

## NEWS RELEASE

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### Get ready for Bike to Work Week

*Special kick-off lunch and group bike ride planned*

#### Summary

Bike to Work Week and Bike + Walk to School Week is just a month away and, in preparation for it, the City of Nanaimo will be holding a fun kick-off event on Friday, May 6 from 12:30 pm to 1:30 pm at Code Brew. Information on how to register for Bike to Work Week will also be provided along with a light lunch and refreshments.

For those interested in attending this event, please RSVP to Deb Beck at [deb.beck@nanaimo.ca](mailto:deb.beck@nanaimo.ca) or 250-756-5203.

*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 event will be held at Code Brew (1200 Dufferin Crescent, on the corner of Dufferin and Boundary) on Friday, May 6 from 12:30 pm to 1:30 pm. RSVP for this event to Deb Beck at [deb.beck@nanaimo.ca](mailto:deb.beck@nanaimo.ca) or 250-756-5203.
- The event will feature a light lunch, group bike ride, free bike inspections, informational displays and prizes.
- Bike to Work Week in Nanaimo will be held May 30 through June 5. More information is available at [biketowork.ca/nanaimo](http://biketowork.ca/nanaimo).

#### Quotes

"We're really excited to see more partners come together to help kick off Bike to Work Week. This event gains in popularity each year as residents learn how easy it is to make the switch to cycling as part of their daily commute. Come on down and join us for some lunch and a group ride - rain or shine!"

Deborah Beck  
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#### Contact:

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View the online edition for more information -  
<http://cnan.ca/1SCa7Ur>