



PRESS RELEASE

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ORCA Announces Bike to Work Day, Local Bike Challenge

The Fifth Annual Bike to Work Day for Otsego County will be held on Wednesday, May 15 with check-in sites at more than 20 locations countywide. New this year, organizers of the event – Otsego Regional Cycling Advocates (ORCA), a committee of Otsego County Conservation Association (OCCA) – have joined forces with the National Bike Challenge, presented by the [League of American Bicyclists](#).

“Many people have told us that Bike to Work Day is when they officially kick off their bicycling season. This year, everyone can record their miles ridden on the local page of the National Bike Challenge website, not only for Bike to Work Day, but every day through September 30,” announced Martha Clarvoe, Bike to Work Day chair.

The National Bike Challenge is an exciting health and wellness initiative that encourages people to bike for transportation and recreation. Riding a bike helps burn calories without burning fossil fuels, reduces stress, and provides a fun and free outdoor health and wellness program.

Rich McCaffery, of ORCA and Safe Kids of Otsego County, said, “This year the aim is to have 50,000 riders nationwide pedaling 20 million miles from May 1 until September 30.”

Every time National Bike Challenge participants get on their bike, their miles count toward that 20-million-mile goal. Whether for fitness, fun, or transportation, or whether riding as an individual or in a team, Otsego County bicyclists are invited to join and log miles on nationalbikechallenge.org and should look for “Otsego Regional Cycling Advocates Bike Challenge” to sign up as part of the local effort. Miles pedaled on a stationary bike or trainer do not count.

The aim of Bike to Work Day is to encourage people to choose an alternative “green” mode of transportation – biking, walking or even skateboarding – to get to work or school, to run errands, or just for fun on May 15 in particular and as a lifestyle choice in general. As in previous years, there will be multiple Bike to Work Day check-in locations countywide, including many local businesses, public schools, hospitals and fitness centers. Prizes for 2013 include the posting of individual and/or team photos on Facebook.

ORCA encourages all riders to wear bright clothing, travel in the direction of traffic and follow ALL traffic laws. Predictable riding is safe riding; bicyclists should behave like cars and

motorists should treat bicycles as they would a motor vehicle. The recognized hand signal for a left-hand turn is to hold the left arm straight out, parallel to the ground. For a right-hand turn, the left arm should be held out and bent at the elbow, hand pointing to the sky. To indicate a stop, the left arm should be out, elbow bent, hand pointing to the ground.

ORCA's mission is to promote bicycling and walking in the Otsego County region as an enjoyable, healthy, safe, and environmentally friendly activity for people of all ages and abilities. OCCA is a private, non-profit environmental membership organization dedicated to promoting the enjoyment and sustainable use of Otsego County's natural resources through education, advocacy, resource management, research, and planning.

Those wishing to learn more about Bike to Work Day or to register as a check-in location should contact Martha Clarvoe at the OCCA satellite office in Cooperstown, (607) 547-4020, or via e-mail, martha.clarvoe@gmail.com.

To search for a check-in location near your destination, go to the OCCA website home page, www.occainfo.org, and click on the ORCA logo in the lower left-hand corner. Bi-weekly updates on Bike to Work Day and the National Bike Challenge will be posted on Facebook, Twitter and in local newspapers.