

Commuter
Solutions
Month
2020



BIKE TO WORK (or Anywhere) WEEK

In recognition of the League of American Bicyclists' Bike to Work Week and Commute Solutions Month, the Houston-Galveston Area Council invites you to Bike to Work (or Anywhere) September 28 - October 2, 2020.

Biking has been shown to produce physical and mental health benefits, such as lower stress and reduced risk of heart disease, diabetes, obesity, and cancer. It also helps reduce congestion and improve air quality.

JOIN THE FUN:

- 🕒 Post a picture of your ride to work or anywhere with the hashtag #bikeanywhere on Facebook, Twitter, Instagram, or LinkedIn, and tag us @HouGalvAreaCog. One person each day will be selected to receive a Commute Solutions Swag Box.
- 🕒 Live in or near Houston?
 - The City of Houston celebrates Bike Wherever Day on September 29, 2020. View event details here: houstonbikeplan.org/btwd2020.
 - Houston BCycle is offering FREE 30 min rides from any BCycle station in the city on Bike to Wherever Day! Visit any BCycle station ([see a map here](#)) and enter code 92220 for a free 30-minute trip.
- 🕒 Webinar
 - Whose Lane Is It? Sharing the road with bicyclists. Safe roads for all. September 30, 12:00 p.m. - 1:00 p.m. Learn more about safety when sharing the road with bicyclists. This one hour class will cover the basics and offer an opportunity for questions and answers ([click here to register](#)).

Follow us on Facebook, Twitter, Instagram, and LinkedIn as we celebrate Bike to Work (or Anywhere) Week, and visit yourcommutesolution.org and h-gac.com/pedestrian-bicyclist-planning for safety tips and helpful resources.