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Event Announcement

Release date: May 2, 2005

THOUSANDS TRADE CARS FOR BIKES ON WRQ® BIKE TO WORK DAY

- WHAT** WRQ Bike to Work Day
Presented by KIRO Newsradio 710 & Adobe
- WHO** 10,000+ new and seasoned cyclists
Individuals, companies and schools are all encouraged to participate
- WHEN** Friday, May 20, 2005
- 6 – 9 a.m.
Riders can stop by any one of 37 WRQ Commuter Stations around King County for giveaways, snacks, city and county maps, bicycle commuting information and to have their bikes checked for free by a bike shop station sponsor. Specific station locations are available online at: <http://www.cascade.org/Education/btw/btwd.cfm>.
- 7:30 – 8:30 a.m.
Celebration Rally in Fremont on the south side of the Fremont Bridge with music, giveaways, free Starbucks coffee and guest speakers: Jeff Moran, president of the Bicycle Alliance of Washington and Richard Conlin, Seattle City Council transportation committee chair.
- 8:30 a.m.
Celebration Rally culminates in mass (self-guided) bike ride up Dexter Ave.
- DETAILS** A Cascade Bicycle Club Education Foundation event, WRQ Bike to Work Day rallies more than 11,000 commuters around King County to try cycling as an alternative transportation mode to work.
- Commuting by bicycle has several benefits, including
- Improving your health and wellbeing,
 - Saving money (approximately \$20 per day, \$600 per month or \$4800 per year, based on 13 mile average RT commute and \$10 per day parking),
 - Reducing air and noise pollution,
 - Reducing traffic congestion,
 - Reducing our reliance on imported energy, and
 - Having fun on the way to work.

ABOUT WRQ

WRQ builds software for accessing and integrating legacy applications. Our products help companies get the most from their host systems today, as they advance their long-term IT strategy. Established in 1981, WRQ is one of the largest privately held software companies in the U.S. It has over six million users worldwide and the highest customer-support rating in the industry. Three out of four Global 500 companies rely on WRQ daily. Learn more at www.wrq.com. Access. Integrate. Transform.®

ABOUT CASCADE BICYCLE CLUB

For more than 35 years, Cascade Bicycle Club has been a leader in creating more livable communities through bicycle advocacy, events and education programs. More information about the club's programs is available online at www.cascade.org or by calling 206-522-3222.

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