



Improving and encouraging bicycling  
in and around Newport, RI

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## **NEWPORT BIKE TO WORK DAY- Friday, May 15**

Ditch the car – at least outside of town – and hop on your bike!

(Newport, RI) If you've ever thought about biking to work but have yet to try it – Friday's the day to ditch your car and give it a whirl! May 15th is National Bike to Work Day, and for the fifth year, Bike Newport is encouraging all to hop out of the driver's seat and into the saddle – for health, economy, environment, and fun.

Last year, 200 people participated in Newport's Bike to Work Day, and 50 cyclists rounded the city in the afternoon Community Ride. Bike Newport hopes to see both numbers topped this year with many more people opting to choose the method that burns calories rather than fossil fuels – reducing traffic congestion and increasing enjoyment in the process.

Live too far or across an unbikeable bridge? Not to worry! This year, two dedicated "Park 'n Bike" lots are located at Bike Newport's office at 437 Broadway and at the Newport County YMCA at 792 Valley Rd in Middletown. You can park for free, hop on your bike, and pedal into town to Washington Square for the Bike to Work breakfast before continuing to your workplace. Or, use RIPTA's Rack 'n Ride into town. Information on these options can be found on the Bike Newport website:

[www.bikeneportri.org/biketoworkday2015](http://www.bikeneportri.org/biketoworkday2015)

All activities take place in Eisenhower Park in Washington Square – the historic center of Newport. Here's the full schedule:

- 7:00 to 9:00 am: Commuter Breakfast: Bike riders can start the day meeting friends, neighbors, and co-workers at the Bicycle Commuter Breakfast - provided by Washington Square Café, A Market, and Stop & Shop.
- 3:30 pm: Press Conference: Includes bicycle-friendly news and announcements by Bike Newport, City of Newport, and the Newport Police Department. PLUS the awarding of the 2015 Bicycle-Friendly Business of the Year.
- 5:00 pm: Group Ride: Leaving from Washington Square, a three-mile ride to Fort Adams State Park.

For more information and updates: Facebook: Bike Newport, RI; Twitter: bikeneportri,  
[www.BikeNewportRI.org/biketoworkday2015](http://www.BikeNewportRI.org/biketoworkday2015).

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