

# Celebrate Bike to Work Week

If you bike to work four miles every day, you will burn 36,000 calories in a year. That's 10 pounds of fat.

Bike to work to save gasoline. Bike to work and reduce your risk of heart attack and stroke. Bike to work and enjoy the sunshine. Arrive more alert.

And start soon, if you haven't already. Bike to Work Week, May 17-21, is the ideal time to get started.

The annual event is about getting everyone on their bikes, said Carrie Martin, owner of Bicycle Sales and Service. Besides biking to work, try using your bicycle for more errands.

"If it's within two miles, you should just ride," she said.

"If you need to go to the store, instead of getting in your car, just jump on your bike."

To encourage more



**Bicycle Sales and Service owner Carrie Martin.**

LUCY DUKES/Press

people to ride bicycles, the bike shops around town are doing free safety checks this week. Martin advised people to take advantage of them and to take it easy when they first start bicycling.

When you do start, you may be pleased to find it is becoming increasingly easy to bicycle in the area, with more and more and more road and bike trails around.

"It's becoming a destination place," she said.

Here are some bicycling tips from Bicycle Sales and Service:

■ Always wear a helmet. Helmets save lives and they are now made to fit comfortably.

■ Check tire pressure before each ride and inspect the tire for any damage.

■ Ride with traffic, and responsibly.

■ When riding to work give yourself a little extra time to get there just in case you need to fix a flat tire.

■ Wear bright or reflective clothing so drivers can see you.

■ Have lights ready to turn on in case the ride to work or the ride home is in the dark.

To get your bicycle checked for safety at Bicycle Sales and Service, drop by the shop at 1901 N. Fourth St. Call (208) 667-8969 for more information.