

Sample Messages



May is Bike to Work Month!

Spring is here and there's no better time to give bicycling a try. Nationally, May is Bike to Work Month and locally May 16 – 20 is Bike to Work Week. Join others as they pedal their way to work, save money at the pump and enjoy a healthy commute. Your energy will increase and so will your spirits.

Visit the Spokane Bicycle Club's website at <http://www.spokanebicycleclub.org> for helpful tips and to get you doing the ride thing! Another website to check out is Bike to Work Spokane at <http://www.spokanebikes.net>. There are lots of bicycling activities and events going on locally that you can get involved in. Give it a try and Travel Green to work!

Wind in your hair and the smell of flowers!

Our spring weather is finally here! The fresh air and blooming flowers are good reason to take out the bicycle and begin enjoying the outdoors and your neighborhood while bicycling to work! If you are hesitant and don't think you can do it, give it a try on the weekend. Map out your route before hand, ride it once or twice before riding to work during the week. You can also contact the Spokane Bicycle Club to have a Bike Buddy assist you. A skilled bicyclist will contact you, help you map out your route and will also make the ride into work with you. Too far to bicycle? Combine it with the bus. All STA buses have bike racks and they are easy to use.

By bicycling to work or using any other alternative mode, you'll have the chance to win a commuter bicycle with accessories and one of ten really awesome front and rear bike safety lights. And bicyclists only will go into a drawing for another one of 10 bike light sets. Do the ride thing this May! For more info on Bike to Work events in the community, go to www.spokanebikes.net. If you need help getting started or have questions, please feel free to contact me, your Employee Transportation Coordinator.

A Healthier You!

There is an easy way to get healthier and get rid of your stressful drive alone commute. Try bicycling! You'll be combining exercise with your commute which will save you time and money. You won't need to go to the pump as often or to the gym. Cha Ching!

You'll also have the chance to win a commuter bicycle and one of ten front and rear bicycle lights by participating in May! And, if you bicycle to work, you also go into an extra drawing for one of 10 front and rear bicycle lights. What are you waiting for? Start pedaling to work in May and don't forget to go to MyCommute.org, fill out your commute calendar, and then get ready to WIN!

For more info on Bike to Work events in the community, go to www.spokanebikes.net. Need help getting started? Please feel free to contact me with any questions or concerns. I'll help you to start doing the Ride Thing!