

Bike to Work *week*

MAY 25 - 31, 2015

Get on your bike!

Enter for daily prizes and the grand prize draw at any or all "Celebration Stations". Grand prize is a bike courtesy of Arrowsmith Bikes that will be drawn at the Wrap-Up BBQ.

Bike Week 2015 Celebration Stations				
MON, MAY 25	TUE, MAY 26	WED, MAY 27	THU, MAY 28	FRI, MAY 29
<p>7-9 AM E&N Trail & St. George Hosted by GNCC</p>	<p>7:30-9:30 AM Woodgrove Centre (White Spot) Hosted by Woodgrove Centre & David's Tea</p>	<p>7:30-9:30 AM Fourth St & Wakesiah Ave Hosted by VIU</p>	<p>7-9 AM NRGH Hosted by NRGH & Cobs Bread</p>	<p>7-9 AM VI Fitness on Bowen Rd Hosted by VI Fitness, Moksha Yoga & Island Optimal</p>
<p>3:30-5:30 PM China Steps Hosted by DNBIA & Acme Food Co.</p>	<p>4-6 PM E&N Trail & Wellington Rd Hosted by VI Fitness, Moksha Yoga & Island Optimal</p>	<p>3:30-5:30 PM E&N Trail & Bowen Rd Hosted by City of Nanaimo & Cobs Bread</p>	<p>4-6 PM E&N Trail & Departure Bay Rd Hosted by GNCC & Cobs Bread</p>	<p>4-6 PM Beban Park "Wrap-Up BBQ" hosted by Quality Foods, Cobs Bread & Kinsmen</p>
<p>Bike support provided by GNCC or one of our local bike stores. Enter for daily and grand prize draws at each Celebration Station!</p>				

BIKE TO WORK WEEK KICK-OFF
Lunch & Launch and Commuter Challenge
Friday, April 24 • 12-1:30 pm • Bowen Park
Join us for a free lunch and friendly bike competitions.

COMMUNITY RIDES
~Heritage Bike Ride~
Sunday, May 24 • 3-5 pm
(\$5 fee; register in advance with Parks, Recreation & Environment using barcode 138408)
~Rhodo Bike Ride~
Saturday, May 30 • 3-5 pm
(\$5 fee; register in advance with Parks, Recreation & Environment using barcode 138409)