

## NEWS RELEASE

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### Nanaimo continues to build upon Bike to Work Week

#### Summary

This year, Bike to Work and Bike + Walk to School week saw an increase in kilometres ridden and schools participating. This week-long event is a great way for participants to improve their health, help the environment and see their City in a whole new way.

A total of 14 schools in Nanaimo participated - up from 10 in 2015. Participants rode a total of 26,969 kms - up from just over 25,000 kms in 2015. For those who hadn't participated before, Bike to Work Week was a great opportunity to start with 122 of the 670 participants identifying themselves as new riders.

*Strategic Link:* Transportation and Mobility; Community Building Partnerships; Environmental Responsibility

#### Key Points

- Bike to Work and Bike + Walk to School Week (May 30 - June 5) is an annual province-wide event that encourages commuters to get out and ride their bikes to work and school.
- Bike to Work week riders rode 26,969 kms, burned over 809,000 calories and reduced Greenhouse Gas emissions by nearly 6,000 kg between May 30 and June 5.

#### Quotes

"Every year we are seeing more participants and community partners getting involved in this fun week-long event that supports active transportation in Nanaimo."

Deborah Beck  
Recreation Coordinator  
City of Nanaimo

#### Quick Facts

- Cycling is a healthy way to travel and riders burned over 809,377 calories during this year's event - the equivalent of eating 2,181 Nanaimo bars!

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Continued... Nanaimo continues to build upon Bike to Work Week

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