



May 19 is Bike to Work Day! Are You Ready?

Bike to Work Day is an annual event that promotes biking to work. It is held in the Spring each year, and people around the world participate! Bike to Work Day in our area is **Friday, May 19, 2023**.

How Can My Company Get Involved?

Promote Bike To Work Day:

- ✓ Hang your [Bike to Work Day poster](#) in a common area and/or email it to employees.
- ✓ Invite employees to join DATA & FABB's free "[Bike to Work Day 101](#)" webinar, April 19 Noon to 1pm EST.
- ✓ Add Bike to Work Day to your company's internal calendar.

Support Your Employees' Biking to Work:

- ✓ Share the [Bike to Work Day website](#), where employees can register, find their pit stop and join a bike convoy.
- ✓ Make Bike to Work Day part of your Health and Wellness Program.
- ✓ Do you have a staff member who bikes to work? Ask them to be a mentor and talk about their experience.

Celebrate!

- ✓ Host an internal celebration to recognize biking employees.
- ✓ Post employee accomplishments on your company's socials (e.g., number of participants, carbon emissions reduced, photos, etc.).



Contact **Sarah McGowan** to Learn More
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