

Want to ride
your bike to
the store...

out to meet
friends...

part-way to
work...

but not sure
how to get
started?

C-ville Bike Mentors
can help!

Sponsored by:



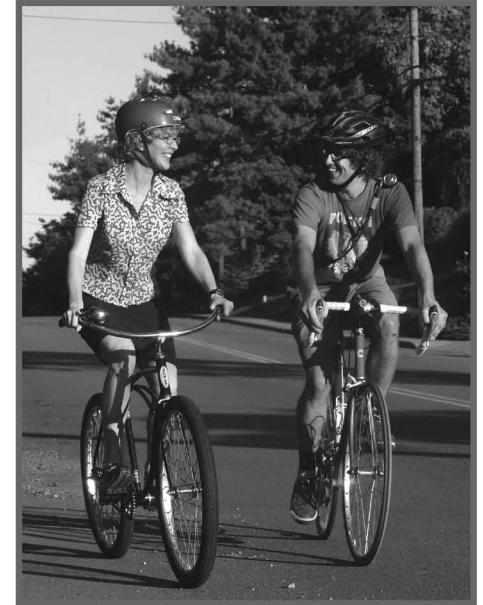
Cville



 **PERFORMANCE Bicycle**
america's best prices...period

WHOLE
FOODS[®]
M A R K E T

FEEL YOUR BEST!
Bike more, drive less
We'll show you how!



C-ville Bike Mentors

Experienced riders who volunteer
their technical know-how and
support to get you commuting...

the **FUN** and
FRIENDLY way!

C-ville Bike Mentors can help

- Plan routes
- Choose a bike and accessories
- Safety check your bike
- Teach bike safety
- Accompany you on your first ride
- Provide encouragement
- Answer questions

Bike Commuting: A great way to...

- Avoid traffic congestion and parking hassles
- Get in shape
- Go green/help the environment
- Save money
- Have fun!

**A 6 mile commute,
3 days a week will...**

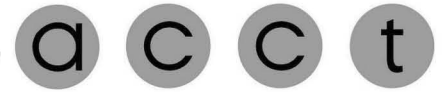
**Burn 720 calories/wk,
save you \$38.95/mo and
reduce your carbon
emissions 769 lbs/yr**

(AAA, bicyclingforlouisville.org, liveneutral.org)

The FUN way to get there!



In cooperation with



Alliance for Community Choice in Transportation



(434) 295-6554

info@transportationchoice.org

www.transportationchoice.org



**C-ville Bike Mentor Program
is a non-profit volunteer program.
Donations Appreciated**