

NEWS RELEASE

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Bike to Work Week sees 54 per cent increase in participation over 2014

Summary

Bike to Work and Bike + Walk to School Week (May 25 - May 31) is an annual province-wide event that encourages commuters to get out and ride their bikes to work and school. This year, 733 Nanaimo residents participated in Bike to Work week to improve their health, help the environment and see their City in a whole new way; a 54 per cent increase over 2014.

Cycling is a healthy way to travel and riders burned over 750,000 calories during this year's event - the equivalent of eating 1950 Nanaimo bars! For those who hadn't participated before, Bike to Work Week was a great opportunity to start with 20 per cent of participants identifying themselves as new riders.

Strategic Link: Transportation and Mobility; Community Building Partnerships; Environmental Responsibility

Key Points

- Bike to Work week riders rode over 25,000 km, burned over 750,000 calories and reduced Greenhouse Gas emissions by over 5,464 kg between May 25 and May 31.
- 733 Nanaimo residents participated in Bike to Work week this year; a 54 per cent increase over 2014.
- Over 10 local schools participated in Bike + Walk to School Week 2015.

Quotes

"We were fortunate to have such great weather for Bike to Work/School Week. With more participants and new cyclists, this year was a great success! Way to go Nanaimo – keep pedalling."

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