

Lewes Mayor Ted Becker invites commuters to bicycle to work on Bike to Work Day, May 20

May is National Bike Month in the United States and the City of Lewes will be joining cities and towns all over the country when car lovers ditch their four-wheeled gas guzzlers for two-wheeled transportation machines of a cleaner variety.

Lewes Mayor Ted Becker invites cyclists to join him Friday morning May 20 on National Bike to Work Day. Cyclists are asked to arrive at the mayor's house, 221 Second Street, around 8:00 a.m. for a short ride through the city. Helmets are mandatory and the ride will follow an easy flat route through town to City Hall on Third Street. Every rider will receive a commemorative T-shirt that recognizes Bike to Work Day in Delaware.

At April's city council meeting Mayor Becker proclaimed May 16-20 as Bike to Work Week in Lewes and urged citizens to use their bicycles to go to work or school, to run errands and leave their cars in the garage. His proclamation also recognized that Lewes is recognized by the League of American Bicyclists (LAB) as a Bronze Level Bicycle Friendly Community. To receive an LAB award, communities must complete a more than 100-question application, which is reviewed by national experts as well as members of their local cycling community. All applicants receive extensive feedback. Communities must renew their designation every four years.

Mayor Becker emphasized the importance of the LAB award and said that "this ride is only one element in our broad-reaching efforts to show the city's strong support of cycling in the First Town in the First State."

Mike Tyler, chairman of the Lewes Bicycle and Pedestrian Advisory Committee said, "Biking to work is an efficient and fun way to get the exercise you need without having to find extra time to work out."

Here are some tips that will help you enjoy biking to work more;

- **Have your bike checked by your local bike shop**
- **Always wear a helmet to protect you in the event of a crash**
- **Ride in the right-most lane with traffic**
- **Obey all stop signs, traffic lights and lane markings**
- **Look before you change lanes or signal a turn; indicate your intention, then act**
- **Be visible and predictable at all times; wear bright clothing and signal turns**