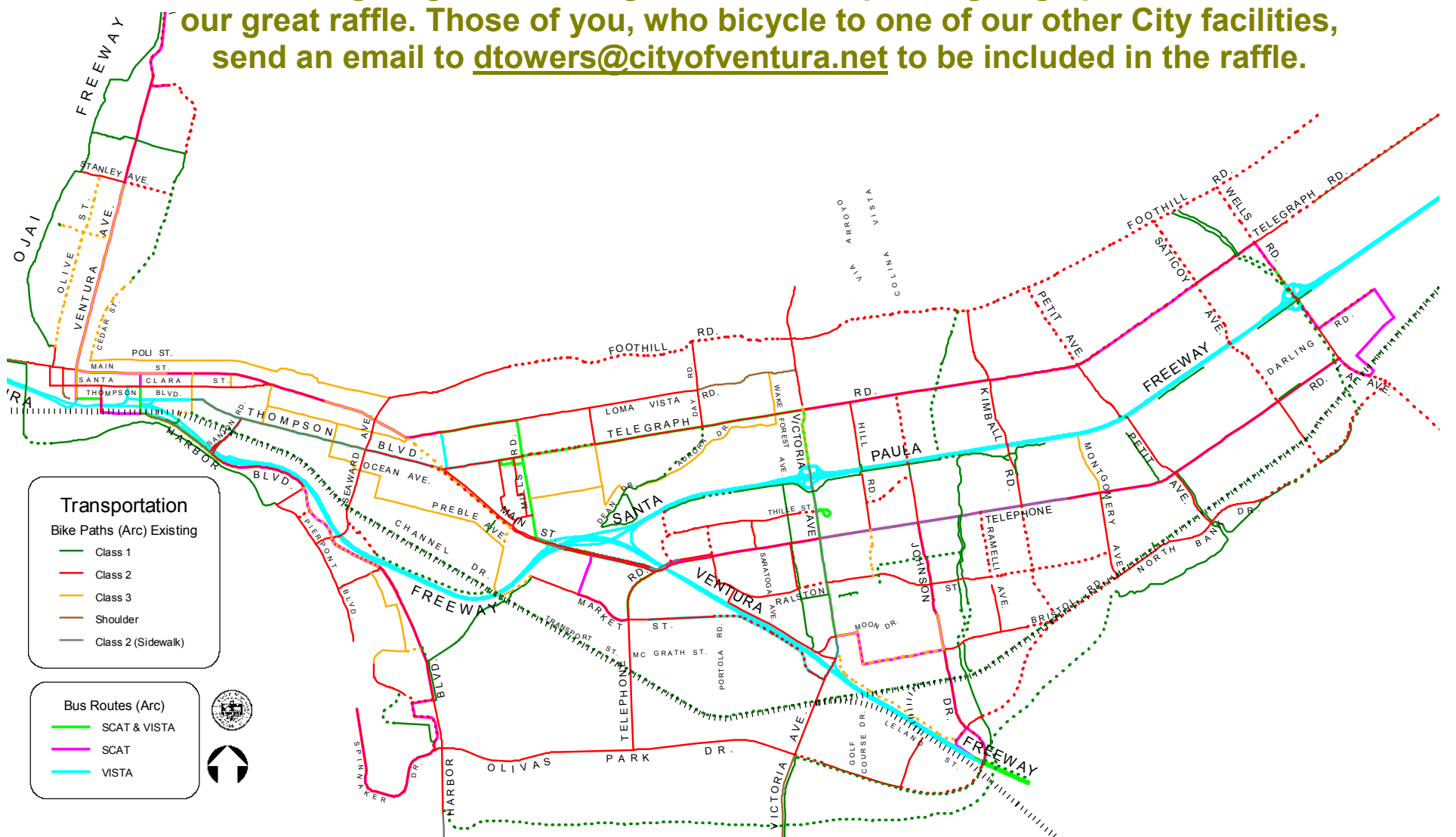




May 14th is Bike to Work Day.

The City of Ventura "Pit Stop/Energy Station" will be at Santa Clara & California from 6:00am to 9:00am.

We will be giving out morning refreshments plus signing up commuters for our great raffle. Those of you, who bicycle to one of our other City facilities, send an email to dtowers@cityofventura.net to be included in the raffle.



May is National Bike to Work Month. May 11-15 is Bike to Work Week.

It's Healthy! Bicycling to work can keep you in shape without having to set aside additional time for exercise. Bicycle commuters tend to enjoy healthier lifestyles, get sick less often and feel less stress.

It's Smart! Bicycle commuting is one of the least expensive ways to get to work. There's no gas, maintenance, parking fees or insurance to pay for.

It's Fast! In many areas trips by bicycle, door to door, are faster than by car, especially where the one-way commute distance is less than five miles.

It's Clean! Bicycles don't pollute the air or require lots of land for roads or parking lots. Eight to twelve bicycles can park in the space required for one car.

It's Fun! A bicycle ride at the end of the day is a great way to relieve stress. Discovering routes on back roads through residential neighborhoods can be scenic and fun. It sure beats sitting in stalled traffic on the freeway!