

## NEWS RELEASE

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### Get ready for Bike to Work & School Week

*Special presentation and kick-off event planned*

#### Summary

Bike to Work & School Week is just over a month away and, in preparation for it, the City of Nanaimo and community partners will be holding some events to get residents ready to ride.

On Thursday, April 26 Hub City Cycles will host an evening with Gregg Strong of [backroadsbiketouring.com](http://backroadsbiketouring.com) and special guests Stephen Hinde of BC Randonneurs and Bill McMillan of Mid Island Velo Association who will discuss Cycle Touring Vancouver Island - Popular Backroads and Bikepacking Routes from 7:00 pm to 9:00 pm in the Nanaimo Museum (doors open at 6:00pm).

The City will be hosting a fun kick-off party on Saturday, May 5 from 10:30 am to 1:30 pm in Maffeo Sutton Park. This free event, which begins with a blessing by Snuneymuxw First Nation, will feature a variety of bike-related activities for all ages including bike yoga by Omtown Yoga, demonstrations from RDN Transit on how to properly put a bike on a bus and a "Spice Up Your Bikes" Challenge with Iron Oxide where participants can decorate their bikes. The day will cap off with a musical bike ride downtown featuring music from DJ All Good. A free lunch will be catered by the Bees Knees Community Cafe.

For more information on Bike to Work & School Week, visit [www.biketowork.ca/nanaimo](http://www.biketowork.ca/nanaimo) and follow @btwnnanaimo on Facebook, Twitter and Instagram.

**Strategic Link:** Bike to Work Week falls under the Transportation and Mobility Priority in the City of Nanaimo's Strategic Plan to reduce car dependency and increase active transportation.

#### Key Points

- The Bike to Work Week kick off party will be held in Maffeo Sutton Park on Saturday, May 5 from 10:30 am to 1:30 pm. Please RSVP for this free family event to: <https://bit.ly/2J6shQk>.
- To attend the evening of Cycle Touring Vancouver Island - Popular Backroads and Bikepacking Routes on Thursday, April 26 a suggested donation of \$10 is encouraged.
- 2018 Bike to Work & School Week in Nanaimo will be held May 28 through June 3. More information is available at [biketowork.ca/nanaimo](http://biketowork.ca/nanaimo).

#### Quotes

"It's great to see a number of community partners returning for another year and have new ones join in. The kick off party and presentation will give residents the opportunity to get prepared for Bike to Work and School Week. We're looking forward to kicking off another year of promoting active transportation in Nanaimo!"

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Continued... Get ready for Bike to Work & School Week

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