

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!

-30-

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

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