

# National Bike to Work Day

May 15, 2015



## Bienville Sq. / Downtown Mobile

Friday, May 15th, 7am-9am

### Benefits of Biking to Work

1. Bicycling has zero carbon footprint
2. Bicycles increase mobility for those who don't have access to motor transport or unable to drive a car
3. Bicycling is the most energy efficient form of transportation ever invented
4. Bicycling is a great source of exercise
5. Bicycling can be a great stress reliever
6. Biking is therapeutic for the mind and spirit, and can make you happy
7. Regular cycling can lead to lower health care expenses
8. Bicycling allows riders to better appreciate the natural environment around them.
9. Your commute will be the best part of your day
10. The exercise increases your productivity at work
11. Cycling improves your self-esteem
12. Easy and free parking
13. Bike commuting reduces pollution
14. Shed those extra winter pounds
14. Bicycling is fun!

To celebrate National Bike to Work Day BicycleMobile.org has partnered with Chick fil A and Serda's Coffee Company to offer free breakfast to bike commuters from 7am-9am on May 15th. Come by our tent in Bienville Sq to register and pick up your vouchers

**Free Breakfast**

**Try Bike Commuting**

**Free Bicycle Route Advice**

### Sponsors



### Questions

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BicycleMobile.org

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