

**LEAVE YOUR
CAR AT
HOME**



MAY 16 2008

**Bike/Walk
To Work Day
2008**

**Win
The
Orb!**



**Take the Corporate
Commuter
Challenge!
May 12th-16th**

Rally your coworkers and be the company with the most employees to ride or walk to work. Three divisions for workplaces big and small. Visit the web-site for a free Team Leader's kit.

**Free Commuter Breakfasts
Friday, May 16
7:00-10:00 am**

**Exeter @ Town Bandstand
Portsmouth @ Market Square
Stratham Industrial Park @ Timberland
Pease @ Food Court at Manchester Square
Dover @ Henry Law Park
Durham/UNH @ the Whittemore Center
Rochester @ the City Common
Milton @ Veteran's Park
Lee @ Location TBA**



After work fun ride leaving from Market Square at 6:00pm,
and Post-Event Party at Portsmouth Brewery beginning at 7:00pm

Register On-Line

And see a full calendar of Seacoast Bike Month events.

www.seacoastbikes.org

May is National Bike Month

There's lots happening around the Seacoast during Bike Month. Meet the legendary John Howard, learn about Annie Londonderry, the first woman to cycle around the world in 1895, get tips on bike maintenance from a pro, enjoy some fun rides, try your commute on two wheels, and come support SABR.

Bike Month Events Around the Region

May 4 - American Diabetes Association 'Tour de Cure' benefit ride starting at Portsmouth Middle School. Routes for all riding levels - 25 miles to 100 miles! For registration information call 1-888-DIABETES or go to tour.diabetes.org.

May 7 - Meet Peter Zheutlin, author of "Around the World on Two Wheels", the story of Annie Londonderry, the first woman to circumnavigate the globe by bicycle in 1895 - at Papa Wheelies.

May 12 - Bike Mechanics 101 Clinic: Learn how to fix your own bike at Papa Wheelie's, and learn about best routes from your home to work. 653 Islington Street. 5:00 pm.

May 14 - Meet the Legendary John Howard—the man who has pedaled 152 mph! The Olympic Cyclist brings his Power "FITTE" Position Analysis to Portsmouth May 14-19. For fees, info or to sign up call 603-427-2060. Hosted by Papa Wheelies Bike Shop, 653 Islington Street.

May 12-16 - The 2nd Annual Corporate Commuter Challenge! Rally your coworkers and be the workplace with the most employees to ride or walk during National Bicycle Week.

May 16, 2008 is Seacoast Bike/Walk to Work Day

May 16 - Bike/Ped Commuter Breakfasts in Dover, Exeter, Portsmouth, Pease, Durham, Rochester, Lee, Milton, and Stratham Industrial Park from 7:00-10:00 am. For locations go to www.seacoastbikes.org. Be sure to register online, then stop in at the Breakfast nearest your work, enjoy a bite to eat and enter a drawing for great prizes.

May 16 - Portsmouth community bike ride. Costumes encouraged! 6:00 pm in Market Square.

May 16 - BWWD Post-Commute Party at Portsmouth Brewery! 7:00-9:00 pm.

May 17-18 - Breathe NH (formerly the American Lung Association of NH) 23rd Annual Clean Air Challenge Seacoast Bicycle Tour. Routes for all riding levels. For information call 800-835-8647 or visit www.breathenh.org

For more details on any of the above events, check www.seacoastbikes.org



Rockingham
Planning
Commission

Many other Seacoast businesses, organizations, and individuals support Bike/Walk to Work Day with donations of food, prizes and promotional assistance. Many thanks to: Popovers Bakery, Bakers Peel Bakery, Billingsgate Deli, Durham—It's Where You Live!, Wheel Power Bike Shop, Exeter Cycles, Dan Blakeslee, Phillips Exeter Academy, Exeter Area Chamber of Commerce, Seacoast Commuter Options, Rochester Main Street, and Tradeport Pizza!