

# F5 Sponsors Bike to Work Day in Seattle

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## *Bike to Work campaign promotes the benefits of bicycle commuting*

SEATTLE--(BUSINESS WIRE)-- [F5 Networks, Inc.](#) (NASDAQ: [FFIV](#)) again sponsors [Bike to Work Day in Seattle](#), which takes place on Friday, May 17. A [Cascade Bicycle Club](#) event, F5 Bike to Work Day headlines multiple [National Bike Month](#) activities held throughout May. The goal of F5 Bike to Work Day is to emphasize the health and environmental benefits of biking to work.

“Sponsoring Bike to Work Day underscores our company’s commitment to promoting healthy lifestyles for our employees, as well as the community at large,” said Laurie Likai, SVP of Human Resources at F5. “We hope F5 Bike to Work Day encourages other local businesses to institute programs that promote alternative commuting options for their employees.”

F5 offers many benefits to employees to encourage biking to work, including bike racks, shower facilities, towel service, bike pumps, and a monthly stipend of \$100 for those who use alternative modes of transportation for their commutes. In recognition of the company’s support of bicycle commuting, Cascade Bicycle’s BizCycle program recently certified [F5 as a Bronze Level bicycle-friendly workplace](#).

F5 Bike to Work Day officially kicks off at 7:45 a.m. on May 17 with the annual bike ride with Seattle Mayor Mike McGinn to the rally at Seattle City Hall. Between 6:00 a.m. and 9:00 a.m., riders can stop by one of dozens of [commuter stations](#) hosted by Cascade Bicycle Club throughout the Puget Sound region for a complimentary bicycle checkup, snacks, maps, and other items.

“Every year, more Seattle residents are choosing to commute by bicycle, and F5’s Bike to Work Day helps encourage more people to try it out for the first time,” said McGinn. “F5 Bike to Work Day promotes a sense of community support and generates momentum for safer, more bike-friendly streets.”

## **F5 Bike to Work Day Details**

- **Date:** Friday, May 17, 2013
- **Participation:** No registration required
- **Morning Ride with Seattle Mayor Mike McGinn:** 7:45 a.m. at KEXP Radio Station, 113 Dexter Avenue North, Seattle
- **Morning Rally:** 8:00 a.m. – 8:30 a.m. at Seattle City Hall, 600 4th Avenue, Seattle
- **Commute Stations:** [42 locations](#) around Puget Sound
- **Giveaways:** Stickers, reflective safety bands, snacks, maps, and more. Participants can also enter a drawing to win a Raleigh bicycle.

For additional information about Seattle’s F5 Bike to Work Day activities, visit Cascade Bicycle Club’s [website](#).

## **About Cascade Bicycle Club**

Founded in 1970, Cascade Bicycle Club is a 501(c)(4) nonprofit organization based in Seattle, Washington, serving 15,000+ members and more than half a million cyclists in the Puget Sound community. Cascade is operated by a 13-member volunteer Board of Directors, 34 professional staff

and thousands of volunteers. More information about Cascade Bicycle Club's advocacy, commute, education and riding programs is available online at <http://www.cascade.org/> or by calling (206) 522-3222. Find us online: [Twitter](#) || [Facebook](#) || [Pinterest](#) || [YouTube](#).

## About F5 Networks

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