

# BicyclingMonterey.com

## A Bike Blog for Monterey County

Free resources for visitors and residents,  
with links to additional local cycling resources.

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Includes the comprehensive guide

## Tips for Bicycling MoCo

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And the long-term sustainability project,  
for *males and females*, locals and visitors:

### HER Helmet Thursdays

What's HER Helmet Thursdays? An ecology-  
economy project, with discounts every Thursday  
just because you bike in Monterey County!

*This project is a community service, and there is no fee to participate.*

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**Questions?** Call Mari Lynch (831) 375-6278

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