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May is Bike Month!

Cascade Bicycle Club produces a series of events during May in celebration of bicycle commuting.

Group Health Commute Challenge

May 1 – 31, 2009

<http://www.cbcef.org/btw/cc.html>

What is it?

The Group Health Commute Challenge is a friendly, month-long bike commuting competition focused on getting people biking to work. It's the hippest thing to do on two wheels in Seattle each May. Challenge family, friends and co-workers to give up the gas pedal for the bike pedal!

The Group Health Commute Challenge is produced by the Cascade Bicycle Club, the nation's largest local bicycle organization. Group Health is the title sponsor of the event.

How does it work?

Team captains recruit up to 10 riders from their workplace to form a Challenge team. Have more than 10 riders? Form another team! Each day, riders log their progress on a website to track miles and compete against other teams for prizes and recognition.

When does it happen?

May 1 – 31. Sign up will be open by mid-April. Can't start riding on May 1? No problem! Join the challenge anytime in the month.

Who can participate?

Anyone in the Puget Sound area. Captains are invited to an exclusive "Captain's Bash" at a local pub. Tip: Cascade Bicycle Club members can receive special recognition and qualify for extra prizes.

How do I sign up?

Visit www.cascade.org in mid-April to find a link to the contest.

How much does it cost?

It's free! And you might win some great prizes like messenger bags, panniers and even a new bike! Event T-shirts will be on sale through the website.

Note: We will release the first week results on Friday, May 8.



Commute Challenge Historical Results

	<u>2004</u>	<u>2005</u>	<u>2006</u>	<u>2007</u>	<u>2008</u>
Teams	719	694	1,095	1,204	1,320
Total Riders	3,194	3,645	5,707	7,367	8,668
Organizations	385	378	595	542	647
Total Days Ridden	28,393	30,504	53,033	70,559	76,562
Total Miles Ridden	379,297	432,833	740,684	1,002,172	1,084,328
Total Bike Trips	27,038	28,944	50,250	66,924	72,607
Avg. miles per trip	14.03	14.95	14.74	14.97	14.93
New Commuters	845	791	1,302	2,159	2,474
Total CO2 Saved	379,297	432,833	740,684	1,002,172	1,084,328

Fifth Annual Vulcan Bike to Work Breakfast

Tuesday, April 28, 2009, 7 – 9 a.m.

Sheraton Hotel Seattle

www.cbcef.org/btw/btw_breakfast.html

MC: Willie Weir, adventure cyclist, author, NPR contributor

Keynote Speaker: Kenneth Walker of the Urban Kansas City Community of Cycling.

Title sponsor: Vulcan

Kicking off Seattle's Bike Month festivities, the Vulcan Bike to Work Breakfast is a business networking event and fundraiser for the Cascade Bicycle Club Education Foundation, a 501(c)3 nonprofit.

Starbucks Bike to Work Day

Friday, May 15, 2009

www.cbcef.org/btw/btw_day.html

Bike to Work Day Rally

May 15, 2009, 7:30 - 8:30 a.m. Seattle City Hall.

Every year, Seattle area residents turn out in huge numbers to make ours one of the largest Bike to Work Day celebrations in the nation. From 6 – 9 a.m., cyclists can drop by any of the 42 Bike Commute Stations around the greater Seattle area for snacks, maps, giveaways and quick tune-ups. Bike to Work T-shirts will be on sale at Commute Stations.

In 2008, a record 23,000 people bicycled to work on Bike to Work Day in Seattle. Participation has steadily increased over the years:

2000	2001	2002	2003	2004	2005	2006	2007	2008
5,365	6,906	7,253	9,081	11,124	10,098	15,234	19,044	23,000

We anticipate breaking the 25,000 mark in 2009.



New in 2009! Build community – Host your own Bike to Work station!

Always thought your neighborhood needed its own station? Know of a perfect spot for a station that isn't being utilized? There are many such areas in the Puget Sound that are ripe for mini-station placement.

Cascade Bicycle Club is opening up hosting opportunities to any and all Bike to Work Day participants this year with our new DIY (do-it-yourself) Community Station. Start a station in your community and support your friends and neighbors on Bike to Work Day morning.

We'll provide you with a basic DIY toolkit with promotional ideas and tips for securing donations. You bring your enthusiasm and your community. The new Do-It-Yourself Community Stations will even have their own page on the Starbucks Bike to Work Day website, including a map with station listings.

Bike to School Day

Friday, May 15, 2009

www.cbcef.org/btw/bts.html

Cascade Bicycle Club also hosts Bike to School Day activities in area schools. In 2008, 2,227 kids from 29 schools participated in Bike to School Day. A total of 835 elementary school students from 14 schools rode 10,456 trips throughout Bike to School Month. Seven middle and high schools participated, with 77 students riding 5,625 miles over 583 trips

Fast Facts About Seattle Bike Commuting

- Biking one mile instead of driving one mile can save about 1 pound of CO2 from being emitted. The miles biked by 8,600 riders in the 2008 Group Health Commute Challenge saved more than a million pounds of CO2 from being emitted.
- Based on 2007 downtown Seattle counts, more than 16,000 people use their bicycles for transportation each day.
- The Fremont Bridge is the busiest bridge for bicycles in the state, with more than 3,000 bicycle trip each day.
- On Stone Way North, a representative arterial in the Seattle, bicycles represent nearly 14% of the peak hour, peak direction traffic.
- The Burke-Gilman Trail sees about a million bike trips per year, which breaks down to 3,100 every weekday. An estimated 47 percent are commuters cycling to work.

About the Cascade Bicycle Club

With 11,000+ members, Cascade Bicycle Club is the largest local bicycle organization in the country with the vision of Creating a Better Community Through Bicycling. Founded in 1970, Cascade Bicycle Club is 501(c)4 nonprofit organization based in Seattle, Washington, serving more than half a million cyclists in the Puget Sound community. Cascade fulfills its mission by providing bicycle advocacy, education and commute programs and by offering cycling events and daily rides. Its most popular events include the Seattle International Bicycle Expo, Chilly Hilly, Starbucks Bike to Work Day, Group Health Seattle to Portland Bicycle Classic and Cyclefest.

The organization is operated by an 13-member volunteer Board of Directors, 20 professional staff, and thousands of volunteers. More information about Cascade Bicycle Club's programs is available online at www.cascade.org or by calling 206-522-3222.

