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AvMed “puts the rubber to the road” with BIKE305 Bike to Work Day

Sponsorship continues committed partnership with Miami-Dade County

MIAMI – March 2, 2016 – AvMed is putting rubber to the road to promote healthy lifestyles with its sponsorship of Miami-Dade County’s Fourth Annual BIKE305 Bike to Work Day. Mayor Carlos Gimenez’ initiative, implemented by Miami-Dade County Parks, Recreation and Open Spaces in collaboration with Miami-Dade Transportation and Public Works Department, shows residents how easy it is to commute by combining the efficiency of public transportation with the open air experience of a bicycle ride.

“Our main concern is traffic,” said BIKE305 Coordinator Sue Kawalerski. “This is a great means of alternate transportation, a perfect extension of our department’s mission and a wonderful example of our partnership with AvMed.”

Residents can ride their bikes anywhere in Miami Dade County, and for \$2.25 can use any form of public transportation to facilitate their commute. All Miami-Dade public transportation options accommodate bicycles on board. Riders can bring two-wheel, single-seat bikes on board Metrobus, Metromovers and the Metrorail, as well.

“We hope this single day helps develop a lifetime of healthy habits for all who participate,” said James M. Repp, AvMed’s Chief Marketing Officer. “AvMed proudly partners with the County on this and other outstanding programs that inspire Miami-Dade County to get outside, embrace our wonderful County Parks and enjoy a climate that enables their year-round use.”

Please join Mayor Gimenez and AvMed for the opening ceremony at 8 am on Friday, March 4, 2016. Festivities will begin at University Metrorail and will conclude with a group bike ride to Government Center. BIKE305 Bike to Work Day kicks off Miami-Dade County’s Bike to Work Month. You can find a full calendar of planned events and much more information at the program website, BIKE305.com.

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About AvMed

In 1969, AvMed began in South Florida as *Aviation Medicine* to serve the growing airline industry with pilot physicals. Today, with headquarters in Miami and offices in every major metropolitan area of the state, AvMed aims to inspire its membership of more than 340,000 Floridians to celebrate an active lifestyle and “Embrace better health.®.” One of Florida’s oldest and largest not-for-profit health plans, AvMed provides Medicare Advantage coverage in Broward and Miami-Dade counties, Individual and Family Plans in South Florida, as well as the Gainesville, Jacksonville and Orlando Markets, and Group Health coverage for employers in more than 30 counties across the only state we’ve ever served. Well-known clients, healthcare providers and systems have been partners for decades, a testament to AvMed’s culture of service and satisfaction, which consistently ranks above statewide peers. For more information, visit AvMed.org.