

**FOR IMMEDIATE RELEASE**  
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### **Mix & Match Your Ride: Make the Pledge During Bike Week**

Ventura, Calif. – The Ventura County Transportation Commission (VCTC) is asking locals to mix up their routine by biking instead of driving one day a week.

Bike Week, which has been referred to as Bike to Work Week in the past, is an annual event that encourages residents to leave their cars at home and instead use their bicycles to travel to destinations. This includes essential errands, traveling to medical appointments, commuting to work, or just getting out of the house.

Bike Week is Sept. 21-25. Those who pledge to bike at [goventura.org/bike-week](https://goventura.org/bike-week) will be entered for a chance to win one of 10 \$100 Visa gift cards. First-time riders, seasoned cyclists, and everyone in between is welcome to submit their pledges online.

Residents of Ventura County may have noticed lighter traffic when the state of California first shut down in response to COVID-19. According to the California Coalition for Clean Air, March brought Californians some of the cleanest air in the United States. Though many people continue to stay home from work, school, and other destinations, others have returned to their routines. According to the California Department of Transportation, VMT (Vehicle Miles Traveled) data indicates that traffic in Ventura County has been inching its way back to pre-pandemic levels, negatively impacting air quality.

“For a while last spring, locals saw a brief respite from traffic on the 101,” said VCTC’s public transit director, Martin Erickson. “If we want healthy air quality and manageable traffic in Ventura County, we should all consider making small adjustments in our lives, such as biking instead of driving once a week. It’s also great exercise!”

VCTC makes it easy for new riders to learn about paths in the area. The next time you are preparing to depart on an essential trip, visit [goventura.org/getting-around/bike](https://goventura.org/getting-around/bike) and discover one of Ventura County’s bike routes. The map highlights Class 1 paths, which are separated from cars; Class 2, which are shared-street painted bike lanes; and Class 3, which are on-street bike routes designated by signs.

For more information about transportation and biking, follow VCTC (@GoVCTC) on Facebook, Twitter, or Instagram. Participants who pledge to bike must be over the age of 18 and the pledge must be made by Sept. 30. Cyclists are encouraged to check the Ventura County Air Pollution Control District's website at [vcapcd.org](http://vcapcd.org) or follow @VCAPCD for Air Quality Alerts before outdoor physical exertion.

### **About the Ventura County Transportation Commission**

The Ventura County Transportation Commission is the regional transportation planning agency committed to keeping Ventura County moving. Program information is available at [goventura.org](http://goventura.org).

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