

Published May 23rd, 2012

## Bike Fuel



Photo Cathy Dausman

Moraga resident Chris Havel stops in at a Lafayette "refresher station" manned by Bicycle Pedestrian Advisory Committee volunteer Claude Aiello, who offers an assortment of juice, water, fruit and carb snacks during Bike to Work Day May 10. Havel, who works for Cal Trans in Richmond, admits that a portion of his trip involved BART and reminds fellow bikers that biking doesn't have to be a race, and to enjoy the ride.

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)[back](#)

Copyright © Lamorinda Weekly, Moraga CA