



## Bike Commute Challenge

You may have noticed that you're receiving more emails about riding your bike to work. September is the official **Bike Commute Challenge (BCC)** month, the Portland metro area's annual event to celebrate and encourage participation in riding your bike to work.



In 2012, the BCC attracted 11,745 riders in 1,395 participating workplaces. Altogether, Portlanders biked more than 1.3 million miles! It's no secret that Portland is

nationally and internationally recognized as a mecca for bicycling. Our bicycling infrastructure, high bike commute rates, and overall bicycling culture is seen as a cutting-edge model for other cities to emulate. Portland regularly tops numerous lists as the most bike-friendly city in the nation, the most prestigious being *Bicycling Magazine's* annual poll.

Portland is a great city for cyclists. Yet, many remain skeptical about cycling to work. Here are some incentives to make it easier to give cycling a try:

- Living in a bike friendly city like Portland grants you access to hundreds of miles of bike lanes, bike boxes, and major bike paths to make your work commute safer. PBOT provides **detailed bike-route maps**, hard copies are also available in the PBOT lobby on the eighth floor of the Portland Building.
- Worried about getting sweaty or changing clothes? Several City buildings, including the Portland Building, 1900 building, and the radio shop, have shower and locker facilities.
- September is a wonderful month to ride your bike. It's not too hot, not too cold, and the rain hasn't really reared its wet head yet. Also, you won't be alone because there are lots of other bike commuters in September. If you're considering riding a bicycle to work for the first time, now is a great time to get started.
- Bicycling to work can be a tremendously rewarding activity. In addition to being good for the environment, biking can improve your health, and help re-connect you to your inner child. Let's admit – its fun to ride your bike! We encourage you to use your bicycle for more than work commutes. Ride your bicycle to get groceries, or take a biking expedition to a local park with your kids, friends, and parents. While biking at night, wear bright colors to increase visibility. Please be sure to always wear a helmet and use your best judgment while on the road!