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## May 20 Is Bike Or Walk To Work Day At UNH

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DURHAM, N.H. – University of New Hampshire President Ann Weaver Hart will join members of the UNH community using alternative forms of transportation Friday, May 20, as part of New Hampshire Bike or Walk to Work Day. She'll meet up with other commuters in front of Dimond Library for a commuter breakfast hosted by the UNH Office of Sustainability Programs from 7 – 9 a.m.

"I am lucky to live across the street from my office and can walk to work every day," "Half of the working population in the United States commutes five miles or less to work every day – if we all take the opportunity to bike or walk to work occasionally, we'll help to protect the environment, reduce traffic congestion, and improve our health. I hope many others will join me in biking or walking to work on Friday."

Over 22 percent of all motor vehicle trips taken by Americans are less than one mile long. Bicycling and walking are part of the solution to many of our nation's problems: the high cost of gasoline, traffic congestion, air pollution, rising obesity rates, and more.

Bike or Walk to Work Day participants are invited to breakfast Friday where they can enjoy refreshments, log their commuter distance, check into some light bike maintenance and sign up for prizes. Every person who rides or walks to a community commuter event and signs in on an official registration sheet will be entered in a raffle. Prizes include a Fuji Absolute bicycle (\$600 value), a Bike the Whites bicycle touring vacation (trip for two on a four-day three-night B&B White Mountains adventure), a Bailey Works bag, or a \$100 gift certificate to Runner's Alley.

This annual effort has also received support from Governor John Lynch who declared May 20, 2005, as New Hampshire's Bike or Walk to Work Day. In addition to Durham, commuter breakfasts will be held in Dover, Exeter, Stratham, Portsmouth, Concord, Claremont, Hanover, Keene, Laconia, Lebanon, Littleton, Manchester and Swanzey. Seacoast Area Bicycle Routes (SABR) is working in conjunction with the newly formed Granite State Bicycling Alliance, the N.H. Department of Transportation Bicycle Pedestrian Advisory Board, and The Greater Piscataqua Community Foundation to expand Bike/Walk to Work Day activities to other communities around New Hampshire.

The Durham Commuter breakfast is sponsored by Durham Bike, the Durham MarketPlace, The Bagelry and Dunkin' Donuts.