

JERSEY CITY

BIKE TO WORK WEEK

MAY 17 – 21, 2010

BUY, RENT, DUST OFF OR BORROW...JUST GRAB A BIKE & GO!

Join the world wide movement to improve the environment and your health. Participate in **Bike to Work Week** by bicycling to work or to the train, bus or ferry. Visit any of the following locations to register as a bicycling commuter and receive a free gift. Information and 10 minute workshops are available for all.

Support cycling as a positive alternative.



Tuesday, May 18th
Bike to Work Week Kick-Off
 7:30 a.m. – 9:30 a.m.
 Journal Square PATH Plaza

Press Conference
 10:00 a.m. – 11:00 a.m.

Wednesday, May 19th
Community Safety Workshop
 Grove Street Plaza
 4:00 p.m. – 6:00 p.m.

Co-sponsored by: **Pershing**
AN AFFILIATE OF THE BANK OF NEW YORK MELLON

Thursday, May 20th
Community Safety Workshop
 MLK Hub
 4:30 p.m. – 6:30 p.m.

Friday, May 21st
Community Safety Workshop
 Exchange Place
 7:30 a.m. – 9:30 a.m.

Co-sponsored by: **MorganStanley**
SmithBarney

Saturday, May 22nd
Everything Jersey City Festival
 Central Avenue
 11:00 a.m. – 6:00 p.m.

Saturday, May 22nd
Bike 101 – The Savvy Cyclist
 Frank Conwell School - PS#3 - 111 Bright Street
 9:00 a.m. – 5:00 p.m.

The Savvy Cyclist is a FREE, one day program for adults who want to improve their cycling skills and learn the do's and don'ts of cycling in an urban environment. Certified instructors provide an eight hour program where instruction takes place both in the classroom as well as on the street. To receive information, e-mail info@hudsontma.org or call 201-792-2825. REGISTRATION IS REQUIRED.

Sunday, May 23rd/Raindate: June 6th
Bike JC's 1st Annual Jersey City Ward Tour
 Exchange Place
 11:00 a.m. - Parade
 1:00 p.m. – 3:00 p.m. - Festival

Featuring bike workshops, a bike rodeo, and giveaways.

PRESENTED BY: The City of Jersey City - Mayor Jerramiah T. Healy, The Municipal Council, Dept. of Housing, Economic Development and Commerce, Hudson TMA, the Jersey City Police Department & BikeJC.



[BIKE JC.org](http://BIKEJC.org)

FEATURING: **BICYCLE WORKSHOPS** - HOW TO LOCK YOUR BIKE, HOW TO DRESS FOR ALL TYPES OF WEATHER, RULES OF THE ROAD, **SAFETY TIPS, BIKE TOUR MAPS, FREE GIVEAWAYS, DISCOUNTS AND MUCH MORE.**

FOR INFORMATION, VISIT JERSEYCITYNJ.GOV or CALL 201.547.4513

