



## commute seattle

Are you interested in biking to work but you're not sure how to get started? Join Commute Seattle for our FREE Bike Commuting 101 seminar where you'll learn about everything from bike selection, to safety, etiquette and rules of the road to mobile technologies for biking and route finding. At the end of this lunchtime seminar you'll be set for May's Bike Everywhere Month

These events are free and open to the public. Thank you to the Seattle Department of Transportation and our presenting companies for their sponsorship

For up-to-date information check out our upcoming free seminars and trainings at [commuteseattle.com/calendar](http://commuteseattle.com/calendar)

# BIKE COMMUTING 101

## MARCH

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- 07 F5 Networks (401 Elliott Ave W)
- 14 Seattle School District John Stanford Building (2445 3<sup>rd</sup> Ave S)
- 15 Port of Seattle Pier 69 (2177 Alaskan Way)
- 21 CDK Global (605 5<sup>th</sup> Ave S, Suite 800)

## APRIL

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- 04 Impinj (400 Fairview Ave N)
- 11 Swedish Medical Center, First Hill (747 Broadway)
- 13 Group Health, Capitol Hill (201 16<sup>th</sup> Ave E)
- 19 Tableau, Fremont (1621 N 34<sup>th</sup> St)
- 20 Swedish Medical Center, Ballard (5300 Tallman Ave N)
- 25 Swedish Medical Center, Cherry Hill (500 17<sup>th</sup> Ave)

## MAY

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- 4 Harborview Medical Center (300 9<sup>th</sup> Ave, Room 117)