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SAN JOAQUIN COUNCIL OF GOVERNMENTS

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Monday, May 10, 2010

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SAN JOAQUIN

*Celebrating Bike to Work Week*

*It's May, National Bike Month, and San Joaquin County is celebrating with a special Bike to Work Week, May 17-21. Kick off the week by entering to win a bike and helmet at [commuteconnection.com](http://commuteconnection.com)!*

*Remember, bicycle commuting saves on parking fees, parking tickets, fuel costs, car maintenance and transit fares. You can save a couple hundred dollars a month on a bike! What's more, you stay in shape, improve heart, lungs and blood vessels and face less stress on a bike than behind the wheel.*

*Annual events to promote bicycle commuting are taking shape all over California and San Joaquin County is no exception. Consider:*

*Tracy Bike to Work Day, Wednesday, May 19, Tracy Transit Station, City of Tracy*

*Bike to Work Day, Thursday, May 20...Celebrate at Stockton's downtown DeCarli Plaza from 6:30 a.m.-8:30 a.m. Cyclists who stop by the energizer station will be provided refreshments and gifts from Starbucks, M&W Bakery, REI, Robby's Bikes, Safeway stores, SJCOG's Commute Connection and the Valley Air District.*

*"Leave the Car Behind" is the topic in the latest of a series of public forums on sustainable growth. Discussions include commuting by walking, cycling or transit. Friday, April 21, 7:30 a.m., SJRTD Downtown Transit Center, 421 E. Weber Ave., Stockton.*

*Stockton Mayor's Hike and Bike, Saturday, May 29, Stockton Ballpark, 404 Fremont St., Stockton. Registration for the walk/ride is 6:45 a.m.-8:45 a.m. The walk/ride begins at 8:45. There are route choices for all.*

