



BIKE TO WORK WEEK

May 11—15th

Women's Only Events

All participants will receive a 'Women Bike to Work' pin.

Bicycle Commuting: Tips and Tricks

Wednesday, May 6th noon—1pm

Get ready to bike to work! A lively 30 minute talk on tips & tricks for bicycling safely to work, how to prepare, reducing risks, understanding traffic law, navigating intersections, lane changing, plus special tips and advice for women riders.

Taught by Paula Bedard, bike commuter and racer for 20 years
United Way of the Greater Seacoast, 112 Corporate Dr., Pease Tradeport
Register by email: info@commuteSMARTseacoast.org



Fix a Flat Clinics



Tuesday, May 12, noon-12:30
Pease Food Court (outside)
Taught by Jen Murphy



Friday, May 15th, noon—12:30
Market Square, Portsmouth
Taught by Leslie Latimer from Gus' Bike Shop



Saturday, May 16th, 10-10:30 am
PeddlePower, Portsmouth
Taught by Alison Ricciardone



Thursday, May 21st, 6-6:30 pm
Papa Wheelies, Portsmouth
Taught by Diane Gibbins

Say "Cheese" with Your Bike!

Stop by a BIKE TO WORK WEEK breakfast photo booth and have your photo taken with your bike!

Grill 28, Pease, May 15th 7 - 9 am

Popover's, Market Square, May 15th 7 - 9 am



Sponsored by:



For more information, contact arugg@commuteSMARTseacoast.org