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Put Down the Car Keys

By [JESSICA GREENE](#)

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Associated Press

The "official" Bike to Work Day is Thursday but, why wait?


Bay Area environmental groups, politicians and cycling aficionados want you to ditch your car for a commute on two wheels this week.

Cycling activists estimate that 150,000 people in the Bay Area will participate in [Bike to Work Day](#) Thursday.

The event, sponsored by [Kaiser Permanente](#), will feature "energizer stations" from [Santa Clara](#) to [Santa Rosa](#), where people can fuel up on snacks and get free goodies like bike lights.

Organizers hope the event will draw attention to the role biking plays in transportation.

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