

Bike to Work Day Thursday, June 5!



Get ready for bike season!

Ride your bike to work on June 5, then join representatives from the City of Fridley and Anoka County Commute Solutions from 4-6 p.m. at the Fridley Northstar Station on your way home! Work downtown and not able to bike to work? Ride your bike to the Northstar Station, ride the train to and from work, then bike home! Veteran or novice rider, families and seniors—all are welcome to celebrate biking as transportation!

A guided group ride of the Mississippi River Trail will leave from the East River Road parking lot at approximately 5:15 p.m. Meet at the tent by 5:10 p.m. Great for all ages!

Checklist for biking to work or any destination:

- Find your helmet or get a new one if it is more than five years old.
- Check your tire pressure and load a patch kit and pump.
- Pack your bike lock.
- Know the speediest route to your destination, and test it.
- Know the “rules of the road” to stay safe.
- Teach a friend to ride with traffic so they pick up skills and get to work safely.
- Watch the safety videos on Fridley Cable Access channel between now and June 30!
- Talk a co-worker into trying biking: bike together to work or another destination.
- Pack a snack and plenty of water.
- Don’t get lost—pack a map or an app! Fridley Active Transportation maps available at City Hall. Additional county and statewide maps can be found at Commute-Solutions.org.

Employers: Encourage your employees to bike to work by providing bike racks and other bike-friendly facilities. Benefits for you and them include:

- Employees who bike or walk at least part of their commute arrive more alert.
- Healthcare costs may be reduced as biking provides easy exercise.
- Biking to work provides a low-cost transportation option.
- Biking and walking are great ways to connect to the larger transportation network such as bus routes and the Northstar Commuter Rail.

More Info:

www.ci.fridley.mn.us or call 763-572-3594
www.Commute-Solutions.org or call 763-862-4257

