

## NEWS RELEASE

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### **Bike to Work Week Kicks Off May 26**

#### **Summary**

Dust off those bike helmets. Monday, May 26 kicks off the 2014 Bike to Work Week; a week to promote and encourage commuting by bicycle. A variety of events have been planned including a Bike to the Movies at Woodlands Secondary on Thursday, May 29 and a Wrap-Up BBQ at Brooks Landing on Friday, May 30.

From May 26-30, Celebration Stations will be set up around Nanaimo where participants can enter to win daily prizes as well as a grand prize of a Kona Dew Commuter Bike from Oak Bay Bikes. The grand prize will be drawn at the Wrap-Up BBQ on Friday, May 30 at Brooks Landing.

*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**

- Bike to Work Week runs from May 26- June 1.
- Two "Celebration Stations" will be set up daily from May 26-30.

#### **Quotes**

"Bike to Work Week is a great way to encourage cycling as a safe and healthy alternative method of commuting in Nanaimo. Not only is cycling a healthy physical activity, it also reduces traffic congestion and the City's carbon footprint."

Rob Lawrance  
Environmental Planner  
City of Nanaimo

#### **Quick Facts**

- Bike to Work Week is a week long event to encourage communities to commute by bicycle.
- Register for Bike to Work Week at [www.biketowork.ca/nanaimo](http://www.biketowork.ca/nanaimo)

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