

By Journal Staff

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Bike to Work Day events in Newport on May 15

The day's lineup include a commuter breakfast in Washington Square and a group ride from the square to the Volvo Ocean Race festivities at Fort Adams State Park.

NEWPORT, R.I. Friday is National Bike to Work Day, and for the fifth year, Bike Newport is encouraging people to hop out of the driver's seat and into the saddle.

This year there are two dedicated "Park 'n Bike" lots: one at Bike Newport's office at 437 Broadway, and the second at the Newport County YMCA at 792 Valley Rd. in Middletown. Park for free and hop on your bike to continue to work. Or, use RIPTA's Rack n' Ride into town.

The day's events include a commuter breakfast from 7 to 9 a.m. at Eisenhower Park in Washington Square, provided by Washington Square Café, A Market and Stop & Shop, and at 5 p.m., a group ride from Washington Square to the [Volvo Ocean Race festivities](#) at Fort Adams State Park.

Find more information at bikenewportri.org/biketoworkday2015.



Amanda Ward and her dog, Freya, stopped at Eisenhower Park as part of last year's Bike to Work Day event sponsored by Bike Newport. This year's event takes place Friday. The Providence Journal/Frieda Squires