

Boulder's 32nd Annual Bike to Work Day offers breakfast, games and fun

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With two more days still left to sign up, registration numbers for Boulder's 32nd annual Bike to Work Day have already shattered last year's by nearly 1,500 people.

"As of 11 a.m. this morning, we had 6,492 people registered for the event--and it's still early," said Sue Prant, Director of Boulder's Walk and Bike Month.

"We think the spike is due to some really good outreach from the Denver Regional Council of Governments (DRCOG), lots of press coverage, and high gas prices--but mostly because it's so much fun."

According to Prant, the fun of the event naturally coincides with its larger purpose: to exhibit Boulder's extensive system of bike paths and lanes in order to showcase the convenient access to the city and beautiful scenery that goes with using them--along with the health and financial benefits of doing so.

"It's a really great day for people who aren't used to commuting by bike to do it in an atmosphere that's fun and safe--with more bicycles out there, everyone's a bit more cyclist-friendly," she said. "You can get outside, enjoy the weather, meet your neighbors, and get some exercise."

In addition to that laundry list of standard benefits, Bike to Work Day also offers cyclists the chance to get some free breakfast and maybe even win some prizes. As program director, Prant has spent the past six months rounding up sponsors, planning games

and activities, and coordinating volunteers to help ensure a fun and safe event. To this end, the 35 breakfast stations scattered throughout the city are the day's feature attraction.

From restaurants such as Half-Fast Subs and Joe's Espresso to local services such as Boulder Community Hospital and KGNU Radio, each breakfast station will offer its own variation of a commuter-friendly breakfast for bikers working up an appetite on their way to work. Breakfast will also be served with a side of other activities, such as music, games, and additional information about biking in Boulder.

"I'll be going around to four breakfast stations sponsored by Full Cycle taking photos of people on their bikes, handing out bike bells, and talking to people about bike maintenance and safety," said Karli Gronholm, one of the dozens of event volunteers and member of the Bike and Walk Month coordinating committee.

Gronholm told the Colorado Daily that, on a cycling day as big as Bike to Work Day it's important to remember that there will be an increase of people who are unfamiliar with safe bike commuting practices. She recommends newcomers remember to stay vocal, alerting other cyclists that they are about to pass, and make some noise when entering and exiting tunnels and underpasses.



Ryan Dearth

Boulder's 32nd Annual Bike to Work Day offers breakfast, games and fun. Checking out a bike.

"You want to make sure that everyone knows your there," she continued, "that keeps you and others more aware. Make sure to look around and follow all of the rules of the road that drivers follow--including signaling for your turns and following traffic signs."

Gronholm also reminded commuters who go into work early or stay at work late to remember to use lights and reflectors for visibility at dawn or in the evening, and added one more thing.

"Don't forget to smile," she said, adding that shouldn't be too hard to do, considering how much fun people have on their bikes. "I was really amazed at how excited people are--people are going all out for this event--and it really just boils down to it is fun."

Whether trying to win prizes in Biker Bingo--a game requiring players to get a Bingo card stamped at various stations--grabbing a bite to eat with your neighbors on your way into work, or taking in the Bike Shorts Film