



## Tri-City Bike-to-Work Week (Granville, Heath, Newark)

May 17–21, 2010

### Licking County Trails Alliance

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- Licking County Trails Alliance is coordinating Bike-to-Work Week in the Tri-City area (Granville, Heath, & Newark) May 17- 21, 2010.
- May is National Bike Month. Third week of May is National Bike to Work Week
- The problem with Bike 2 Work events is that they appeal to avid cyclists. Sounds difficult & does not include “the rest of us.”
- Licking County Trails Alliance made it easy. The secret is “Park & Ride.” Participating businesses establish a pre-arranged location where employees meet and enjoy a short 2-3 mile bicycle commute to the workplace. (Effort level is comparable to walking a lap at the local mall.)
- This event is accessible at any fitness level without need for special equipment. Bicycles, walkers, & joggers are welcome and included. ***If you can walk around the block, you can do this!***
- Three reasons to participate: 1) Wellness Initiative 2) Green Initiative 3) Teambuilding, Employee Morale. Local employees who participated in this style event last year report it was the most fun event their employer had ever sponsored.
- Supported by local government: 3 mayor’s offices & County Commissioners have issued proclamations encouraging both businesses & residents to participate .
- LCTA is offering “Bike-to-Work” CD which gives step-by-step direction. The CD allows your business to plan an event level to suit your needs, from simple & streamlined to full-blown media events.
- Licking County Trail Alliance is a non-profit organization committed to promoting and preserving a treasured resource – the Licking County recreational trail system. Your participation in Bike-to-Work Week will raise awareness and help ensure the trail system will connect our community for many generations to come.