

NEWS RELEASE

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Bike to Work Week wheels into Nanaimo May 25-31

Summary

Dust off those helmets and tune up those bikes, Nanaimo. Monday, May 25 kicks off the 2015 Bike to Work Week and Bike + Walk to School Week; a week to promote and encourage commuting by bicycle. A variety of events have been planned including two Community Rides on Sunday, May 24 and Saturday, May 30, and a Wrap-Up BBQ at Beban Park on Friday, May 29.

From May 25-29, Celebration Stations will be set up around Nanaimo where participants and students can visit, enjoy refreshments, mini bike tune-ups and enter to win daily prizes and a chance to win a grand prize of a new bike courtesy of Arrowsmith Bikes for working commuters and Oak Bay Bikes for student commuters. The grand prizes will be drawn at the Wrap-Up BBQ on Friday, May 29 at Beban Park from 4:00 to 6:00pm.

Visit Nanaimo's Bike to Work Week page for more information and to register as a participant.

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

- Both Bike to Work Week and Bike + Walk to School Week run from May 25 - 31. Events include celebration stations, a wrap-up BBQ and two Community Rides.
- Bike to Work Week is a week long event to encourage communities to commute by bicycle.
- The Heritage Bike Ride runs on Sunday, May 24 from 3:00 pm to 5:00 pm. The cost for this Community Ride is \$5 per person and registration is required. Register using barcode "138408" online at ireg.nanaimo.ca or call 250-756-5200.
- The Rhodo Bike Ride runs on Saturday, May 30 from 3:00 pm to 5:00 pm. The cost for this Community Ride is \$5 per person and registration is required. Register using barcode "138409" online at ireg.nanaimo.ca or call 250-756-5200.

Quotes

"We are really excited for this year's Bike to Work Week. Not only is getting on your bike a great way to exercise and stay fit, it is a way to commute without increasing traffic congestion or pollutants. During the week, stop at one of the Celebration Stations where you can enjoy free refreshments and enter to win new bike. Get on your bike, Nanaimo!"

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