

MEDIA ADVISORY
For Immediate Release



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Connecticut Bikes to Work on May 17 *It's Easier Than You Think!*

Hartford, CT (May 10, 2013) – Bike Walk Connecticut is promoting bike commuting all around the state on May 17, National Bike to Work Day. Bike commuting reduces traffic, avoids pollution, saves gas—and burns calories! More than half of the U.S. population lives within five miles of their workplace, making bicycling a realistic, fun way to get to work. **Rookies, veteran commuters and everyone in between are encouraged to pledge to Bike to Work on May 17 at www.bikewalkct.org/bike-to-work.**

WHAT: **More than 20 Bike to Work Day breakfasts and events are scheduled in cities, towns, and at companies around the state for the morning of May 17.** Nearly 30 separate **meetups** are also scheduled around the state. State government agencies are in on the action too, competing for the “Commissioner’s Cup.”

WHEN: **May 17, 2013, National Bike to Work Day**

HARTFORD EVENT: **Old State House, 6:30 AM to 9 AM. Program at 8 AM. Rain or shine.**

STATEWIDE EVENTS: **Other Bike to Work Day events will be held across the state. For details, see www.bikewalkct.org/event-locations.**

MEET UPS: **For the full list of Meet Up locations, see www.bikewalkct.org/meet-ups.**

WHO: **Bike Walk Connecticut, with Commissioners Jim Redeker (Transportation), Catherine Smith (Economic & Community Development) Dan Esty (Energy & Environment), and Hartford Mayor Pedro Segarra at the Hartford Old State House program.**

SPONSORS & PARTNERS: **Bike Walk Connecticut, Travelers, The Village Ride, City of Hartford, Newington Bicycle, Berlin Bike, Bicycles East, REI, Suburban Ski and Bike, DEEP, and the City of Hartford.**

Bike Walk Connecticut, a 501(c)(3) not-for-profit organization, promotes bikeable, walkable communities for a healthier, cleaner Connecticut.

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