

# ***NEWS RELEASE***

***STATE OF NEW HAMPSHIRE, DEPARTMENT OF TRANSPORTATION***

***Carol A. Murray, Commissioner***

**For Immediate Release**

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**Contacts:** Rail and Transit Bureau  
Tom Jameson  
(603) 271-1668  
Lou Barker  
(603) 271-3320  
Public Information Office  
(603) 271-6595

**3<sup>rd</sup> ANNUAL BIKE/WALK TO WORK DAY IS FRIDAY, MAY 20**  
***GOAL IS TO ENCOURAGE ALTERNATIVES TO MOTOR VEHICLE USE***

The New Hampshire Department of Transportation, in partnership with Concord 20/20, the Department of Health and Human Services, the Department of Environmental Services, the Granite State Bicycle Alliance and Seacoast Area Bicycle Routes, is sponsoring National Bike/Walk to Work Day in New Hampshire on Friday May 20, 2005.

This is the 3<sup>rd</sup> year for this event in Concord and the seacoast communities of Dover, Exeter, Portsmouth, and Newington. First time Bike/Walk to Work Days will be held this year in Claremont, Keene, Littleton, Laconia, Lebanon, and Manchester.

To continue the momentum of this one-day event, Concord 20/20 has issued a challenge to bicycle or walk to work 16 times before Labor Day (September 5, 2005). Everyone completing this challenge will be entered into a raffle for a \$300 gift certificate at S&W Sports in Concord.

Each trip by bicycle or walking helps to reduce traffic congestion, fossil fuel consumption and air pollution. It also improves physical fitness and promotes a healthy lifestyle.