

BIKE TO WORK WEEK

BIKE + WALK TO SCHOOL

May 30 – June 5, 2016

Enter for daily prizes and the grand prize draws at any Celebration Station. Grand prizes are bikes courtesy of Rock City Cycles and Arrowsmith Bikes that will be drawn at the Wrap-Up BBQ.

HAPPINESS happens on a bike



REGISTER FREE AT biketowork.ca

& enter to win a Cycling Trip in Vietnam & other great prizes

Bike Week 2016 Celebration Stations

MON, MAY 30	TUE, MAY 31	WED, JUN 1	THU, JUN 2	FRI, JUN 3
7-9 AM Dufferin St & Boxwood Rd Hosted by Moksha Yoga/ Island Optimal	7-9 AM Bowen Rd and E&N Trail Hosted by City of Nanaimo & Cobs Bread	7:30-9:30 AM Fourth St & Wakesiah Ave Hosted by VIU	7-9 AM NRGH Parking Lot (Boundary Rd) Hosted by NRGH & Code Brew	7:30-9:30 AM E&N Trail at St. George St Hosted by GNCC & Cobs Bread
3:30-5:30 PM E&N Trail at Departure Bay Rd Hosted by GNCC & Cobs Bread	3:30-5:30 PM E&N Trail at St. George St Hosted by Pinpoint Physio	3:30-5:30 PM E&N Trail at Departure Bay Rd Hosted by CMHA Mid Island		4-6 PM Woodlands Secondary School "Wrap-Up BBQ"
3:30-5:30 PM TD Bank (Port Place Mall) Hosted by TD Bank & DNBA	4-6 PM Chase River Country Grocer Parking Lot Hosted by Country Grocer & Team Copenhagen Cycling	3:30-5:30 PM VI Fitness - Bowen Rd Hosted by VI Fitness & Country Grocer	4-6 PM E&N Trail at Wellington Rd Hosted by VI Fitness & Cobs Bread	

BIKE TO WORK WEEK KICK-OFF LUNCHEON

Lunch & Launch and Commuter Challenge
Friday, May 6, 12:30-1:30 pm
Code Brew (corner of Dufferin & Boundary)

Join us for a free lunch, bike inspection, prizes and a group bike ride.

Bike support provided by GNCC or one of our local bike stores. Enter for daily and grand prize draws at any Celebration Station!

