



City of Wilmington

James M. Baker, Mayor

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Dear Friends:

Friday, May 20, 2011 is Bike-to-Work Day in Wilmington!

Bike-to-Work Day is an annual event sponsored nationally by the League of American Bicyclists where employees across the City are encouraged to ride their bicycles to their places of employment rather than drive their automobiles.

There are several significant reasons why we should encourage biking. First, biking is one of the most environmentally friendly modes of transportation. The bicycle also utilizes much less space than the automobile, and is considerably quieter than other modes of transportation. Cycling also has tremendous health benefits and is ranked among the top three exercises for improving cardiovascular fitness. Cycling to work, school or shopping as part of a regular daily routine can be both a sustainable and time-efficient exercise regimen for maintaining acceptable levels of fitness. Studies have shown that bicycle commuters work more efficiently, arriving to work eager and alert and, due to a cyclist's improved health, have fewer job-related injuries. And let's not forget that riding a bike is a fun and enjoyable pastime.

To kick off an entire bicycling weekend in Wilmington, encourage your employees to participate in Bike-to-Work Day by cycling into Wilmington on the morning of **May 20, 2011**. **All riders and bike enthusiasts are welcome to stop by The Bike Boutique (in the Nemours Building at 11th & Orange Streets) for refreshments, healthy snacks and warm fellowship from 7:30am – 9:00am.**

That same day, everyone is also invited to an after work party starting at 4:00 pm at Brandywine Park's Monkey Hill (intersection of North Van Buren Street & Stadium Drive) where we will enjoy a great barbecue and watch the Wilmington Grand Prix time trials. For more information about the Wilmington Grand Prix, please visit www.wilmgrandprix.com. This family friendly event, which runs from May 20 – 22, has been named to USA Cycling's prestigious National Racing Calendar for four straight years.

For more information about Bike-to-Work Day, please contact Michael Leventry, Co-Chair of the Wilmington Bike Committee, at mleventry@wilmingtonde.gov or (302) 576-3102.

Thank you again for being a part of Bike-to-Work Day 2011!

William S. Montgomery
Michael A. Leventry
Co-Chairs, Wilmington Bike Committee



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