



February 26, 2009

Contact: Nate Kaplan-(213) 473-7011

**ROSENDAHL TO KICK-OFF “CAR-FREE FRIDAY”
BIKE RIDE**

Public Invited – Bring Your Bike!

Who: Los Angeles City Councilmember Bill Rosendahl
Los Angeles County Bicycle Coalition

When: 8:00 a.m.
Friday, February 27, 2009

Where: West Los Angeles Civic Center
1645 Corinth Avenue
Los Angeles, CA 90025

What: Councilmember Bill Rosendahl will join the Los Angeles County Bicycle Coalition (LACBC) and cyclists from around the region to demonstrate support for cycling as a cost effective and sustainable commuting option.

The “Car-Free Fridays” bicycle ride is part of a campaign by the LACBC to get more people to ride a bicycle to work at least one Friday per month and highlight the personal and environmental benefits of riding a bike.

Cyclists will meet at 8:00 a.m. at the West Los Angeles Civic Center where Rosendahl will officially kick-off the bike ride to the Avenue of Stars in Century City.

Studies prove that cycling at least three hours a week cuts risk of heart disease in half, improve self-esteem and can reduce levels of stress and depression. An average five mile commute to work can burn up to 360 calories as well as greatly reduce traffic congestion.

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