

# WHY BIKE TO WORK?

## SAVE MONEY

For the price of your gas, a bike and basic gear will get you to and from work or school for years to come

## IMPROVE YOUR HEALTH

Lose excess weight, improve your heart rate and cholesterol...no gym membership required

## SAVE TIME

Bicycle commuter trips are typically shorter and more predictable than those by car or transit

## FEEL GREAT

Proven to boost mood and self esteem, and increase productivity and alertness at work or school

## BE CONSCIOUS

Bikes don't emit carbon dioxide like cars, so you're playing a part in creating a cleaner environment

# GET INSPIRED!

## BIKE COMMUTING 101 WORKSHOP

Learn the basics of bike commuting from experts at the New York Bicycling Coalition. This **FREE** workshop will cover safety, gear, tips, and incentives for cyclists through the UR Connections program!

### RIVER CAMPUS

Gowan Room, Wilson Commons

Tuesday, April 14th, 3:00 - 4:30

### MEDICAL CAMPUS

Class of '62 Auditorium

Wednesday, April 15th, 11:30 - 1:00

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