

# Tarlton Sponsors 24<sup>th</sup> Annual Bay Area Bike to Work Day

**April 19, 2018** - [Tarlton Properties](#) (Tarlton) is proud to announce that we are sponsoring the 24<sup>th</sup> annual [Bay Area Bike to Work Day](#) on Thursday, May 10, 2018 for the third year in a row. This year's event is expected to attract tens of thousands of Bay Area residents, many of whom will be riding their bike to work for the very first time. Part of [National Bike Month](#), Bike to Work Day 2018 will feature more than 130 "Energizer Stations" in Santa Clara and San Mateo Counties where bikers can stop to get a snack, assorted goodies, and plenty of encouragement.

Tarlton is sponsoring two Energizer Stations, which will be located at either end of O'Brien Drive - one at Willow and O'Brien, and the other at University and O'Brien - and we'll also be raffling off a brand-new bike for any of our Menlo Park Labs tenants who stop by and enter to win.

Bike to Work Day is organized by the [Silicon Valley Bicycle Coalition \(SVBC\)](#), whose goal is to see that 10 percent of trips are taken by bike by 2025. This shouldn't be as daunting as it sounds: Almost 40 percent of Bay Area commuters live within just five miles of their workplace.

The collective payoff of people biking to work instead of driving can be massive. As SVBC notes on its website:

*"If every person living this close to their workplace ditched their cars on Bike to Work Day alone, more than 60,000 vehicles would be off the road, reducing tailpipe emissions by more than 150,000 pounds."*

Beyond the environmental impact, fewer cars on the road can make a big difference in traffic and commute times. In fact, even just eliminating a handful of cars can have an outsized impact. One [study](#) by MIT and UC Berkeley showed that removing *just one percent* of commuters from rush-hour roads in high-traffic corridors reduced travel times for everyone else by 18 percent.

Biking to work is also a great way to fit exercise into a busy schedule. The American College of Sports Medicine recommends getting 30 minutes of moderate cardio five times per week; pedaling to work a few times a week makes it easy to reach this goal. Not to mention the fact that the average person will burn between 450 to 750 calories per hour cycling, helping them maintain a healthy weight.

At Tarlton, biking is in our DNA, and we're firmly behind SVBC's mission to get more people biking and fewer cars on the road. As part of this effort, we continue to expand our "[Menlo Park Rides](#)" initiative that provides tenants with shared bikes and cars to use throughout the day and encourages our tenants to use eco-friendly commuting methods to get to work. In fact, more than 12 percent of our Menlo Park Labs tenants have registered for the Menlo Park Rides Bike Share program to date.

We look forward to seeing many of our friends, colleagues, and neighbors out on the road on May 10<sup>th</sup>!