

# I BIKE TO SCHOOL

*Exercise Enhances Learning*



# MY COMMUTE IS MY GYM

*And I can take my bike on AC Transit and BART!*



# MY COMMUTE IS MY GYM

*And I can take my bike on the bus and BART!*



# MY BIKE RIDE IS FAMILY TIME



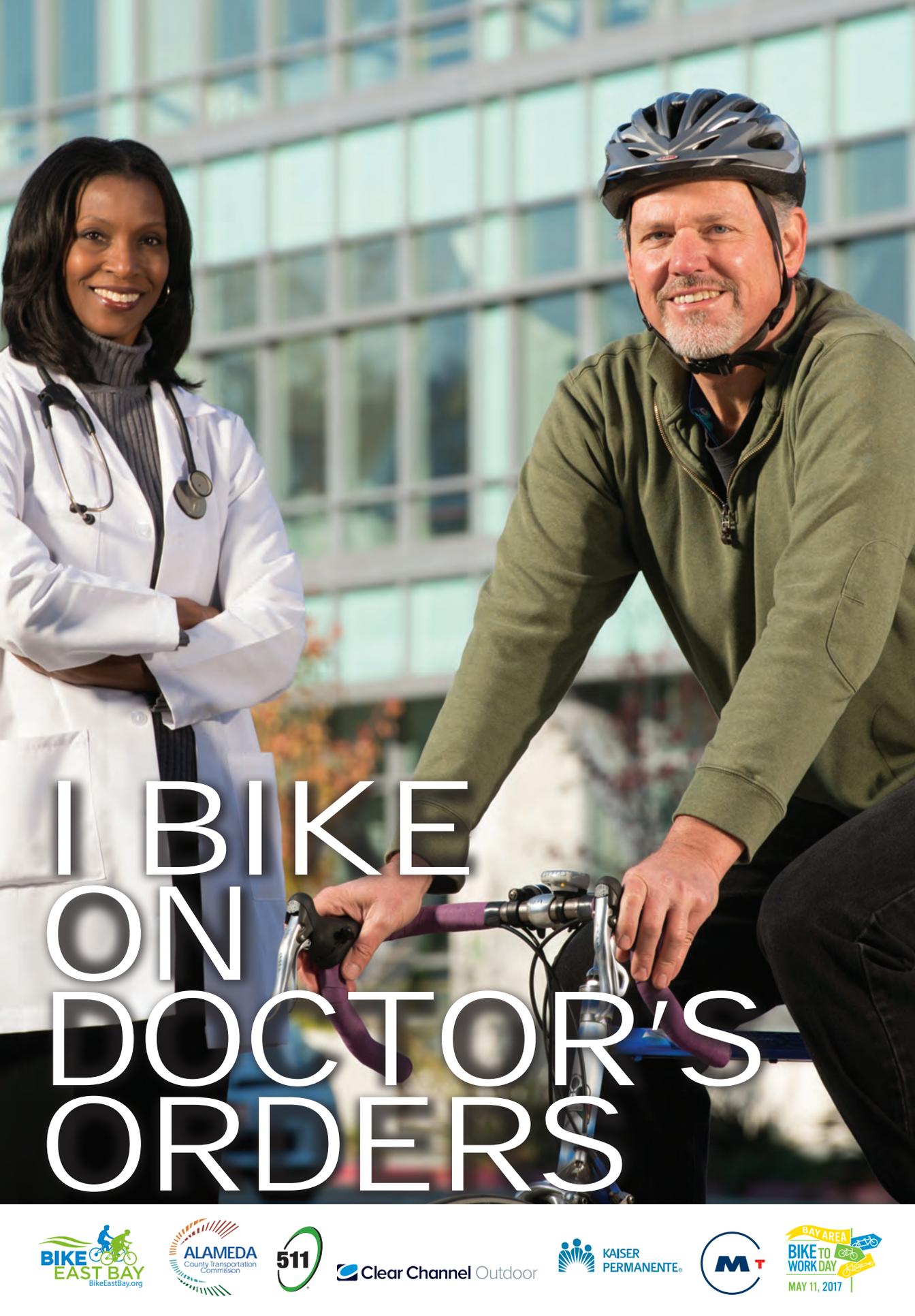
MAY 11, 2017



I GET  
10 SMILES  
PER MILE



MAY 11, 2017



# I BIKE ON DOCTOR'S ORDERS





# BIKE TO GET VIP PARKING





# I GET 10 MPB\*

\*miles per burrito





I GET  
10 MPB\*

\*miles per burrito



# MY COMMUTE IS MY GYM

56% of Capitol Corridor riders live within a 30 min bike ride of the train.



**CAPITOL CORRIDOR**  
Intercity Rail  
capitolcorridor.org  
1-877-9-RIDECC

## GET ON BOARD!

 **Amtrak California**<sup>SM</sup>  
A service of the California Department of Transportation  
**AmtrakCalifornia.com**  
**1-800-USA-RAIL**

# I BIKE TO SAVE TIME



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*Learn How! Free classes at: [BikeEastBay.org/Education](http://BikeEastBay.org/Education)*





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