

Two wheels are better than four

Silicon Valley Bike Coalition kicks-off National Bike Week

Silicon Valley Bicycle Coalition

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“Get out of your car and onto your bike,” is the message of National Bike Week, which starts May 12th. This celebration of bicycling will include a series of fun and healthy activities to inspire commuters and business leaders to exchange car-based commutes for energizing bicycle-based commutes.

CEO/Celebrity Cycle-to-Work Challenge – May 12th

On May 12th, to kick off National Bike Week, CEOs, political leaders and celebrities will lead by example in the CEO/Celebrity Cycle-to-Work Challenge – a ride from Diridon Station to San Jose’s City Hall. Participants include San Jose Mayor Chuck Reed; Carl Guardino, Silicon Valley Leadership Group President/CEO; and Andy Ball, President/CEO of Webcor Builders.

Bike to Work Day – May 15th

On Thursday May 15th, tens of thousands of residents throughout the Bay Area will put aside their car keys, don their helmets and participate in Bike to Work Day. They will be supported on their morning commute by over 80 “energizer stations” set up throughout Silicon Valley where they will find complementary Hobee’s coffee cake and gear giveaways from Specialized Bicycles. Some stations will boast expert advice from community businesses such as Sports Basement. That evening, cyclists will gather at Gordon Biersch, in downtown San Jose, to celebrate the conclusion of a great day of cycling.

“Whether it’s to run a short errand or to go a longer distance in conjunction with mass transit, cycling is a viable and surprisingly easy alternative to driving a car,” said Andy Ball, President/CEO of Webcor Builders. “Bike to Work Day is all about getting people over the first hurdle so they can see that cycling is easy, it’s fun, and it works.”

Drawing on the competitive and innovative spirit of Silicon Valley resident companies such as Palm, Lockheed Martin and Webcor Builders, the Silicon Valley Bicycle Coalition is working with partners such as the Silicon Valley Leadership Group to organize events that combine the message of better and healthier living with the distinct local appeal of the high-tech world.

Why ride a bike?

Bicycling is healthy! Did you know that on average, a person weighing 175 lbs burns 1,160 calories pedaling 20 miles at a speed of 15 mph?

Bicycling saves gas; and gas is expensive! With gas approaching \$4 a gallon, the savings mount up. If you live 5 miles from work, and bike one day a week, you’ll drive 500 fewer miles a year – saving on gas and maintenance.

Bicycling is environmentally friendly! Did you know that if you drive a Toyota Camry and live 9 miles from work, you would reduce car emission pollutants by 908 lbs each year by bicycling just one day a week?

Ride your bike to work, to class, for errands or for play. Pedaling can take you there! If it's too far to ride, consider taking part of your trip via VTA or Caltrain.

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