

Bike to Work

BIKE to WORK WEEK

May 11th - 15th, 2009

www.cowlitzonthemove.org



Bike to Work Week Events-

Date	Time	What	Location	Registration Available
May 6 - 8	Contact Bob's Bike Shop at 425-3870	Free Bike Safety Check	Bob's Sporting Goods 1111 Hudson Street, Longview	No
May 11	7:00 to 10:00 a.m.	Free Coffee and Fruit Kick-Off Pick up Goody Bags <i>while supplies last</i>	Peace Health Serenity Garden 1615 Delaware Street Longview	Yes
May 11 - 15	During Open Hours	Free Trail Mix	Hava Java 771 3rd Ave Longview	No
May 15	7:00 to 10:00 a.m.	Free Coffee and Fruit Kick-Off	Peace Health Serenity Garden 1615 Delaware Street Longview	Yes
May 15	6:00 to 10:00 a.m. 7:30 a.m. Speeches by elected officials	Free Coffee	Starbucks Coffee 620 Triangle Shopping Mall Longview	Yes
May 15	12:15 to 1:15 p.m.	Bicycling the Lewis and Clark Trail through the eyes of cyclist Dave Freece	Cowlitz County Museum 405 Allen Street Kelso	No
May 15	4:30 to 6:30 p.m.	Bike to Work Day Celebration	Vernie's Pizza 900 Triangle Shopping Center Longview <i>Discounts available for bicyclists</i>	No

*Registered participants will be entered in a drawing held on Friday May 15th, at 5 PM at Vernie's Pizza (Need not to be present to win). Register your participation at www.cowlitzonthemove.org or stop an event to be entered into a drawing for a:

- Specialized Vienna 1 - Go Green Limited Edition Men's Bike from Bob's Sporting Goods/Bike Shop
- \$50 gift certificate to Bob's Sporting Goods
- One pound of Starbucks Coffee
- Free pizza coupons from Vernie's Pizza
- Coupons for a free game at Triangle Bowl
- 2 tickets to Kelso Theater Pub
- 2 tickets to Regal Cinemas



Specialized Vienna 1



LifeQuest Wellness Program



St. John Medical Center
PeaceHealth

