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## **BIKE TO WORK DAY NEWPORT – Friday, May 16**

Leave the car home – or at least outside of town – and hop on your bike!

(Newport, RI) If you've thought about biking to work but yet to try it – here's the day to give it a go! May 16th is National Bike to Work Day, and, for the fourth year, Bike Newport is hosting a day for all to hop out of the car into the saddle – for health, economy, environment, and fun.

Last year, 300 people participated in Newport's Bike to Work Day, and 80 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 and increasing enjoyment in the process.

All activities take place in Eisenhower Park in Washington Square – the historic center of Newport.

Live too far, too dangerous, or across an unbikeable bridge? Not to worry! This year, the dedicated "Park 'n Bike" lot is located at Bike Newport's new office - 437 Broadway – the former Triplett School. You can park, hop on your bike, and pedal one mile 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.bikenewportri.org](http://www.bikenewportri.org).

Bike to Work Day continues in the afternoon with many Bike Friendly Newport announcements and the award of the 2014 Bicycle Friendly Business of the Year; a six-mile Community Ride; and refreshments and entertainment. Here's the full schedule:

- 6:00 to 9:00 am Breakfast: Bike riders can start the day meeting friends, neighbors and co-workers at the Bicycle Commuter Breakfast - provided by Jonathan's Café, Empire Tea and Coffee, and A Market.
- 3:30 pm Press Conference on the Courthouse steps: Includes bicycle-friendly news and announcements by Bike Newport, Newport Public Schools, City of Newport, Newport Police Department, and Newport Housing Authority. PLUS the awarding of the 2014 Bicycle-Friendly Business of the Year.
- 4:00 pm Bike Decorating: Young and old can rediscover the joys of playing cards and clothespins, stickers and ribbons.
- 4:15 pm Community Ride: Leaving from Washington Square, a six-mile group ride around Newport.
- 5:00-6:00 pm: Delicious refreshments from Genie's and fabulous entertainment by Officer Jimmy Winters and Friends and the chance to register all those bikes with the City. Plus make-your-own-pedal-powered smoothies!

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

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