

2014 Bike to Work Challenge

Frequently Asked Questions

May is Bike Month. Bike to School. Bike to Work. Be a part of it.

Events for Bike Month are being planned throughout the State (bikewalkct.org) to bring attention to this national effort. National Bike to School Day is May 7. National Bike to Work Day is May 16.

Bike to Work Challenge for CT DOT Employees

Here at the Connecticut Department of Transportation (CT DOT), we have a little Bike to Work Challenge planned for the month of May, with particular focus on the first half of May. On May 16, to commemorate national Bike to Work Day, the CT DOT will have a small welcome event for riders as they arrive to work. Riders will be greeted by Deputy Commissioner Anna M. Barry. Later in the day, at a Ribbon Cutting for the new bicycle racks, riders will have a photo opportunity with the Commissioner.

And, for those of you that need a little friendly competition for motivation, as part of the Bike to Work Challenge this year, riders have the option to ride for charity and earn the Golden Sprocket Award! The charity ride will raise funds to benefit the Connecticut State Employee Campaign (CSEC) for Charitable Giving.

A. Who participates in this event?

ALL ARE INVITED TO PARTICIPATE. Try it for a day, ride one-way, ride two-ways or just part way. Add some variety and commute by bus and bicycle the same day! Explore your options.

B. Where do I find more information and sign up?

1. For CT DOT employees interested in the agency's Bike to Work event, information and forms are posted at www.ct.gov/dot/bikeped.
2. **Also, Brown Bag Informational Sessions will be held on April 26 and May 15 at the DOT HQ in Room G328. Each date will offer two sessions: Noon and 12:30 P.M. Please join us during your lunch break.** Information about the Bike to Work Challenge, forms, tips and events planned will be shared as well as any questions answered.

C. What do I need to do to participate in the Bike to Work Challenge?

1. Participants are asked to digitally fill out this Participation Interest Form (www.ct.gov/dot/bikeped).
2. **Submit the Participation Interest Form as soon as you can by email via the button on the top right to relay your interest** so that you can be added to the distribution list for meeting dates, information and ride tips.

D. What do I need to do to participate in the charity ride option of the Bike to Work Challenge?

1. For those interested in the charity ride, a separate form is provided at www.ct.gov/dot/bikeped for tracking donations.
2. Once you have obtained your commitments for contributions from friends, digitally fill out a Charity Ride Option Form.
3. **Submit Charity Ride Option Form before end of business day Thursday, May 15 by email via the button at its top right.**
4. **Then, deliver any contributions collected with a copy of the printed form to Ms. Katherine Rattan at the CT DOT Headquarters in Room 2144 by 2 P.M. on Thursday, May 15.**

E. My commute is too long – how can I combine my bicycle ride with transit?

CTRIDES.com provides a 10-trip bus pass or a week of vanpool for all new riders interested in exploring transit options. And, to make it convenient, CTTransit busses are all equipped with bicycle racks. Call for details: 1-877-CTRIDES. They can also help with schedule information.

F. If I ride in May 16 on national Bike to Work Day will there be refreshments like last year?

Riders that arrive between 6:30 A. M. and 9:00 A. M. will be treated to complimentary water. There will also be a sale of healthy breakfast items to benefit the CSEC for Charitable Giving during that time at the Bike to Work Challenge welcome table. So bring a little cash in your backpack!

G. What are the dates that employees can ride to work?

Any day of course! We are encouraging riders to start early in May and try it a few times. Of course, May 16 is national Bike to Work Day so, on that day, we will have special events planned for riders.

H. What if I change my mind or am not sure yet about participating in the Bike to Work Challenge?

Don't worry, this is not a final commitment but allows for you to receive pertinent information on the Bike to Work Challenge and related events.

I. Do I have to ride for charity?

No. This is an option and added incentive for our employees. Any contributions collected will be donated in full to the CSEC for Charitable Giving.

J. I am from a District office, will you come out to speak with us on the Bike to Work Challenge?

Yes, by request, planning staff will provide an on-site information session to help you and your coworkers get started.

K. Who do I contact with additional questions or concerns?

Ms. Katherine Rattan is the CT DOT contact for agency events and she may be reached by email at katherine.rattan@ct.gov with any questions.

L. Can I get involved with the event planning or volunteer to help on Bike to Work Day?

Absolutely! Indicate your interest on this form and you will be contacted. You will need to get your supervisor's approval for any time donated during work hours.