

# WALK



or  **BIKE**  
TO WORK DAYS

**FRIDAYS** June 25, July 30, & August 27

Receive the benefits of good exercise, fresh air, stress reduction, lots of fun, make new friends ... and the good feeling of knowing you've done something to help reduce your environmental footprint. Sign-up sheets will be located in the lobby.

*Employees are encouraged to ride their bikes or walk all or part way to work:*

- 3 miles (Mare Island Way and Tennessee Street)
- 2 miles (corner of Railroad and G Streets)
- 1 mile (north side of St. Peter's Chapel)

*Park legally and safely!!*

*The invitation is also extended to employees who choose other environmentally friendly options for the day (bring in a bag lunch or carpool, etc.)*

*Employees who participate in all three Walk/Bike to Work Events will receive a prize at the conclusion of the series.*