



PRESS RELEASE

20120430 4th Annual Bike to Work Week

To Work.....To School.....To Play.....

Cowlitz County's 4th Annual Bike to Work Week, which will be held on May 14-18, 2012, aims to motivate non-bike riders and those already cycling to get involved. With bike riding's many advantages like healthier living, reducing one's footprint, and an affordable transportation alternative, Bike to Work Week is headed for a significant increase in participation in 2012.

Cowlitz Bikes' goal is to raise awareness of cycling within our community, and to promote a healthy, fun and inexpensive mode of transportation. We urge local employers to encourage bike riding as more physically active employees are more alert, healthy and more productive. Biking to work is a great way to fulfill the requirement of 30+ minutes of physical activity per day needed to stay healthy.
