



G R O S S M O N T  
C O L L E G E

## News Release

**CONTACT:** Susan Gembrowski  
Office of College and Community Relations  
(619) 644-7840; [susan.gembrowski@gcccd.edu](mailto:susan.gembrowski@gcccd.edu)

**May 13, 2013**

### **Grossmont College Hosts Bike to Work Day**

**EL CAJON** – Grossmont College is an official pit stop for “Bike to Work Day 2013,” a nationally recognized event celebrated on the third Friday of May.

Some 50 to 60 riders are expected from 6 to 9 a.m. May 17, in parking lot No. 1 at the intersection of Highwood Drive and Grossmont College Drive on the Grossmont College campus.

Refreshments and support will be available, along with free T-shirts for the first 30 riders. Cyclists needing a break can ride free on any transit system operated by the Metropolitan Transit System or the North County Transit District if space is available. For more information, go to [icommutesd.com](http://icommutesd.com)

This is the sixth year Grossmont has been a pit stop for the annual event. Some 90 stops will be available throughout the county.

Sponsors of the Grossmont College stop include Trek Bicycle Superstore in La Mesa and the college’s student government, wellness initiative team leaders and the triathlon club.

Grossmont College is located at 8800 Grossmont College Drive in El Cajon. For directions and a campus map, visit “campus information” at [www.grossmont.edu](http://www.grossmont.edu)

---

College and Community Relations

8800 Grossmont College Drive, El Cajon, CA 92020-1799 Phone 619-644-7840