

## **BIKE TO WORK WEEK NANAIMO 2009**

### **BIKE TO WORK KICK OFF EVENT**

Diana Krall Plaza

Friday, April 24<sup>th</sup>, 2009 from 11am to 2pm

This is the first event to promote Bike to Work Week and get members of the public thinking about participating. Cycling shops will have demonstration models and advice on hand. The City will provide information on safe cycling and designated cycling routes in the city. Team signup sheets and posters will also be available.

### **BIKE TO WORK COMMUTER CHALLENGE**

Diana Krall Plaza

Friday, May 8<sup>th</sup>, 2009 from Noon to 1:15pm

A good-natured competition between cyclists and drivers staged to demonstrate the comparability of urban travel times between cyclists and car drivers over set distances (no greater than 6 to 8kms). From the same starting point a cyclist and a driver travel to Diana Krall Plaza in the downtown.

**Interested in forming a team?? – Call Rob Lawrance at 250-755-4483**

**BIKE TO WORK WEEK Monday May 11<sup>th</sup> to Saturday May 16<sup>th</sup>**

### **CELEBRATION STATIONS**

Each work day a different sponsor will run a celebration station in the City for the week.

Celebration stations are exactly what they sound like – a “celebration” of cycling and the health, wellness and fun benefits that go along with it. Every day during bike to work week, celebration stations will be setup along strategic locations throughout Nanaimo.

### **TENETATIVE SCHEDULE**

|           |  |
|-----------|--|
| MONDAY    | – VIHA / OAK BAY BIKES – Boundary and Dufferin   |
| TUESDAY   | – REGIONAL DISTRICT OF NANAIMO /ARROWSMITH BIKES– E&N Trail @ Wellington Rd.   |
| WEDNESDAY | – GREATER NANAIMO CYCLING COALITION / PACRIM – E&N Trail @ Jingle Pot  |
| THURSDAY  | –VIU / OAK BAY BIKES – 4 <sup>th</sup> St. / Wakesiah Ave.<br>–“STATE OF THE TRAILS”– CO-HOSTED BY CITY OF NANAIMO AND RDN |
| FRIDAY    | – ARROWSMITH BIKES – Coyote Cafe / E&N trail   |
| SATURDAY  | – OAK BAY BIKES – Diana Krall Plaza (Kids Bike Rodeo )   |