



3900 Reavis Barracks Road
St. Louis, Missouri 63125
314-416-9930

Fax 314-416-9928
trailnet@trailnet.org

NEWS RELEASE

FOR IMMEDIATE RELEASE

April 23, 2008

Contact: Kathi Weilbacher
(314) 416-9930 ext #111

May is National Bike Month

Don't let gas prices and the I-40/64 construction get you down – use your bicycle to get around town! May is National Bike Month and there is no better time to pedal past the pumps and start commuting by bicycle. Trailnet, the not-for-profit organization promoting *Active Living* through bicycle and pedestrian activities, is challenging residents to save at the gas pump and avoid the interstate construction by using pedal power instead of a motorized vehicle for transportation.

Participate in the **Drive Your Bike Challenge** and you could win one of two new bicycles (one men's and one women's) provided by Sunset Cyclery, www.sunsetcyclery.com. Use your bicycle instead of your car during May and register at www.trailnet.org/transport_events.php. Any errand you use your bike instead of your vehicle qualifies for the Challenge. You can ride your bike to: work, school, shopping, a restaurant, café or fast food bike-through lane, post office, library or video store, ATM machine, visit a park, zoo or explore a bike trail. Add to your workout by riding your bike to the health club. You can also combine your bicycle commute with a ride on MetroBus or MetroLink to cut down on the total miles you ride and still avoid using your car!

Visit the Transportation Alternatives section of the website at www.trailnet.org or contact one of the experienced **Bike Mentors** including members of the St. Louis Bicycle Federation at www.trailnet.org/transport_how.php to help you plan a route and answer your questions about getting around town by bicycle.

To celebrate **National Bike to Work Day** on Friday, May 16th join us for a free continental breakfast for bike commuters at 20 Refueling Stations. Breakfast will be served 6:30 – 9:00 a.m. at the YMCA of Greater St. Louis (18 branches), Memorial Park in Clayton and the Missouri History Museum. (For directions to the YMCA of Greater St. Louis branches visit www.ymcastlouis.org). Breakfast goodies provided by Companion Baking (www.companionbaking.com) will be served at the Clayton and History Museum locations. Bike to Work Day is produced in partnership with: AIA – St. Louis, Bike St. Louis, City of Clayton, City of St. Louis, Companion Baking, The Great Rivers Greenway District, Missouri History Museum, St. Louis Regional Bicycle Federation, St. Louis County Parks, Sunset Cyclery and the YMCA of Greater St. Louis.

To improve your cycling skills Trailnet also reminds you to participate in one of the Tuesday, Wednesday or Thursday **Evening Bike Rides** beginning May 6 held weekly through August 21, or join us for a weekend ride with Trailnet's Bicycle Fun Club. For a FREE 2008 Calendar of Bike Rides visit your local bike shop or check the website at www.trailnet.org/calendar.php.

Upcoming May Bicycle Rides:

Prehistoric Pedal* – May 3

Y Ride Bicycle Ride* – May 4

Brought to you by the YMCA of Greater St. Louis

Lewis & Clark Departure Days Bicycle Ride

Berry Bicycle Ride & Strawberry Festival* - May 18

The Great Pizza Bicycle Ride – May 26

* Includes route recommended for families and/or beginners

#

Trailnet Promotes Active Living in St. Louis through bicycle and pedestrian activities to improve the health of individuals, communities and the environment. We improve St. Louis regional quality of life by offering Bicycle Rides and Recreational Events, promoting Transportation Alternatives, providing Community Bicycle and Pedestrian Planning, collaborating on Trails, Greenways and Bicycle/Pedestrian Compatible Roadways and assisting with Public Outreach and Advocacy.