

# 2008 Bicycle Commuter Guide



featuring:

**Group Health  
Commute Challenge  
May 1-31, 2008**

**Starbucks  
Bike to Work Day  
Friday, May 16, 2008**

# Join the Revolution Bike Commute



Join Seattle's smartest commuters for:



GroupHealth

**Group Health  
Commute Challenge  
May 1-31, 2008**

plus



**Starbucks  
Bike to Work Day  
Friday, May 16, 2008**

# Join the Revolution: Bike Commute

This is Cascade Bicycle Club's new Bicycle Commuter's Booklet. We hope it will serve as a guide for new as well as veteran bicycle commuters, providing resources to make your bike commute easy and accessible. The community calendar highlights different cycling and community events you can ride to over the next year. Join us in the transportation revolution.



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**Remember, this booklet is a starting point. You can ride your bike almost anywhere.**

**Much more information can be found at:**  
[www.cbcef.org/commute.html](http://www.cbcef.org/commute.html)  
**Join us!**



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# Why Should I Ride a Bike?

## WHAT CAN YOU DO?

**A two-mile bike ride takes only ten minutes.**

**If you ride your bike on one two-mile round trip instead of driving one day a week for a year you will save 780 pounds of pollutants. That's a lot of nastiness you can keep out of everyone's lungs. Thanks!**

You'll gain significant environmental, health, financial and social benefits with trips by bicycle. Resurrect your stored bicycle and start using it as part of your daily transportation menu! Incorporating your bicycle for transportation is a lot easier than you may envision. Replace one short car errand or commute trip a week with your bike, and you'll experience how easy it is to get around.

## ENVIRONMENTAL

One of the biggest contributors to global warming is automobiles. Motor vehicle emissions represent 31% of the total carbon dioxide and 81% of the carbon monoxide pollutants in our air. Anytime we drive two miles a vehicle coughs approximately eight pounds of pollutants into our air.

In addition, 60% of air pollutants come from the first few minutes of engine operation meaning all those short car trips are far worse for the environment than longer distances. Forty percent of all trips are less than two miles. Bicycles are the most energy efficient mode of transportation. Period. Life's too short. Shake things up a little, baby.



**HEALTH**

Many of us are looking for ways to live a healthier life.

Along with helping reduce our impact on the environment, cycling is an easy way to start becoming healthier. A 150-pound individual will burn 400 calories pedaling 12 mph. Regular exercise greatly reduces your risk of heart disease and depression (hello Puget Sound!). Using your bicycle for transportation is an easy way to build exercise into your day. The table below shows how many calories are burned per hour on a bicycle.

**Calories Burned per Hour**

SPEED	140LBS	195LBS
10-12 mph, light effort	381	531
12-14 mph, moderate effort	508	708
14-16 mph, vigorous effort	636	885
16-19 mph, flying along	763	1062
>20 mph, racing	1017	1416
Mountain or BMX riding	540	753



Regular exercise greatly reduces your risk of heart disease and depression



### COST



**Every day you don't drive you are saving/making money. Watch your wallet fatten!**

Driving is expensive! As a car owner, you might have car payments each month in addition to insurance fees and the price of gas. Oh, and don't forget about the cost of maintaining your car; the most commonly accepted figure for car ownership averages about \$8,000 a year in the U.S. and is climbing every day.

Now think about how much it costs to own a bike. Besides initially buying a bicycle and accessories, reoccurring expenses are minimal. Every day you don't drive you are saving/making money. Watch your savings add up! In addition, if you live less than three miles from your destination, you can bike there in the same or less time than it would take to drive. This is especially true during heavy traffic hours. And as for parking....fughettaboutit!

### SOCIAL

One of the things we are losing in our media-rich society is the ability to socialize. Cycling is the Great Equalizer. Riding your bicycle will help you get to know your community on a much more intimate basis. It is a lot easier to talk to your neighbor when you're not trapped behind a car's window.

# What do I Need to Bike Commute?

A good helmet, a comfortable and well-fitting bicycle, and some ideas about how to ride safely will help you get started.

## HELMET FACTS

- **In King County it's the law that anyone riding a bicycle must wear a bicycle helmet.** The fine is usually \$81 for first time offenders.
- CPSC and Snell-certified refers to the set of safety tests a bicycle helmet has to undergo to receive this certification. Be sure when buying a helmet it has one of these certifications.
- Bicycle helmets costing \$10 are no less safe than \$200 helmets as long as they have the CPSC or Snell sticker.
- More expensive helmets typically have better ventilation with more vents...which also means less styrofoam to protect your cranium...so look for a design that has adequate ventilation, but doesn't resemble a hairnet. The Bell "Citi" in "Safety Orange" is a big favorite with us.
- For more information: [www.helmets.org](http://www.helmets.org)

## HELMET FIT

- Adjust pads so the inside of helmet is comfortably snug, but does not "pinch" the head/temple; you should not be able to move the helmet off your forehead when buckled.
- Chinstrap should be snug but not choking. No more than two fingers should fit between strap and your chin when buckled.
- Make sure the front of the helmet completely covers your forehead.
- The side "Y" straps' adjustable slider/clip should be positioned below bottom of earlobe. Constantly readjust the straps as they tend to "creep" from their optimal position. These buckles are what hold the helmet securely on your head.
- Always trade in your helmet after a fall, no matter how small an impact it receives. (Manufacturers often have a "crash-replacement" program. Contact your dealer or the manufacturer's website for details).
- For more information on helmet fit and low-cost helmet purchase: [www.cbcef.org/helmets.html](http://www.cbcef.org/helmets.html)



# Proper Bike Fit

A properly adjusted bicycle can make the difference between riding everyday or watching your bike sit in the garage gathering dust. Purchase a bike at a professional bike shop that will expertly fit you to the bike.



**Purchase a bike at a professional bike shop that will properly fit you to the bike.**

## TIPS

- Straddle the bike's top tube and check to ensure if there is 1-2 inches of stand-over clearance. Anything less and you'll know it's "not quite right."
- Sit on the bike saddle and rotate the pedal to its lowest point. The lower knee should have a slight bend. Raise or lower seatpost to give your knee this slight "crook."
- When riding the bike, you should have a neutral position with your "precious parts" in the middle of the saddle and your bum situated comfortably on rear portion of saddle. Adjust fore/aft position of saddle until you find "the sweet spot of forgiveness" for many comfortable rides.
- There are many more variables involved in dialing in the perfect fit. For more online information go to this excellent article on the subject:  
[www.peterwhitecycles.com/fitting.htm](http://www.peterwhitecycles.com/fitting.htm)



# How do I Commute by Bike?

## TIPS FOR RIDING

**Ride Predictably!!!** We can't overemphasize this simple tip. If motorists and fellow cyclists know what you're going to do before you do it...everybody stays upright and dent-free.

**Obey traffic laws.** If you possess a driver's license, you already know all the traffic laws pertaining to cyclists. (Hint: they're the same, so please ride accordingly.)

**Make eye contact** with motorists...if they don't see you...stop!

**Assume you're invisible** when you ride in traffic. You are indeed more difficult to see, so make sure you use blinking lights, wear reflective clothing, and use proper lane positioning to be conspicuous on the road.

### No Shame in Taking the Lane

- **Ride in the first third of the lane** when proceeding straight or taking a right-hand turn.
- **Take the middle of the lane** when approaching a stop sign or light or taking a left-hand turn. By doing so, cars can't ease-up next to you and force you from your rightful place in line. They also can see you more easily, registering you as part of traffic, and will not turn into you.

### You Can Ride on the Sidewalk in Seattle...but

**don't:** If you need to take your bike on a busy sidewalk, please walk it. Riding is potentially dangerous to both the cyclist and pedestrians. Other sidewalk riding laws vary by jurisdiction in King County. Check with your town or city.



If you possess a driver's license, you already know all the traffic laws pertaining to cyclists.

## TIPS FOR RIDING

*(continued)*



Buy a loud bike bell for your handlebars. Use it when coming up behind fellow cyclists and pedestrians and also announce “On your left!”

### Heavy Metal Will Make More Than Your Ears Bleed

- Avoid wet manhole covers, sewer grates, and road plates. If it looks slippery...it is.
- Slice railroad tracks straight across. Don't try crossing them at anything other than 90 degrees. Feel free to get off and walk over the tracks if in any doubt.

### The Door Zone

- When commuting on streets with parked cars, ride outside the arc of an opened car door.
- Being “door'd” is exactly what you do not want to have happen on your commute.
- If bike lanes are present and you want to ride in them, stay on the far left lane line.

### Come to a FULL STOP at Stop Signs

This will go a long way in helping bicyclists gain respect from law-abiding motorists as well as teach fellow cyclists the correct way to safely behave in traffic.

**Stop for Pedestrians in Crosswalks.** Always.

### Bike Bells

Buy a loud bike bell for your handlebars. Use it when coming up behind fellow cyclists and pedestrians and also announce “On your left!” The old-fashioned “Ring-Ring!” bells gain more attention than the simple “Ding!” type. Some cyclists also use whistles in heavy traffic.

## Additional Resources

Below is a list of websites grouped into categories that can provide more information for your commuting needs. There are links to all these sites as well as much more information at [www.cbcef.org/commute.html](http://www.cbcef.org/commute.html)

### ROUTING TOOLS

[www.cascade.org/Community/forum/index.cfm](http://www.cascade.org/Community/forum/index.cfm)

*(Post your route question on Cascade's message boards for the best answers to your route finding mysteries.)*

[www.mapmyride.com](http://www.mapmyride.com)

[www.bikely.com](http://www.bikely.com)

### MAPS

[www.seattle.gov/transportation/bikemaps.htm](http://www.seattle.gov/transportation/bikemaps.htm) *(updated March, 2008)*

[www.wsdot.wa.gov/bike/Planning\\_Maps.htm](http://www.wsdot.wa.gov/bike/Planning_Maps.htm)

<http://research.microsoft.com/mapcruncher/Gallery/NWBike>

*(Map Cruncher shows all WA bike maps on one overlay of the State)*

### HELMETS

[www.cbcef.org/helmets.html](http://www.cbcef.org/helmets.html)

[www.metrokc.gov/health/injury/helmets.htm](http://www.metrokc.gov/health/injury/helmets.htm)

[www.helmets.org](http://www.helmets.org) *(Good site with up-to-date info on bike helmet safety)*

### LAWS

[www.wsdot.wa.gov/bike/Laws.htm](http://www.wsdot.wa.gov/bike/Laws.htm) *(Washington Department of Transportation)*

[www.bicyclealliance.org/safety/rcw.html](http://www.bicyclealliance.org/safety/rcw.html) *(The Bicycle Alliance)*

### BIKE TO WORK MONTH

[www.cbcef.org/btw/index.html](http://www.cbcef.org/btw/index.html)

### ARTICLES OF ABOUT BIKE COMMUTING

[www.bfw.org/btww/commuting/index.php](http://www.bfw.org/btww/commuting/index.php)

[www.sightline.org](http://www.sightline.org)

### OTHER BIKE COMMUTER RESOURCES

<http://transit.metrokc.gov/tops/bike/bike.html>

*King County Metro's bike site for "Hybrid Commuters"*



GroupHealth

# Group Health Commute Challenge

MAY 1-31, 2008

**DID YOU KNOW?**  
The inaugural  
Seattle Commute  
Challenge took  
place in 2000 and  
attracted about  
500 riders.

The Seattle  
Commute  
Challenge is  
now the Group  
Health Commute  
Challenge and is  
one of the biggest  
bicycle commuter  
events in the  
world.

In 2007, the  
event attracted  
7525 riders and  
1238 teams  
who rode more  
than 1,000,000  
miles during the  
month!

During National Bike to Work Month this May, participate in the Group Health Bike Commute Challenge...the nation's biggest bike commuter event.

If you've been thinking about bike commuting for the first time, this is the perfect program to get you rolling. For seasoned commuters, this is your chance to show your bike-commuting commitment by riding to work as often as you can, as well as introducing co-workers to a new approach to their day. They'll love you for it!

So challenge yourself, your workmates, and encourage other local businesses and competitors to be a part of the solution. Just complete five round trips, or more, during the month of May to be eligible for great prizes.

## **TEAM SIGN-UP: IT'S FAST AND IT'S FREE.** Registration opens mid-April

1. The Team Captain forms a team of 4 to 10 riders, decides on a team name and registers online. A team may register ANY TIME between mid-April and May 23, 2008. **Everyone is welcome to join the Challenge until the last week of the contest.** (Captain's shirts are first come, first served, while supplies last)
2. After registering, Team Captains pick up their free shirt, posters and team member reflective bands at one of the package pick-ups April 22-May 2 at various locations around the Sound (see website for details). Captains can use resources from the "online Toolbox" (<http://www.cbcef.org/btw/cctoolbox.html>) to challenge other departments or offices and to motivate and inspire their team.

3. Team members must bike to work at least five times during the month. Of course, the more you ride, the higher your rank! Team members can download a tally sheet from the website and keep track of their trip data or just enter it directly online. It's fun, it's easy and you can see your team results posted directly to the event website each day!
4. Please do NOT report any extra recreational (i.e. shopping, chores or the "long way" to work) mileage that you do in addition to your regular commute trip. Also, you can only report FIVE DAYS maximum per week. **If you work six days, we salute you, but you cannot report it as mileage towards your total.**



**Challenge yourself, your workmates, and encourage other local businesses and competitors to be a part of the solution.**

### **YOU DON'T HAVE TO JOIN A TEAM TO ENTER:**

You can enter as a solo participant in the Challenge. Visit the website and register as an "Individual." You will follow the same instructions as above.

**Snohomish County commuters:** You can additionally choose to participate in Community Transit's Bike Commute Challenge. For more information, visit [www.communitytransit.org/go2/biketowork](http://www.communitytransit.org/go2/biketowork)

### **WEAR YOUR COLORS!**

All team members receive a free reflective band to attach to their bike, courtesy of presenting sponsors F5 Networks and HomeStreet Bank. Cascade Bicycle Club Bicycle Ambassadors will be giving away free prizes each week to riders they see prominently displaying their bands during May.

Group Health Commute Challenge Team T-Shirts are also available for purchase online or at one of the events listed on the bike month calendar.

**NEW FOR 2008**  
We will be rewarding teams and organizations with the highest percentage of Cascade Bicycle Club members riding in the event!

# Bike To Work Month Schedule



For detailed information on all events please visit: [www.cbcef.org](http://www.cbcef.org) or call 206-517-4826.

**April 22-May 2: Group Health Commute Challenge Team Captain Packet Pick-ups** at various locations around the Sound (visit website for details.)

**Tue May 1- Sat May 31: Group Health Commute Challenge.** Just ride five times May 1-31 to join the program; prizes galore; enter online today, it's free!

**May 7, 7-9am: Vulcan Bike to Work Breakfast @ Sheraton Seattle Hotel**

Join top regional policy makers plus special speakers at this premiere event. Get your company on board and secure your table today!

**May 8, 5-8pm Captains' Bash @ The Pike Brewery**  
Team Captains are invited (+ one guest) to a special happy-hour party at one of Seattle's best breweries. Beer and appetizers are on us!

**May 16, 6-9am: Starbucks Bike To Work Day**

Forty-two commuter stations are open; let's break last year's rider mark of 19,000. Please see map on page 19 for full station location info.

**Fri May 16, 7:30-8:30am: Starbucks Bike To Work Day Rally @ Seattle City Hall, 600 4th Ave, Seattle**

We'll have special VIP speakers, music, complimentary Starbucks® coffee and lots more. Let's show elected officials that bicyclists really care. Don't miss this event!

**Thurs May 29, 4-7pm: UW Hubbub**

Close out the month in style with live Salsa by Cambalache, fun bike contests and complimentary Starbucks® Coffee. On the Burke-Gilman trail @ Brooklyn Ave; co-sponsored by UPASS.

# Starbucks Bike to Work Day

Friday, May 16, 2008

## WHY RIDE?

Help generate political momentum for the creation of safe, convenient bicycle facilities around our region. Cascade Bicycle Club would like to see official counts of bicycle commuters become commonplace around Puget Sound. Until then the number we tally each year on Bike to Work Day (BTWD) has become the unofficial indicator of our community's growing size and strength.

BTWD's dramatic year-over-year increases show transportation engineers and politicians that cycling facilities like bicycle lanes and parking racks are critical investments. The combination of our growth and the societal benefits of bicycle riding is leading to unprecedented public investment, including the bike-specific funding in Seattle's recent "Bridging the Gap" levy and the "Complete Streets" ordinances passed by the progressive cities of Kirkland and Seattle.

By biking to work together, we are making a difference. To have an even greater impact, please join the nation's largest bike club, and add your voice to the cycling clout in our region.

## BIKE TO WORK DAY DETAILS

Throughout the Puget Sound, stop by one of the 42 Commute Stations to pick up free schwag, snacks, city/county maps, bicycle commuting information and even have your bike checked for free by our fantastic bike shop station sponsors. Many shops offer substantial discounts for participants throughout the month. Don't forget to enter the CBC raffle on Starbucks Bike To Work Day. **If you're already a seasoned bike commuter, help us spread the word and encourage colleagues to try a bike ride.**



## DID YOU KNOW?

In 2000, Cascade Bicycle Club's Bike to Work Day attracted 5300 riders.

Starbucks Bike to Work Day in 2007 attracted 19,094 riders.

Bike to Work Day is nationally promoted by the League of American Bicyclists.  
[www.bikeleague.org](http://www.bikeleague.org)

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# Commute Stations and Adopt-A-Station Sponsors

Reduce traffic congestion Promote clean air Conserve energy

## NORTH

For more information on the Snohomish County Bike To Work program, visit [www.communitytransit.org/go2/biketowork](http://www.communitytransit.org/go2/biketowork) or call Community Transit at 800-552-1375.

### 1. Everett Boeing

Open 4:30-8:30 a.m.  
75th & Seaway  
Boeing  
Sharing Wheels 425-252-6952

### 2. Everett Station

Open 5:30-9:00 a.m.  
3201 Smith Ave,  
south of Pacific  
Everett Transit  
REI Alderwood 425-774-1300

### 3. Lynnwood

Open 6:00-9:00 a.m.  
Lynnwood Transit Center -  
west of Interurban Trail  
(202nd St SW & 46th Ave W)  
City of Lynnwood  
Harvy's Bike Shop  
425-774-8951

### 4. McCollum Park Park & Ride

Open 6:00-9:00 a.m.  
128th St SE & Dumas Road  
Community Transit  
Bicycle Centres 425-337-3509

### 5. UW Bothell

Open 6:30-9:00am  
18155 Campus Way NE  
UW Bothell  
Bothell Ski & Bike  
425-486-3747

### 6. Marysville Comeford Park

Open 6:00-9:00 a.m.  
State Ave & 5th Ave  
Marysville Parks & Rec  
Naval Station Everett

### 7. Lake Forest Park

Open 6:00-9:00 a.m.  
Logboom Park, Kenmore  
Cascade Bicycle Club

## EAST

### 8. Woodinville

Open 6:00-9:00 a.m.  
Wilmot Gateway Park  
17301 NE 131st Ave  
& Samm Trail  
City of Woodinville  
Sammamish Valley Cycles  
425-881-8442

### 9. Sammamish River Trail

Open 6:00-9:00 am  
116th Street NE  
& Willows Rd.  
Greater Redmond TMA  
REI - Redmond 425-882-1158

### 10. Overlake

Open 6:00-9:00 am  
NE 51st and the 520 Trail  
Greater Redmond TMA  
Performance Bicycle Shop  
425-643-8122

### 11. Bellevue

Open 6:00-9:00 am  
Bellevue Galleria  
106th & NE 6th  
BDA TransManage  
Gregg's Bellevue  
425-462-1900

### 12. Kirkland

Open 6:00-9:00 am  
Marina Park - Pavilion  
City of Kirkland  
Montlake Bicycle Shop  
206-329-7333

### 13. I-90 East

Open 6:00-9:00 am  
Entrance to I-90/  
Mercer Island Trail  
at SE 34th  
City of Bellevue  
Montlake Bicycle Shop  
425-462-8823

### 14. Issaquah

Open 6:00-9:00 am  
NW Sammamish Rd & SR 900  
City of Issaquah  
Pacific Cycle 425-836-3911

## CENTRAL

### 15. Midvale InterUrban Trail

Open 6:00-9:00 am  
175th Street N &  
N Midvale Ave  
WSDOT Northwest Region  
City of Shoreline

### 16. North Seattle Community College

Open 6:00-10:00am  
9600 College Way N at  
flagpole in front of school  
North Seattle Community  
College  
Revolution Cycles  
206-525-3068

### 17. Green Lake

Open 6:00-9:00 am  
NE Ravenna Blvd &  
Woodlawn Ave NE  
Washington Trails  
Association  
Gregg's Greenlake Cycle  
206-523-1822

**18. Ravenna**

Open 6:00-9:00 am  
 20th Ave NE & NE 61st St  
 Open for Sponsorship: Call 206-517-4826  
 To adopt this commuter station!

**19. UW - Burke-Gilman Trail** 

Open 6:00-9:00 am  
 Rainer Vista & Burke-Gilman Trail  
 Group Health Cooperative  
 National MS Society  
 Recycled Cycles 206-547-4491

**20. UW - Blakely**

Open 6:00-10:00am  
 25th Ave NE & NE Blakely St @  
 Counterbalance  
 UW Community, Environment  
 and Planning Program  
 Counterbalance Cycles 206-352-3252

**21. University Bridge**

Open 6:00-9:00 am  
 South end of bridge  
 REI - Seattle 206-223-1944

**22. Ballard Bridge**

Open 6:00-9:00 am  
 15th Ave NW & Leary Way  
 Sustainable Ballard  
 Bike Sport 206-706-4700

**23. Fremont Bridge** 

Open 6:00-10:00 am  
 Nickerson Street Saloon  
 Cascade Bicycle Club  
 Free Range Cycles 206-547-8407

**24. Fremont/Burke-Gilman**

Open 6:00-9:00 am  
 In front of Speedy Reedy  
 1100 N Northlake Way  
 Shannon & Wilson Inc  
 Speedy Reedy 206-632-9879

**25. Downtown Seattle**

Open 6:00-9:00 am  
 Mercer & Dexter  
 Downtown Seattle  
 Herrera Environmental Consultants, Inc.  
 Counterbalance Bicycles 206-352-3252

**26. Bank of America Plaza**

Open 6:00-9:00 am  
 5th between Cherry & Columbia  
 City of Seattle

**27. Olympic Sculpture Park** 

Open 6:00-9:00 am  
 North entrance of Myrtle Edwards Park  
 Environmental Protection Agency  
 Seattle Art Museum  
 Elliott Bay Bicycles 206-441-8144

**28. Seattle University**

Open 6:00-10:00am  
 900 Broadway (just south of Madison)  
 Seattle University

**29. Bikestation Seattle** 

Open 6:00-10:00am  
 311 3rd Ave S, near King St Station  
 (between Jackson and Main)  
 King County Metro  
 Bicycle Alliance of WA 206-224-9252

**30. Children's Hospital** 

Open 6:00-9:00 am  
 40th NE and Burke-Gilman Trail  
 Children's Hospital of Seattle

**31. Friends of Burke-Gilman Trail**

Open 6:00-9:00 am  
 8th Ave NW & Burke-Gilman Trail  
 Friends of the Burke-Gilman Trail  
 www.burkegilmantrail.org

**SOUTH**

**32. SODO @ Starbucks HQ**

Open 6:00-9:00 am  
 1st Ave S and S Stacy  
 Starbucks Corporate HQ  
 The Bicycle Doctor 206-789-7336

## COMMUTE STATIONS AND ADOPT-A-STATION SPONSORS

### SOUTH (CONTINUED)

#### 33. I-90 West

Open 6:00-9:00 am  
East end of tunnel, west end of bridge  
Triumph Multisport 206-328-4676

#### 34. Beacon Ave

Open 6:00-9:00 am  
Beacon Ave S & S Columbian Way  
Bike Works 206-725-9408

#### 35. Renton

Open 6:00-9:00 am  
Hardie Ave SE & SW 7th St  
Seattle Bike Supply  
Center Cycle 425-228-3661

#### 36. Kent

Open 6:00-9:00 am  
6750 S. 228th St  
REI Corporate Headquarters  
253-395-5924

#### 37. Southcenter

Open 6:00-9:00 am  
Green River Trail on the south side  
of the Strander Blvd overpass  
Southcenter/ Tukwilla REI 206-248-1938

### WEST

#### 38. Bainbridge Island Ferry

Olympic Drive at Winslow  
Ferry Dock  
Squeaky Wheels Bike Club

#### 39. West Seattle

Open 6:00-9:00 am  
Marginal Pl SW & SW Spokane St  
(west end of lower bridge)  
BECU  
Aaron's Bicycle Repair 206-938-9795

#### 40. Vashon Island

Open 6:00-9:00 am  
Main Intersection (by old hardware store)  
Cascade Bicycle Club

#### 41. Bremerton

Pacific & Farragut (in front of shipyard main  
gate)  
West Sound Cycling Club  
Bremerton Naval Shipyards  
Silverdale Cyclery 360-692-5508

#### 42. US Coast Guard

Open 6:00-9:00 am  
Alaskan Way South in front of Pier 36  
Coast Guard base  
US Coast Guard Sector Seattle  
Bicycle Paper



### ORDER YOUR 2008 BIKE TO WORK T-SHIRTS!

You can order both "Starbucks Bike to Work Day" and "Group Health Commute Challenge" T-shirts. Shirts are available online at [www.cascade.org](http://www.cascade.org) on April 20 for \$12 each. To avoid shipping charges, shirts can be bought directly from CBC office and at select Starbucks Bike to Work Day stations on Friday, May 16.

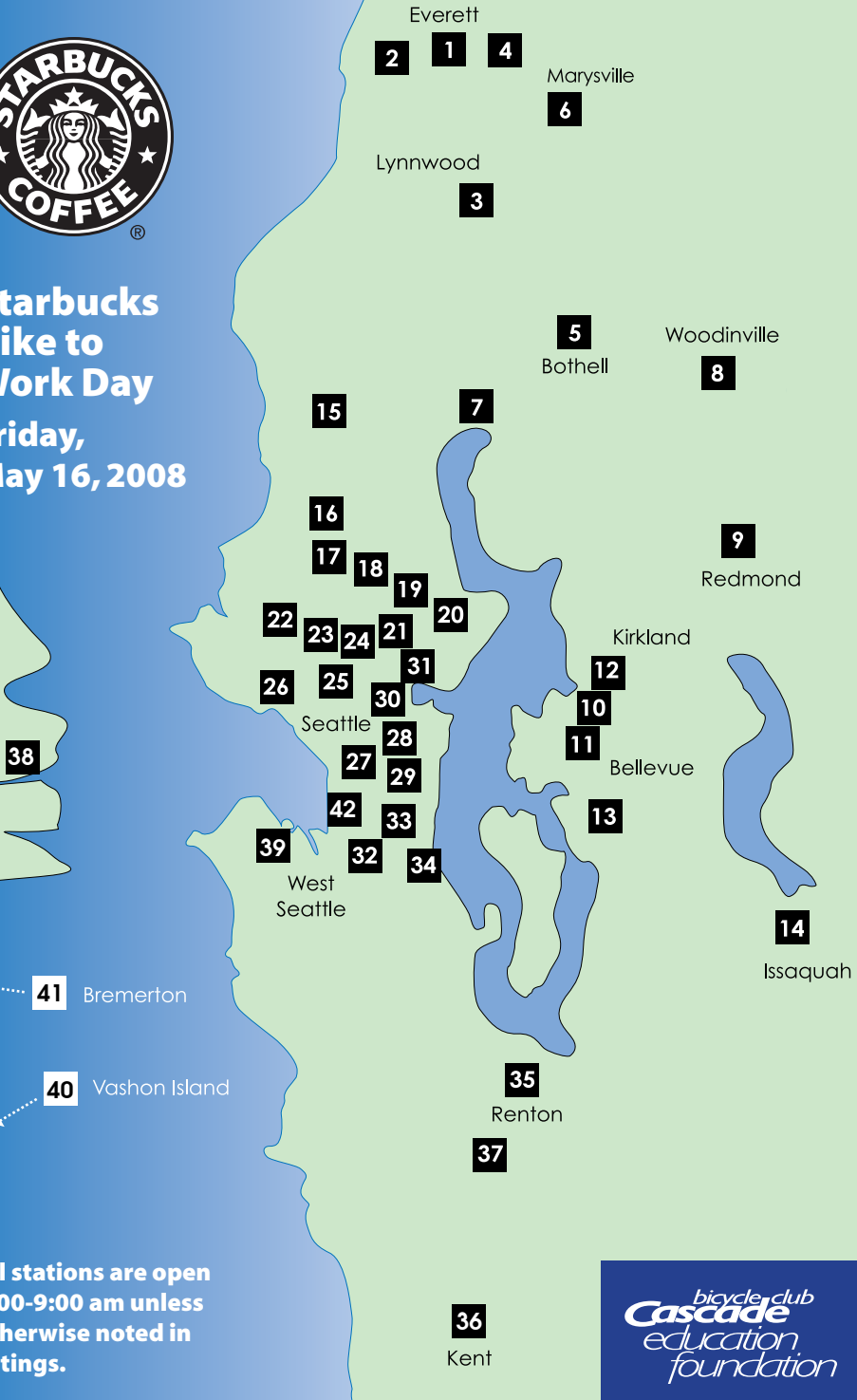


Denotes a Starbucks Bike To Work Day T-Shirt outlet. Only these stations have shirts available, but you can pick up an order form at any other station & mail/fax in your order.

**Note: Helmets are required by law in Seattle and King County**



# Starbucks Bike to Work Day Friday, May 16, 2008



All stations are open  
6:00-9:00 am unless  
otherwise noted in  
listings.

bicycle club  
**Cascade**  
education  
foundation

## Bike to Market

Your bicycle can also be used as the ultimate shopping cart. Many people use their bicycle to do errands, such as grocery shopping. A big question is how do they carry all those heavy shopping bags home? Try backpacks, panniers, trailers and many other creative contraptions to move groceries, tools or even furniture around. For more information go to: [www.cbcef.org/commute/index.html](http://www.cbcef.org/commute/index.html).



## FARMERS MARKETS

Support local farmers by doing your shopping at Farmers Markets. Ride your bike over, load up your panniers with fresh veggies and get to know your community.

**Ballard:** Sundays, 10am-3pm in summer and 11am-3pm in winter), Year Round, 5330 Ballard Ave NW

**Broadway:** Sundays, 11am-3pm, May 13 - Nov 18, 10th Ave E and E Thomas, behind the Broadway B of A on Capitol Hill

**Columbia City:** Wednesdays, 3pm - 7pm, May 2 - Oct 31, 4801 Rainier Ave S, at S Edmonds

**Lake City:** Thursdays, 3pm - 7pm, May 17 - Oct 4, NE 127th and #30th NE, next to the fire station off Lake City Way

**Magnolia:** Saturdays, 10am - 2pm, June 2 - Oct 13, Next to the Magnolia Community Center at 2550 34th Ave W

**Phinney:** Fridays, 3pm - 7pm, June 15 through Sept 28, 67th and Phinney Ave N, in the lower lot of the Phinney Neighborhood Center

**Queen Anne:** Thursdays, 3pm - 7pm, June - Oct 4

**U-district:** Saturdays, 9am - 2pm, Year-round, Corner of 50th and University Way NE, in the University Heights lot

**Wallingford:** Wednesdays, 3pm - 7pm, May 16 - Sept 26

**West Seattle:** Sundays, 10am - 2pm, April 29 - Dec 30, California Ave SW & SW Alaska, in the heart of the Junction

**For more information go to:**  
[www.seattlefarmersmarkets.org](http://www.seattlefarmersmarkets.org)



Try backpacks, panniers, trailers and many other creative contraptions to move groceries, tools or even furniture around.



# Community Calendar

Check out this year round calendar to look up different cycling and community events that you can cycle to!

## APRIL

### Mid-April: Registration for the Group Health Commute Challenge

**April 2: Kids' Carnival: Magnuson Park**  
[www.seattle.gov/parks/centers/Magnuson/activity.htm](http://www.seattle.gov/parks/centers/Magnuson/activity.htm)

**April 4: Ancient Secrets of Bike Maintenance** – Chains and Derailleurs:  
Magnuson Park  
[www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**April 5: REI Cyclefest** - Alderwood

**April 5: REI Cyclefest** - Southcenter

**April 12: YMCA Healthy Kids Day** - various YMCA's around Seattle.  
<http://seattleyymca.com>

**April 12: REI Cyclefest** - Redmond

**April 12-13: Seattle Green Festival** - Discover some of the best green products and services the Northwest has to offer. [www.greenfestivals.org/content/view/767/390/](http://www.greenfestivals.org/content/view/767/390/).

**April 16: Intro to Bicycle Commuting** - Unico Building Conference Room, 1333 5th Avenue, Seattle.  
[www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**April 17: Ancient Secrets of Bike Maintenance** - Road Brakes: Magnuson Park. [www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**April 19: You CAN Ride** - Columbia City, BikeWorks. Celebrate Cycling and alternate modes of transportation.

**April 22: Ancient Secrets of Bike Maintenance** - Fix a Flat: Magnuson Park. [www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**April 22: Earth Day!** Ride your bike everywhere to support the environment

**April 26: Green My Ride** - Phinney Neighborhood Center.  
[www.greenmyride.info](http://www.greenmyride.info)

**April 30: Intro to Bicycle Commuting** - Unico Building Conference Room, 1333 5th Avenue. [www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)





## MAY

**Bike to Work Month  
Join the Revolution!**

**May 1: Group Health Commute Challenge** - Join a team at work and see how much you can commute in the month of May! Sign up at [www.cbcef.org/btw/cc.html](http://www.cbcef.org/btw/cc.html)

**May 7: Intro to Bicycle Commuting** - Unico Building Conference Room, 1333 5th Avenue. [www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**May 7: Bike to Work Breakfast** - Attend Cascade Bicycle Club Education Foundation's fundraiser! Look for great conversation, networking, and an insight into why bike commuting makes sense for you, your business, and your community.

**May 8: Captains' Bash at the Pike Brewery** - Team Captains of the GHCC are invited (+ one guest) to a special happy-hour party at one of Seattle's best breweries. The beer is on us, and check out their awesome menu after the event.

**May 10: Bike Works Bike Swap** - 10am-4pm: Genesee Playfield. In order to facilitate the flow of bicycles to our local community, each year Bike Works organizes a community bike swap for the kids. Come to this annual spring event and trade in kids' bikes for bigger ones that fit.

**May 10 & 18: Bike Sat/ Sun** - Bicycle along Lake Washington Boulevard south of Mount Baker Beach and around Seward Park. Lake Washington Boulevard will be closed to motorized traffic from 9 am - 6 pm. **Low-cost helmets are sold at Seward Park, 1-4pm.**

**May 14: Monday Night Track Races** - Marymoor Velodrome. Monday night track races kick off. They occur every Friday until August 26. Great family event. Pack a picnic. [www.velodrome.org/cms/](http://www.velodrome.org/cms/)

**May 14: Wed Night Track Races** - Marymoor Velodrome. Wednesday night track races kick off. They occur every Friday until Sept 10. [www.velodrome.org/cms/](http://www.velodrome.org/cms/)

**May 15 - June 8: Spokesong** - A fun and original play set in a Northern Ireland bike shop during the 1970s. Seattle Public Theater at the Bathhouse [www.seattlepublictheater.org](http://www.seattlepublictheater.org)



**May 16: Starbucks Bike to Work Day**

Celebrate bicycle commuting with 19,000 commuters. See page 12 -19

**May 29: UW Hubbub** - Join all the fun at our annual UW Bike Bash featuring special musical guests, fun biking contests, free bike fittings, and free Starbucks coffee!

**May 21: Intro to Bicycle Commuting -**

Unico Building conference room, 1333 5th Avenue.  
[www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**May 22: Intro to Bicycle Commuting -**

Unico Building Conference Room, 1333 5th Avenue.  
[www.cbcef.org/classes.html](http://www.cbcef.org/classes.html)

**May 23-26: Northwest Folklife** - Seattle

Center. Try riding your bike down to the Seattle Center instead of driving.  
[www.seattlecenter.com/events/festivals/festal](http://www.seattlecenter.com/events/festivals/festal)



**May 30: Friday Night Track Races** -

Marymoor Velodrome. Friday night track races kick off. They occur every Friday until Sept. 12.

[www.velodrome.org/cms/](http://www.velodrome.org/cms/)

**JUNE**

**June 14: Flying Wheels** - Cascade

Bicycle Club puts on Washington state's largest century ride. Also offers shorter distances for full-on fun, no matter what your speed. [www.cascade.org](http://www.cascade.org)

**June 14 & 22: Bike Sat/ Sun** - Bicycle

along Lake Washington Boulevard south of Mount Baker Beach and around Seward Park. Lake Washington Boulevard will be closed to motorized traffic from 9am - 6pm **Low-cost helmets are sold at Seward Park, 1-4pm.**

**June 19: National Dump the Pump**

**Day** - Just another reason to take a break from your car and to ride your bike.

**June 21: Fremont Solstice Parade** -

Celebrate the longest day of the year with body paint and bicycles.

**JULY**

**July 4: Fireworks!** Ride your bike to

Eastlake or Gas Works this year. You'll be home way before all those people who drove.

**July 12 & 20: Bike Sat/ Sun** - Bicycle

along Lake Washington Boulevard south of Mount Baker Beach and around Seward Park. Lake Washington Boulevard will be closed to motorized traffic from 9am - 6pm. **Low cost**

helmets are sold at Seward Park, 1-4pm.

**July 12-14: Group Health Seattle to Portland Bicycle Classic (STP)** - Cascade's cornerstone event, offering riders a one- or two-day double century. The largest multi-day event in the Northwest. [www.cascade.org](http://www.cascade.org)

**July 12: Redmond Derby Days** - Includes: Kids Parade, Grand Parade, a Bicycle Criterium and much more!

**July 20: Bike In** - Produced by the Northwest Film Forum in Cal Anderson Park. [www.wigglyworld.org](http://www.wigglyworld.org)

**July 23: Cyclefest** - Magnuson Park. The biggest Tour-de-France-inspired festival on the West Coast! This annual family-friendly event is a great place to relax with a summer picnic. [www.cascade.org](http://www.cascade.org)

**July 25 & 26: FSA Grand Prix** - Marymoor Velodrome [www.velodrome.org/cms/](http://www.velodrome.org/cms/)

**July 31: RAMROD** - Ride Around Mt. Rainier in One Day. [www.redmondcyclingclub.org/RAMROD/index.html](http://www.redmondcyclingclub.org/RAMROD/index.html)

## AUGUST

**August 2-9: RAW. Ride Around Washington** - Cascade's week-long tour around the Evergreen State. [www.cascade.org](http://www.cascade.org).

**August 8: Bikemania** - Magnuson Park Hangar 30. Grab your helmet and bike, and spin down to Magnuson Park for our kids' bike extravaganza!

**August 8 & 17: Bike Sat/ Sun** - Bicycle along Lake Washington Boulevard south of Mount Baker Beach and around Seward Park. Lake Washington Boulevard will be closed to motorized traffic from 9am - 6pm. **Low-cost helmets are sold at Seward Park, 1-4pm.**

**August 15-16: RSVP** - Ride from Seattle to Vancouver (B.C) and Party. [www.cascade.org](http://www.cascade.org)

**August 17-18: Central Area Community Festival** - [www.cacf.com](http://www.cacf.com)

**August 23-24: RAPSody** - The Bicycle Alliance's Ride Around Puget Sound. [www.rapsodybikeride.com/](http://www.rapsodybikeride.com/)

**August 30, 31 & Sept 1: Bumbershoot** Seattle Center. Ride your bike, don't drive to Seattle's three-day music festival. [www.bumbershoot.org](http://www.bumbershoot.org)



SEPTEMBER

**September 3 - 5: ProWalk/ProBike -**

Join hundreds of bicycle and pedestrian advocates, elected and appointed officials, bike/pedestrian specialists, and many more who want to make our cities and communities more walkable and bicycle-friendly places. [www.bikewalk.org/2008conference/index.html](http://www.bikewalk.org/2008conference/index.html)

**September 7: High Pass Challenge**

**(HPC)** - A new challenging 114-mile, 7,500-foot elevation gain event through the pristine Gifford Pinchot Wilderness Area (not for novice riders). [www.cascade.org](http://www.cascade.org)

**September 13 -14: Fiestas Patrias -**

Seattle Center. Try riding your bike to avoid the hassle of parking downtown. [www.seattlecenter.com/events/festivals/festa](http://www.seattlecenter.com/events/festivals/festa)

**September 13 & 21: Bike Sat/**

**Sun** - Bicycle along Lake Washington Boulevard south of Mount Baker Beach and around Seward Park. Lake Washington Boulevard will be closed to motorized traffic from 9am - 6pm. **Low-cost helmets are sold at Seward Park, 1-4pm**

**September 14: Spawning Cycle -**

Myrtle Edwards. Fishy, friendly, fun! This urban ride celebrates Seattle, Cascade-style. Great for all ages and abilities. Choose one of four distances. [www.cascade.org](http://www.cascade.org)

**September 22: World Car Free Day -**

Everywhere!  
[www.worldcarfree.net/wcfd/](http://www.worldcarfree.net/wcfd/)

OCTOBER

**October 5: Kitsap Color Classic -**

Pedal into autumn with a lovely ride around the Kitsap Peninsula. [www.cascade.org](http://www.cascade.org)





**SEPTEMBER 2-5, 2008 | SEATTLE, WA**

**Transforming Communities  
Beyond Sustainability**

[www.bikewalk.org/conference.php](http://www.bikewalk.org/conference.php)



# Bicycle Commuting Corporate Solutions



Cascade Bicycle Club offers a menu of Commuter Education and Support Programs.

Corporate transportation professionals have been utilizing Cascade Bicycle Club's commuting expertise and support to help their employees understand what it takes to incorporate bicycle commuting into their transportation plans.

Cascade Bicycle Club offers a menu of Commuter Education and Support Programs to corporations and institutions that are interested in supporting bicycle commuting as part of their transportation programming.

## INTRODUCTORY BICYCLE COMMUTING COURSE

1.5 hour classroom course taught by a certified bike commuting instructor.

### Class includes:

- Riding safely in traffic
- Safe equipment choices
- Route selection
- Tricks and tips for the savvy commuter
- Class handouts customized to your location

## COMPLETE BICYCLE COMMUTING SERIES

Comprehensive 3-part series

### Classes include:

- Introductory Bicycle Commuting Course (*see above*)
- Advanced Bicycle Commuting Course (2.0 hour classroom and street skills practice)
- Winter/Rain Commuting Course (1.5 hour classroom session on setting your bike up safely for low-light riding conditions as well as dressing successfully for "Seattle Sunshine")

## CORPORATE BICYCLE COMMUTER PROGRAM

### Complete Bicycle Commuting Series:

- Intro, Advanced, Winter/Rain (*see left*)
- **Database Tracking:** Employees record bicycle commuting trips on our customized database to calculate their accrued mileage and other information.
- **Report Generation:** Database can be used for incentive-based programs, employee recognition, and accurate CTR reporting.
- **Bicycle Commuting e-newsletter** customized to your location.



## CARBON-NEUTRAL BICYCLE COMMUTER PROGRAM

- **Corporate Bike Commuter Program Consulting:** On-site assessment and recommendations for bike facilities that will encourage bike commuting, equipment sourcing, and design firm recommendations.
- **Online Surveys:** Employee surveys to determine support needs and program progress.
- **Bicycle Advocacy:** Cascade Bicycle Club will provide their noted bicycle advocates to work with interested parties on improving bicycle routes within your community.

Contact [commute@cascadebicycleclub.org](mailto:commute@cascadebicycleclub.org) to arrange a meeting at your workplace.



# Membership Form

Please return form and payment to: Cascade Bicycle Club  
 P.O. Box 15165 Seattle, WA 98115 Fax: 206-522-2407

New member(s)     Returning member(s)     Change of address

Please list primary member information first, followed by household members

First Name	MI	Last Name	M/F	DOB	Email

Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Cell Phone \_\_\_\_\_

To help promote cycling, we occasionally share names with other organizations. We never share telephone numbers or email addresses, only postal addresses. May we include your name?  yes  no

Supporting memberships receive a pair of CBC cycling socks as a thank you!  
 These memberships are NOT tax deductible.

Membership Type (pick one)	1 year	2 year	Socks	Amounts
Individual	\$25	\$45	none	Sock size: S, M, L, XL
Supporting Individual	\$45	\$85	1 pair/yr	
Household or Family*	\$55	\$100	none	Membership Amount: \$ _____
Supporting Household or Family*	\$80	\$150	1 pair/yr	
Chromoly Contributor*	\$100	\$200	1 pair/yr	Membership Amount: \$ _____
Titanium Contributor*	\$250	\$500	1 pair/yr	
Carbon Fiber Contributor	\$500	\$1000	1 pair/yr	Membership Amount: \$ _____
Student (e-news only)	\$15	\$25	none	

Tax deductible gift to: Cascade Bicycle Club Education Foundation  
 \$15, \$25, \$50, \$100, \$250, \$1,000,000, other: \$ \_\_\_\_\_

**Total amount enclosed, payable to "Cascade Bicycle Club"**  
 or fill out card information below \$ \_\_\_\_\_

**Please charge my credit card this amount:** \$ \_\_\_\_\_

VISA     MASTERCARD # \_\_\_\_\_  
 Expiration Date \_\_\_\_\_  
 Print cardholder's name \_\_\_\_\_  
 Signature \_\_\_\_\_

# Become a Cascade Member

## Put the power of Cascade Bicycle Club to work for you!

Whether you are new to cycling or a long time commuter, Cascade Bicycle Club works for you.

### YOUR VOICE

We advocate for you, increasing the voice and visibility of cyclists to improve bicycling facilities and promote cycling as transportation.

### YOUR SOURCE

Are you ready to add new skills to your cycling repertoire? We offer classes to help you learn how to bike commute safely, learn the secrets of bike maintenance and more!

### YOUR RIDE

We offer rides for all levels of cyclists. Are you a beginning cyclist? Check out our Daily Rides. Are you an experienced cyclist? Take a look at High Pass Challenge.

### JOIN US!

While your membership dollars (only \$25!) not only support our advocacy, commute, and educational work, adding your name to Cascade's nearly 10,000 other members will help provide a powerful voice for all area cyclists. As a Cascade member you get these direct personal benefits:

- **Discounted registration** on ALL Cascade events (Chilly Hilly, Bike Expo, STP, Flying Wheels, RSVP, High Pass Challenge, Cascade Spawning Cycle and Kitsap Color Classic)
- **Discounted registration** on Cascade education and safety classes (including those offered by the cycling coaches at Cycle University!)
- **Early-bird, members-only registration** for Cascade events to ensure your spot on rides like Ride Seattle to Vancouver (BC) and Party (RSVP)
- **Discounts on bikes, gear and travel** at more than 50 bike shops, businesses and bike tour companies;
- **Free members-only newsletter**, *The Cascade Courier*
- **Better riding conditions in your community!**

# Thank you to our sponsors:



GroupHealth



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City of Seattle



*bicycle club*  
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