

## Bike to Work Week



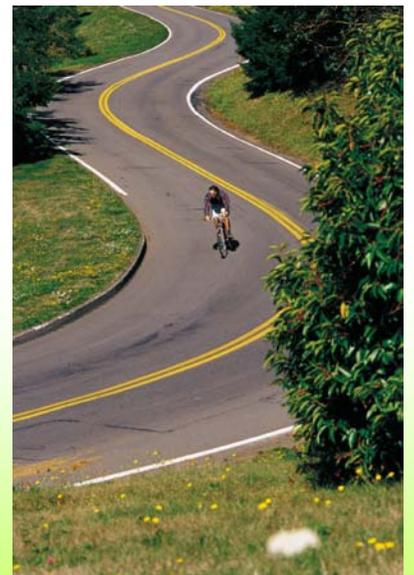
### TransOptions is hosting the 2008 Bike to Work & School Week

- Did you know that 50% of the working population commutes 5 miles or less to work – a very bikable distance?
- Did you know that if the average person biked to work one day every two weeks instead of driving we could prevent the pollution of one billion gallons of gasoline entering the atmosphere every year?

The Benefits of Bicycling:  
Be Healthier  
Get More Exercise  
Relieve Stress  
Boost Energy  
Be Greener

If you are biking through Newton on May 15, 2008  
stop at the Newton Green Gazebo  
from 6:30AM to 9:00AM for a coffee break\* !  
Enter to win fabulous prizes!

**For more information:**  
973-267-7600  
or  
KEvangelista@TransOptions.org.



“Life is like riding a bicycle. To keep your balance you must keep moving.” - Albert Einstein

\* You must register for Bike to Work Week to participate in this coffee break!

# Register Today!

## Bike to Work Week

### Bike to Work -

Turn your commute  
into a healthy trip!

- The event is free.
- Participants who complete their commute by bike are eligible to win prizes.
- You must be employed by a company in Morris, Sussex or Warren Counties.
- Register by faxing this form to 973-267-6209 by May 1, 2008.

Bike to Work Day attracts cyclists from area companies, school, municipalities, nonprofit agencies and small businesses. **Try to organize a team from your workplace and be eligible for a pizza lunch drawing.**

### 2008 Individual Cyclist Registration Form

Full Name: \_\_\_\_\_

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Name of Employer: \_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Work email: \_\_\_\_\_

Work Phone: \_\_\_\_\_

How many miles one way is your commute? \_\_\_\_\_