breakfast at the new green space outside the City Hall Annex (999 Broad Street)	9 am, free breakfast	Tim Hammill, Timothy.Hammill@Bridgeportct.gov
Fairfield – Meet at Chef’s Table, 1561 Post Road	7 am to 9 am; free breakfast and free bike tune-ups courtesy of Trek Bicycle Store	RSVP to Andy Graceffa at fairfieldbikewalkcoalition@gmail.com
Farmington/UConn Health Center - outside the Police Station Entrance (to right of academic entrance)	Monday, May 21 (rain date May 25) 6:30 to 9 am, free breakfast	Joyce Fritz, 860-679-2126 or Connie Cantor, ccantor@uchc.edu , 860-282-8538
Hartford - downtown, The Old State House, east lawn. Sponsored by Bike Walk Connecticut.	6:30 to 9 am; free breakfast; program at 8 am	Sandy Fry, sfry@crcog.org .
New Haven Area - Pitkin Plaza, Orange St between Chapel & Court. Sponsored by Farmington Canal Rail to Trail Association	7:30 to 9:30 am, free breakfast from Bru Café and Chabaso bread	Elm City Cyclists, elmcitycycling@gmail.com or 203-287-9811. Download the poster
Norwalk - South Norwalk Rail Station (ground floor lobby)	7:30 to 9:00 am, free refreshments	Alex Karman, karman@swrpa.org . Download the poster
Norwich - regional transportation center	7 am to 9 am	Dick Guggenheim, rguggenheim@seccog.org
Stamford (downtown) – Meet at Columbus Park(parking lot at W Park Pl & Washington Blvd near Curley’s Diner)	7:30 to 9:30 am, free refreshments	Alex Karman, karman@swrpa.org . Download the poster
Waterbury –YMCA	5:30 am to 9 PM, free breakfast, bike storage, and showers	Sam Gold, sgold@cogcnv.org or 203-757-0535, Download the poster
West Hartford - REI, then ride to downtown Hartford event	6:30 am, free breakfast, with ride departing for downtown Hartford event at 7:15 am	David Ringquist



Bike to Work on May 18: Events Scheduled Across Connecticut
It's Easier Than You Think!

Connecticut Bike to Work Rides Scheduled for Friday May 18		
Location	Time	Contact
Andover/Willimantic - Meet up with the ride starting in Willimantic, meet at the new covered bridge on the Hop River trail, for ride into downtown Hartford event.	Meet up at 6 am, depart approximately 6:10 am	Ron Manizza, pedlin@charter.net or 860-428-3667
Bolton/Manchester – meet at Charter Oak Greenway bike path at Wyllys St.(opposite Highland Market), ride into downtown Hartford event.	7 am meet up	Jim Adams, James.Adams@pw.utc.com or (860) 682-2564 cell
Bridgeport Area - Spoke and Wheel, 2355 East Main Street. Join Mayor Finch on his regular bike commute, ride into the breakfast.	8:30 am meet up	Timothy.Hammill@Bridgeportct.gov
East Hartford – meet at corner of Willow Street and Main Street in front of P&W, ride into downtown Hartford event	7:15 am meet up	Tony Cherolis, acherolis@gmail.com or 860-204-2704
Glastonbury – Meet at fountain at Main St. and Hebron Ave., ride into downtown Hartford event.	7 am meet up	Sean McCutchan, sean.mccutchan@pw.utc.com or 860-917-3309
Hartford - the Village for Families and Children, 1680 Albany Avenue, ride into downtown Hartford event	7:30 am meet up	Greg Latz, glatz@villageforchildren.org or 203-988-6912. Parking is available at The Village if you want to park and bike.
Hartford - University of Hartford, Parking lot H in front of United Technologies Hall, riding to the below meetup and then on into the downtown Hartford event	7:20 am meet up	Kathe Snow, ksnow@hartford.edu or 860- 768-4668
New Haven Area - AAA, 2276 Whitney Avenue, ride into downtown New Haven event	7:45 am meet up	Tim Nottoli, timothy.nottoli@yale.edu or 203-927-7397
New Haven Area - Best video, 1842 Whitney avenue, ride into downtown New Haven event	8 am meet up	Tim Nottoli, timothy.nottoli@yale.edu or 203-927-7397
New Haven Area - Corner of West Rock and Edgewood, in front of Deja Brew Café, ride into downtown New Haven event.	Meet at 8 am for 8:10 am departure	Liam Brennan, liambrennan@gmail.com , or 203-293-8485
New Haven Area - Fair Haven, center of Chatham Square Park, ride into downtown New Haven event.	Meet at 8:00 am, leave at 8:10 am sharp	Paul Hammer, paulhammer@yahoo.com or 203-871-8471
New Haven Area - Join the Fair Haven ride at Quinnipiac River Park (Front St. south of Grand Avenue)	8:15 am meet up	Paul Hammer, paulhammer@yahoo.com or 203-871-8471
New Haven Area - Join the Quinnipiac River Park ride at Criscuolo Park (near corner James and Chapel Streets)	8:30 am meet up	Paul Hammer, paulhammer@yahoo.com or 203-871-8471
New Haven Area - Westville, corner of Central and Edgewood Avenues, ride into downtown New Haven event	Meet at 7:15 am for 7:25 am departure	Trina Machesney, trinamac@live.com or 203-859-2899 (if it rains, this ride will be cancelled but NOT the breakfast!)
New London - Train station	7 am to 9 am	Dick Guggenheim, rguggenheim@seccoq.org
Outbound Trip - Downtown Hartford to East Hartford - Meet at Old State House BTW event and ride back to East Hartford.	7:45 am meet up	Tony Cherolis, acherolis@gmail.com or 860-204-2704
Simsbury – Meet at the Mill at 2T parking lot, Tariffville, ride into downtown Hartford event	6 am meet up	
South Windsor – Meet at The Bike Shop, 1735 Ellington Road, ride into downtown Hartford event	Meet for coffee 6:30 am, ride departs at 6:45 am	Rob O'Connor, roboconnor8@cox.net
Tolland – Meet at Tolland Bicycle, ride into downtown Hartford event	6 am meet up	Roland Chirico, RMChirico@cox.net

Bike Walk Connecticut

PO Box 270149, West Hartford, CT 06127-0149 | 860.904.2420 | bikewalkct@bikewalkct.org | www.bikewalkct.org



Bike to Work on May 18: Events Scheduled Across Connecticut
It's Easier Than You Think!

Vernon – Meet at Pedal Power, ride into downtown Hartford event	7 am meet up	Roland Chirico, RMChirico@cox.net
Wethersfield - Meet at commuter lot at Dept. of Corrections office, 24 Wolcott Hill Rd	7:15 am meet up	Kevin Sullivan, ksullivan12@snet.net
Willimantic - Meet at Ocean State Job Lot/BJ's parking lot on west Main street, ride into downtown Hartford event	5:20 am meet up, ride rolls at 5:30 am sharp	Ron Manizza, pedlin@charter.net or 860-428-3667