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Bike to Work Day encourages use of bikes as transportation, not just for fun

By Sora O'Doherty



On any weekend you can see dozens of bicycles in Lamorinda as folks enjoy recreational bike riding, but in keeping with a national movement to encourage people to use bicycles for transportation in addition to recreation, Lamorinda will celebrate Bike to Work Day on May 18.

Orinda, Lafayette and Moraga, including Saint Mary's College, will be offering special incentives to those who show up on a bike.

Darrin Hughes, Orinda Assistant Planner, has taken it upon himself to organize a passport program where people are encouraged to visit 10 different businesses and get stamps in their passports, which can then be turned in to be entered for a prize. Hughes and Kevin McCourt will be staffing an energizer station at the BART station, where they plan on having over-the-top

refreshments, including freshly cooked pancakes.

The Lafayette energizer station will be serving drinks and snacks, and offering tote bags while supplies last at Plaza Park from 7 to 9 a.m. If you are in the market for a new bike, or need accessories, Lafayette staff suggest the city's Shop Local Lafayette E-Card Program, which features a number of local bike shops. There is currently a promotion offering a \$30 bonus card when you buy a \$100 e-card to spend at any of the participating businesses in Lafayette.

Saint Mary's College in Moraga is celebrating Bike to Work/School/Wherever Day. The College is proud to host an energizer station at the entrance of campus (St. Mary's Road and De La Salle Drive) with free refreshments (fruit, energy bars), giveaways and the regional BTWD tote bag from 8 to 10 a.m.

The college suggests that if commuting all the way from home to work or school seems daunting, it's not cheating to make the distance more manageable by adding BART and the County Connection to your commute. The Saint Mary's community enjoys free rides on the local County Connection bus service. Routes originating from the Saint Mary's campus (No. 6) are free and transfers to other routes are regular fare.

In Moraga, the town and 511 Contra Costa will launch a free, healthy, outdoor family fun activity with the Summer Bike Challenge. The Bike Challenge begins June 1 and runs through Aug. 31. Moraga residents are encouraged to participate and explore the town by biking, getting exercise, and collecting incentives in the process. It's free to register. Visit <https://511contracosta.org/sbc/> for more detailed information on how to register.

Bike to Work Day is part of the Bike to Wherever Days throughout the month of May. Join thousands of people across the Bay Area as they ride their bikes to work or school, run errands, visit friends, and more. If you need additional encouragement to try biking to work, visit 511 Contra Costa's Incentives Page to explore rewards including free secure bike parking, a \$25 gift card, free rides home, and an e-bike rebate up to \$500. <https://511contracosta.org/>

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