

NEWS RELEASE

Distributed May 23, 2018

2018 Bike to Work Week Cycles Into Nanaimo

Summary

It's that time of year again to dust off those helmets and tune up those bikes, Nanaimo. Monday, May 28 kicks off the annual Bike to Work + Walk to School Week; a week to promote and encourage commuting by bicycle. A variety of events have been planned including celebration stations at locations around Nanaimo. On Friday, June 1, a party will be held to wrap up Bike to Work Week and kick off the (new to Nanaimo) Commuter Challenge in Bowen Park from 4:00 to 6:00 pm followed by a musical bike ride to Maffeo Sutton Park where a dance party will be held starting at 6:30 pm.

For more information on Bike to Work Week, celebration station locations, the wrap up party and to register as a participant, visit Nanaimo's Bike to Work Week page at www.biketowork.ca and follow @BTWWNanaimo on Facebook.

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

- Bike to Work Week + Walk to School Week runs from May 28 - June 3.
- Participants and students can visit the daily Celebration Stations to enjoy refreshments, register their bikes with the RCMP (limited locations) and enter to win daily prizes as well as two grand prizes of bikes from Arrowsmith Bikes and Rock City Cycle.
- Register online for Bike to Work Week and enter to win a cycling trip in Portugal and other prizes.
- A new event to Nanaimo, the Commuter Challenge running from June 3-9, promotes active transportation such as taking the bus, walking, car sharing, cycling or working from home. Visit <http://bit.ly/CommuteNanaimo> for more information.

Quotes

"Bike To Work Week is an incredible opportunity to inspire citizens to move toward a more sustainable lifestyle and show that biking means fun, health, beautiful landscapes and fresh air! I strongly believe Nanaimo has the potential to have far more cyclists on the roads and more cycling infrastructure."

Myriam Verzat
Coordinator

Bike to Work + Walk to School Week and Commuter Challenge 2018 Nanaimo

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