

Host a Bike to Work Day Station

Celebrate the 61st anniversary of [Bike to Work Day](#) on Friday, May 19 by hosting a Refueling Station at your workplace. Join Trailnet in counting hundreds of cyclists throughout the STL area. We will help promote your station and your business or agency!

How it works:

1. Recruit co-workers to run the station with you.
2. Decide what “fuel” you will provide. Beverage and food items may be purchased or donated by partner businesses.
3. Fill out the online [Refueling Station form](#). Trailnet will arrange for delivery of educational materials to be displayed at your station.
4. Promote Bike to Work Day at your workplace through flyers, employee newsletters, email, and social media.
5. Provide support and encouragement for your co-workers leading up to Bike to Work Day. Some ideas include:
 - Route mapping – provide links or maps in your company newsletter featuring bike-friendly routes; if you are a regular bike commuter, list your favorite streets, shortcuts, and parks to ride through.
 - Bike mentors – pair novice cyclists with experienced bike commuters who can accompany them on their first ride to work.
 - Bike trains – identify meeting locations to “pick up” fellow bike commuters; designate an experienced commuter to lead the group from each spot, ending at your workplace’s refueling station.
6. On Bike to Work Day, track the number of people who visit your station, and the number of people you see out on bikes (don’t forget to count yourself and any colleagues who help run the station), and send your final tallies to Taylor March at taylor@trailnet.org by Monday, May 29.
7. Thank your volunteers, pat yourselves on the back, and start thinking of ideas for next year. Share your success through your company’s social media, employee newsletter, and partners. Share the experience with Trailnet and send any photos or quotes to taylor@trailnet.org.