

## NEWS RELEASE

Distributed May 16, 2017

### Get ready for Bike To Work and School Week 2017

*Kickoff event on Wednesday, May 17*

#### Summary

It's time to dust off your bike, pump up your tires, lose your car keys, and jump on board for this year's Bike to Work and School Week. Bike to work week runs from May 29 to June 4 in Nanaimo and 54 other communities throughout British Columbia. Celebration stations will be set up around the City to offer snacks, drinks and encouragement for the many cyclists participating in the challenge. Cyclists will have a chance to win prizes at each station including a chance to win the grand prizes: Two bikes donated by Arrowsmith Bikes and Rock City Cycles. If you can't make it to a celebration stations visit one of Nanaimo many bike shops to enter. The more you participate, the better your chances are to win. Celebrate the completion of Bike to Work Week with a Wrap up Party at Nanaimo District Secondary School on Friday June 2nd, from 4:00 – 6:00pm. Join fellow commuters for a free Kinsmen BBQ, great musical entertainment, games, good company and prizes. The 2017 Kick-Off Launch & Lunch will be held on Wednesday May 17th from 11:30am to 1:00pm at the Bowen Road Country Grocer. After the lunch we will be holding a fun 7km "Community Bike Ride". For more information on bike to work week, please visit our website at [www.biketowork.ca](http://www.biketowork.ca).

*Strategic Link:* Bike to Work Week supports the strategic priority for Transportation and Mobility, the reduction in car dependency, and increase in active transportation

#### Key Points

- The 2017 Kick-Off Launch & Lunch will be held on Wednesday, May 17 from 11:30am to 1:00pm at the Bowen Road Country Grocer.
- Participants and students can visit the daily Celebration Stations to enjoy refreshments, mini bike tune ups and enter to win daily prizes including a chance to win one of two grand prizes of a new bike courtesy of Arrowsmith Bikes and Rock City Cycles which will be drawn at the June 2 Wrap-Up BBQ.
- Celebrate the completion of Bike to Work Week with a Wrap up Party at Nanaimo District Secondary School on Friday June 2nd, from 4:00 – 6:00 pm. Join fellow commuters for a free Kinsmen BBQ, great musical entertainment, games, good company and prizes.

#### Quotes

"Every year more and more Nanaimo residents are enjoying cycling as an alternative form of commuting. This year should be a great year to get on our bikes and ride!"

Amir Freund  
Transportation Planner  
City of Nanaimo

#### Quick Facts

- Those who are unable to visit the celebration stations during Bike to Work Week can visit one of Nanaimo's many bike shops to enter for the grand prize.

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View the online edition for more information -  
<http://cnan.ca/2qpukIH>