

# Bicycle Commuter Contest Guide & Resources

With  
Registration Form

**PLUS:**  
Random  
Prize Drawings  
in May  
for all  
participants

New for 2011:  
Bike Shop discounts  
for all participants-  
valid in April and May!



**INTERcity**  
**TRANSIT**

**Welcome from Thurston County  
Commissioner and Intercity  
Transit Authority Chair  
Sandra Romero**



On behalf of the Thurston County Board of Commissioners and the Intercity Transit Authority, I welcome you to the 2011 Thurston County Bicycle Commuter Contest. Now in its 24<sup>th</sup> year, this event invites Thurston County residents to improve their fitness, save money and be good to the planet by traveling more by bicycle and less by car.

Bicycling instead of driving is a great way to improve personal fitness, save money and lessen our impact on the environment, both locally and globally. Fuel prices are rising and the economic recovery is still slow. Owning and operating a car costs between six and ten thousand dollars per year- many times the cost of traveling by bike. The Bicycle Commuter Contest is a great way to get started biking, or to show your colors if you are already a seasoned practical cyclist.

Please consider participating in this year's Bicycle Commuter Contest. You will benefit yourself, your community and the whole planet. Please join me and register today!

Sincerely,

A handwritten signature in cursive script that reads "Sandra Romero".

Sandra Romero, Chair  
Intercity Transit Authority &  
Thurston County Board of Commissioners

**INTERcity  
TRANSIT**



# Welcome To Bicycle Commuter Contest 2011

Did you know that biking, walking or using transit instead of driving alone is the most significant way to lower CO2 emissions and curb global climate change?

The Bicycle Commuter Contest (“BCC”) is a month-long event that encourages people to choose bicycling as a means of transportation. Anyone who lives or works in Thurston County can participate.

In the Bicycle Commuter Contest, everyone wins! Everyone who turns in a completed mileage log receives a packet of valuable coupons and is eligible to win fabulous prizes (including one of several bikes!) in random drawings. You can also win prizes for going the extra mile or riding the most often.

Thanks to the generous support of volunteers, business sponsors, and contest participants, the Bicycle Commuter Contest celebrates its 24th year. We hope after a month of bicycle commuting, you will continue to ride your bike to work, school or on errands throughout the year!

## Register In April, Ride In May!



### To Participate:

**Register in April:** The registration form is on the inside back cover. You can also pick one up at the Olympia Transit Center (222 State Ave), local Thriftway stores, local bike shops, on Intercity Transit buses, or download one at [intercitytransit.com](http://intercitytransit.com).

**Ride in May:** Bike to work, school or on errands in May and record your mileage.

Turn in your mileage log by **June 6** to be eligible for prizes. It's that simple!

# BCC Related EVENTS

## Join the **Earth Day Market Ride** April 23

It's a great way to start your cycling season and get in gear for the Bicycle Commuter Contest. Meet cycling friends old and new, discover a new route, have some fun and count your miles toward your BCC total!

Cyclists meet at designated spots in area neighborhoods and converge at the Heritage Park Fountain. After some announcements, we proceed to the Farmers Market where we'll have a table to register you for the BCC!

Note: Intercity Transit sponsors The Earth Day Market Ride. For liability reasons, all riders must sign a release form and wear a helmet for this event. Thanks in advance for your cooperation!

For All The Info: [intercitytransit.com](http://intercitytransit.com) & [www.bccbog.com](http://www.bccbog.com)

*Find us on Facebook*



**Bicycle Commuter Contest 2011**

## Wrencher's Ball

Friday, April 29,  
Olympia Transit Center  
Registered BCC Participants  
receive a free Bike Safety  
Check. Drop off 7:30am to  
3:30pm, pick up by 5:00pm

**National**

## Bike To Work Day

Friday, May 20, Look for us at  
Bike Stations in Olympia\*  
Show your mileage log for a  
free prize! Plus, record double  
your actual miles on this day!



## BCC Awards Ceremony

Saturday, June 25, 9:30am  
Olympia Farmers Market  
Contest Winners Announced!  
Prizes Awarded! Bike Drawing  
winners announced!

**Need Not Be Present To Win**

Visit [www.bccbog.com](http://www.bccbog.com) and  
join our mailing list for updates  
and details about all our events!



# Bicycle Commuting **S U P P O R T**

## Capital Bicycling Club Cycling Classes:

The Capital Bicycling Club promotes cycling and supports all types and skill-levels of cyclists with organized rides, events and workshops. The Capital Bicycling Club also generously supports the Bicycle Commuter Contest

and is offering BCC participants a discount on their Urban Cycling Workshops during April and May.

Find the coupon code on your BCC Mileage Log and sign up here:

<http://decidetoride.org/>

For other Club info : <http://capitalbicycleclub.org/>



## **Bike and Ride**

All Intercity Transit buses (except Dash shuttle) have bike racks. Bike rack instructions available in the Transit Guide or at [intercitytransit.com](http://intercitytransit.com)



## **Bike Lockers**

Bike Lockers are available for rent at Lacey and Olympia Transit Centers. To rent a locker call Intercity Transit Business Office at 786-8585 \$8/mo. 3 month minimum

## **BCC Blog & Page**

for general BCC info visit [intercitytransit.com](http://intercitytransit.com)

For daily updates, links, photos and more, visit [www.bccblogger.com](http://www.bccblogger.com)



**INTERcity** TRANSIT

# Cycling Safely

Your cycling safety largely depends on YOU. When you cycle, you have the same RIGHTS and the same RESPONSIBILITIES as any other vehicle operator on the road. The more you behave like a responsible road user, the safer you are and the easier it is for all road users to coexist.

- Stay alert and scan ahead, look for traffic from side streets
- Obey traffic laws
- Ride predictably
- Signal your moves
- Be visible to other road users
- Ride as a vehicle in the street, not on the sidewalk
- Ride in the direction of traffic
- Position yourself in your lane according to conditions
- Take the whole lane when you must do so for safety
- Stay 3 feet from parked cars
- Don't pass cars on the right, unless in a bike lane or turn lane
- Wear a helmet, wear bright colors & use bright, properly mounted lights at night
- Keep your bike tuned up
- Ride confidently & have fun!



Become a safer more confident cyclist!

Take an Urban Cycling Workshop with the Capital Bicycling Club  
sign up at [decidetoride.org](http://decidetoride.org) BCC participants receive a discount  
See Mileage Log for details

# Cycling Gear

A few essential items to make your commute safer and more comfortable:

## Needs



- **Properly fitted, functional bike** - See a bike shop for a tune up and fitting information.
- **Properly fitted helmet** - Should fit snugly but not tightly; wear the helmet level on your head.
- **Lights** - Use a steady white front light and steady or flashing red rear light. You must also have a red rear reflector, as required by state law.
- **Eye protection** - Simple safety glasses or sunglasses will keep airborne dust and debris out of your eyes.
- **Lock** - Ensure that your bike is still there when you return! Lock the frame and at least one wheel to a bike rack or other secure, stationary object.

## Wants



- **Cycling gloves** - Keep warm on cold days & add comfort and protection for your hands.
- **Rain gear** - A waterproof breathable jacket & rain pants or cycling tights are nice for wet days.
- **Fenders** - To keep you and your bike cleaner, happier and drier on rainy days, add mud flaps!
- **Rearview mirror** - To expand your view, but always do a shoulder-check before a move.
- **Bell** - To warn pedestrians on the multi-use path and to greet other cyclists on the road!
- **Rack & panniers or messenger bag** - To haul your work clothes and other essentials.

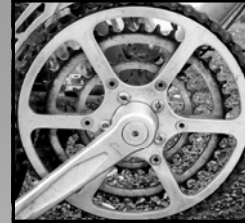
See the Washington State Bicycle Commute Guide, by Larry Leveen for more complete safety and gear information. Available in local bike shops and online at [www.wsdot.gov/bike](http://www.wsdot.gov/bike)

# National Bike To Work Day Friday, May 20

## Double Your BCC Miles

On Bike To Work Day, record twice the number of miles you actually ride and count them towards your contest total.

*Mileage Log available upon registration.*



## National Bike to Work Day Bike Station:

The Bicycle Commuter Contest will have prizes at Bike Stations in Olympia for all BCC participants who show us their mileage log, sticker or t-shirt.

See the BCC blog and sign up for our mailing

List for details and locations:

[www.bccblog.com](http://www.bccblog.com)

## Interagency Bike Ride

State employees, contact your ETC to join the Interagency Ride May 20, 11:30 - 1:00 with a gathering at Tumwater Historical Park contact: Mark Longrie, MarkLo@DOR.WA.GOV



## Online Resources

For complete information about all aspects of the BCC and links to a world of information about bicycle commuting, visit [www.bccblog.com](http://www.bccblog.com) or [intercitytransit.com](http://intercitytransit.com)

Find us on Facebook: Bicycle Commuter Contest 2011

Join our mailing list for important updates

Find an online bicycle map of Thurston County at: [www.trpc.org](http://www.trpc.org)

# Prizes and Incentives Everybody Wins!

Thanks to our generous sponsors, all BCC participants who return their Mileage Logs will receive a packet of valuable coupons, and many will win fabulous prizes! Everyone who turns in a mileage log can enter a drawing to win one of several free Bicycles!

On display at Ralph's Thriftway in April!



## Prizes include:

- Gift certificates to local bike shops and other merchants
  - Bike gear from sponsors like:
  - Timbuk2, Ortlieb, Jandd, Showers Pass, & NiteRider
  - Memberships at 5th Avenue Fitness
  - Bike Fitting & other services at Rosser Chiropractic
  - Food and goodies from area restaurants and bakeries
- and more thanks to our 50 BCC sponsors!**

**PLUS:  
Random  
Prize Drawings  
in May  
for all  
participants**



## Join or Form a Team

Being part of a team can be more fun and more motivating! You can win team prizes AND individual prizes. See if a team is forming at your workplace or just get a group together and pick a team name and team contact person.

## Show your support with a BCC T-Shirt!

Black, Long-Sleeve heavy cotton T-shirt with White logo:

\$15. Available at  
Olympia Transit Center  
and at our events  
(except at Farmers Market)



Artist's Rendition

# Urban (Cycling) Myths

**Biking in Traffic is Scary:** Washington has been rated the most bike-friendly state in the nation. Most bicycle commuters ride for years without incident. How you behave while cycling is the greatest contributor to your safety. Riding your bike as a vehicle on the road, obeying traffic laws, riding predictably and making yourself visible are your best tools for arriving safely at your destination. Wear a properly fitted helmet.

Attend one of the Capital Bicycling Club's Urban Cycling classes to learn more about cycling safely in traffic.

***Discount available to BCC participants***

**It Takes Too Long:** A commute under 5 miles can take just as long in a car. If you normally spend time working out in a gym, consider spending that time getting to work on your bike.

**I'm Out Of Shape:** Biking to work can be a convenient, easy and fun way to get *into* shape! Give yourself a little extra time at first, start out at an easy pace, find the easiest route to work, and notice how much better you feel!

**I Live Too Far From Work:** Consider carpooling part way, taking your bike on the bus part way, or biking one way and taking the bus the other way. All Intercity Transit buses (except the Dash) have easy-loading bike racks.

**I'll Arrive At Work Sweaty:** Many workplaces have showers, or nearby fitness clubs may have a "shower-only" membership. Keep a towel, clean clothes and deodorant at work. Ride at an easy pace on your way to work and stay cool— save the workout for the ride home!

**It Rains Too Much:** With a small investment in minimal gear, you can stay comfortable in the rain. Full fenders and raingear will keep you from getting too wet. Or choose clothing that will keep you warm even if wet, and dry off at your destination.

**I Have Errands or Too Much To Carry:** Racks and panniers can convert a bike into a cargo carrying machine! Or, drive to work one or two days a week to get your errands done and carry the things you need to work.

**Bikes and All The Gear Are Too Expensive:** You could buy a new bike and all the gear you need to last you many years for a fraction of what it costs to drive and maintain your car for one year. Every time you ride, you save money. A good used bike is even more affordable.

**My Bike Might Get Stolen:** See if there is a secure indoor location to park your bike at work. Lock your bike properly every time you leave it. Put your lock through the frame and at least one wheel, and around a bike rack or immobile object. If you have a very expensive bike, consider getting a basic bike for commuting.

*In our society, there are endless reasons available for why you should choose to drive. In reality, there are just as many reasons to choose your*

***Bike!***

# 2011 Bicycle Commuter Contest Registration Form

Note: We need complete, legible contact info to send mileage logs, important e-mail updates, and to award prizes. We will never share your contact info.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_

## Important Information for Prizes

First Time Participant  Contest Veteran

Did you participate last year? \_\_\_\_\_

AGE:  Junior (under 12 yrs)  Youth (12-18 yrs)

Adult (18-59 yrs)  Senior (60+ yrs)

TEAM (if any): \_\_\_\_\_

Team Contact Person \_\_\_\_\_

Contact Person E-mail \_\_\_\_\_

**BCC T-SHIRTS: \$15 Long sleeve Royal Blue w/white logo**

Available at Olympia Transit Center and BCC events

(except at Farmers Market)

**Entry Fee: \$5 (18 and under free) Paid: \$ \_\_\_\_\_**

**Drop this form off by Fri. May 6 at the Olympia Transit Center**

or mail it to: Bicycle Commuter Contest c/o Intercity Transit

222 State Ave NE Olympia, WA 98501

Receive a mileage log at Olympia Transit Center if you register in person.

If you register by mail, we'll send you one.

# BCC Sponsors

Our sponsors are mostly local businesses plus a few regional and national bike gear makers who all support practical cycling as a means of lowering the impact of transportation on our environment, locally and globally. They all contribute generously to support the Bicycle Commuter Contest; please support our local economy by patronizing our dedicated sponsors!

