

NEWS RELEASE

Distributed April 17, 2015

Bike to Work Week kicks off with a Lunch Launch and Commuter Challenge

Summary

Bike to Work Week is one month away and, in preparation for it, the City of Nanaimo will be holding a fun kick-off event on Friday, April 24 from 12:00 pm to 1:30 pm at the Bowen Park auditorium. The event will centre around a "Commuter Challenge", a mini bike tune-up for anyone who brings their bike and guest speakers MLA Michelle Stillwell, MLA Doug Routley and Olympic Athlete Phil Olsen. Information on how to register for Bike to Work Week will also be provided along with a light lunch and refreshments.

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 featuring light lunch, guest speakers and bike challenges will be held at Bowen Park auditorium (500 Bowen Road) on Friday, April 24 from 12:00 pm to 1:30 pm. RSVP for this event to Michele Duerksen at 250-755-7524 or michele.duerksen@nanaimo.ca.
- This year participants in the commuter challenge will start and finish in Bowen Park and will be given set routes to pick up and return various items from Bike to Work Week sponsors.
- Bike to Work Week in Nanaimo will be held May 25 through May 29. More information is available at <http://www.biketowork.ca/nanaimo>
- For more information and to RSVP for the kick-off please contact Michele Duerksen at 250-755-7524 or michele.duerksen@nanaimo.ca.

Quotes

"We are hoping to see more people this year choosing cycling as an alternative mode of commuting to work and school. The upcoming kick-off event will help get the community - and their bikes - ready for Bike to Work Week in May."

Rob Lawrance
Environmental Planner
City of Nanaimo

Quick Facts

- Nanaimo's Commuter Challenge is a good-natured competition between teams of cyclists and drivers, staged to demonstrate the comparability of urban travel times between cycling and vehicle driving over set distances.

Continued... Bike to Work Week kicks off with a Lunch Launch and Commuter Challenge

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