

Indian Head hosts one of many Bike to Work locations

Free lunch and raffle prizes, along with fitness guidance

By CHARLIE WRIGHT
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Indian Head will celebrate National Bike to Work Day on Friday at the Village Green Pavilion, with free promotions and activities available for fitness and healthy living.

The Indian Head take on the observance builds on the transportation concept and adds a more varied health component, titled Bike to Work and Wellness Day. The town partners with the Tri-County Council for Southern Maryland to participate in the program, who also works closely with Commuter Connections and the

Washington Area Bicyclist Association to celebrate the occasion through the Washington, D.C., Maryland and Virginia area. Town staff has collaborated with TCCSM transportation specialist George Clark and regional transit coordinator Nicky Pires to put on the event, which will begin at 7 a.m. with breakfast snacks and include a complimentary picnic lunch around noon.

"Bike to Work Day has been an amazing event over many years in Indian Head," said Mayor Brandon Paulin. "Tri-County Council, George Clark and Nicky

Pires do a phenomenal job of promoting alternative ways of transportation that are healthy and fun."

The celebration is geared toward residents of all ages, with various activities and giveaways to satisfy everyone who chooses to attend on Friday. Fitness demonstrations will run through the day, along with a kid's coloring table and door prizes including new children's bicycles. Senior health and fitness activities will take place from 9 a.m. to 2 p.m. Following breakfast, fifth grade students from Indian Head Elementary School will read essays about bike safety.

Clark explained the Metropolitan Washington Council of Gov-

ernments Commuter Connections program provides funding for the TCCSM, which allows them to raffle off a new bike to one boy and girl as well as give away other prizes. He has been involved with the Indian Head event for the past nine years, and said the program provides a nice boost to the town. Clark serves as ride share coordinator for TCCSM, with the goal being fewer cars and healthier living.

"I promote alternative transportation, which includes carpools, van pools, teleworking and bicycling," Clark said. "It's just another means of getting vehicles off the highway, and of course less congestion. When we've got less congestion, we have

cleaner air because emissions are not being produced."

The Indian Head location is just one of 100 "pit stops" offered by Commuter Connections and the Washington Area Bicyclist Association in the DMV area on Friday. All will include refreshments and prizes, with cyclists encouraged to hit up multiple spots to stay energized through the day. Indian Head is the only Charles County location, but there are 12 in nearby Prince George's County and 28 around the District. Clark added that the organization was planning to give out a record 20,000 commemorative T-shirts at these rest areas for those who have registered for the

event, up from 18,000 last year.

Paulin will be in attendance at the pavilion to read a proclamation from the Charles County Commissioners regarding the event, and Sen. Mac Middleton is expected to read the official citation from the Southern Maryland Delegates. The town welcomes all residents to attend the event free of charge, and citizens across the country are urged to trade their car keys for a 10-speed on Friday.

"The Indian Head students, seniors, and all those that bike to work enjoy themselves and we encourage everyone to come out," Paulin said.

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