



# October

[www.bikeleague.org](http://www.bikeleague.org)

One gallon of gasoline equals  
19.4 pounds of CO<sub>2</sub> emissions.

I, \_\_\_\_\_,  
pledge that I rode my bike to and from  
work a minimum of three days per week  
this month.

Attach any bike expense receipts  
incurred this month to this card  
when you turn it in to your  
human resources department.

