



**Bike to Work Week Social Media
Calendar**
May 13-17, 2019

FACEBOOK POST					
	May 6	May 7	May 8	May 9	May 10
TDM Agencies Post	<p>The Virginia Department of Rail and Public Transportation encourages Virginians to participate in Bike to Work Week May 13-17. Biking is a great alternative to driving alone to work. #BiketoworkVA</p> <p>*Use bicyclist image</p>	<p>Brush up on bicycling safety tips before hitting the road to celebrate Bike to Work Week May 13-17. Learn more at biketoworkva.org #BiketoworkVA</p> <p>*Use bicycle inspection photo</p>	<p>Incorporate transit into your bicycle commute by using it to connect your first and last miles of your overall commute to work. #BiketoworkVA</p> <p>*Use bike and bus image</p>	<p>If you're nervous about how much time it will take you to get to work, do a dry run on the weekend. Ride at an easy pace, knowing that if you were running late, you could pick up the pace. #BiketoworkVA</p> <p>*Use bicyclist image</p>	<p>Bike to Work Week begins next week, May 13-17! Visit DRPT's Bike to Work website for bicycling resources, helpful tips and a bike month/week/day events calendar! Biketoworkva.org #BiketoworkVA</p> <p>*Use Bike to Work Week logo</p>
	May 13	May 14	May 15	May 16	May 17
TDM Agencies Post	<p>Bike to Work Week begins today through May 13th! This is a great time to learn all the benefits of bicycling and practice peddling to your job. Visit www.biketoworkva.org for resources and tips to help get you started. #BiketoworkVA</p> <p>*Use Bike to Work Week logo</p>	<p>Work out on your way to work. #BiketoworkVA</p> <p>*Use bicyclist image</p>	<p>Try biking to work this week – it's easier than you think! Go to biketoworkva.org for resources and tips to help get you started. #BiketoworkVA</p> <p>*Use bike and bus image</p>	<p>When you begin biking to work start with an achievable frequency. Set a goal to commute one to three times per week and after consistently achieving success, consider adding more days. #BiketoworkVA</p> <p>*Use bicyclist image</p>	<p>Happy Bike to Work Day! If you're interested in learning more about biking to your job visit biketoworkva.org. #BiketoworkVA</p> <p>*Use Bike to Work Week logo</p>

Grantees are encouraged to edit and use posts for their service area