



1-866-579-RIDE, www.PaCommuterServices.org

FOR IMMEDIATE RELEASE

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Commuter Services Promotes Month Long Bike Challenge
Get Fit, Save Money, Win Prizes in May!

York, Pa. (April 25, 2016) – Commuter Services of Pennsylvania is asking regional employers and commuters to participate in their Bike Month Challenge in May! This year, bicycle commuters are invited to log their bike commute to work and participate in a weekly social media contest. Monthly and weekly prizes will be randomly awarded.

Commuters who ride their bicycle to work during the month will be entered to win a Bike Prize Pack. To qualify, bicycle commuters can log their activity for the Bike Month Challenge at <https://pacommuterservices.org/bike-month-challenge/>. The employer with the greatest number of bicycling commuters will also be recognized. Logs must be complete by Friday, June 3rd.

Bike riders can also follow Commuter Services of Pennsylvania on Facebook, Instagram and Twitter to participate in weekly social media challenges. Post a picture or video each week that fits the theme and be sure to include #pabike16.

- Week 1 (1st-7th): Photo of local bike shop visit
- Week 2 (8th-14th): Fun “action” bicycle photo with a bicycle safety tip
- Week 3 (15th-21st): Favorite ride route or rest place in our 13 county region
- Week 4 (22nd-28th): Photo of your favorite bicycle gear or gadget. What don’t you leave home without?

The challenge is open to all employers and commuters in Adams, Berks, Carbon, Cumberland, Dauphin, Franklin, Lancaster, Lebanon, Monroe, Perry, Pike, Schuylkill and York counties.

Commuter Services of Pennsylvania will be promoting local bicycle organizations activities on the webpage as well as transit agencies that are offering free rides to bicycle commuters. Check the Commuter Services of Pennsylvania website for more information.

Last year 4,843 miles were logged by 120 participants during Bike to Work Week.

Bike to Work Week is a national activity that promotes commuting by bicycle, which offers health and fitness benefits as well as reduces vehicle pollution and traffic congestion.

Connect with Commuter Services on Facebook (www.facebook.com/CommuterServicesPA) and on Twitter (twitter.com/SaveOnCommutePA).

About Commuter Services
1-866-579-RIDE, www.PaCommuterServices.org

Funding is provided by the Federal Highway Administration through PennDOT and the region's metropolitan planning organizations.

Commuter Services board includes transit agencies, metropolitan planning organizations and chambers:

- Capital Area Transit (CAT, Cumberland-Dauphin-Harrisburg), Lebanon Transit (LT), South Central Transit Authority (BARTA, Berks & RRTA, Lancaster) and Central Pennsylvania Transportation Authority (rabbittransit, York & Freedom Transit, Adams).
- Adams, Franklin, Harrisburg (Cumberland, Dauphin and Perry counties), Lancaster, Lebanon, NEPA (Schuylkill, Carbon, Monroe and Pike counties), Reading and York MPOs.
- The Harrisburg Regional Chamber & CREDC; the Gettysburg Adams, Greater Chambersburg and Lebanon Valley Chambers of Commerce; the Greater Reading and Lancaster Chambers of Commerce & Industry and the York County Economic Alliance.

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