

Turn your Commute Time into Workout Time!
Arrive at Work with a Smile! You Can Do It!

N A T I O N A L

BIKE TO WORK DAY

FRIDAY, MAY 16

Come Enjoy a NOAA Juicer

Hosted by the NOAA Bike Commuter Team*

8:30-9:30 AM • SSMC3 Room 1311B

(enter from sidewalk along E-W Hwy next to dentist)

FREE COFFEE, JUICE, BAGELS (courtesy of NOAA Gourmet Deli SSMC4)

- Raffle for 2 BIKE COMPUTERS and a FREE bike tune-up (donated by Silver Cycles)
- Bike accessory giveaways, Metro-DC bike route maps and more
- Q&A on best routes, gear, safety, cycling's health benefits, etc.
- For everyone interested in biking. Bring a friend — join in the camaraderie!

BIKING ON MAY 16?

- Free access to showers at NOAA Fitness Center and in SSMC1
- Secure parking in SSMC1 and SSMC3 garages
- Join a bike commuter caravan led by fellow NOAA employees

For further information visit: <http://www.seco.noaa.gov/BTWD.html>

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* a subcommittee of the NOAA Green Team