



## The NOAA Bike Team

*Presents*

# Ride your bike to work?

# Yes...you CAN!

*Tuesday, May 12, 2009*

Join us for a pre-Bike to Work Day  
**FREE INFORMATIONAL SEMINAR<sup>1</sup>**

Learn tricks and tips from your co-workers  
to make bike commuting fast, fun, and easy!

When: May 12, 2008 – 10:00 to 11:00 AM

Where: NOAA Fitness Center SSMC3 Level M2

- Special guest speaker from the League of American Bicyclists
- Learn details on rules of the road, gear, routes in to the office, and what to do when you get here
- Does your helmet really fit you? Bring your helmet in and find out!
- Sign up for *Bike Bucks*
- And....
- Don't forget to join us for bagels and coffee on *Bike to Work Day*, Friday May 15<sup>th</sup>, 8:30-9:30 a.m. in SSMC3, Room 1311B

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<sup>1</sup> Sponsored by the NOAA Bike Team – a subcommittee of the NOAA Green Team  
email: [NOAABikeTeam@noaa.gov](mailto:NOAABikeTeam@noaa.gov), website: <http://www.biketowork.noaa.gov/>