

# NEWS RELEASE

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## Active Transportation Month is almost here

*Get ready to Go By Bike, Bus, or Foot!*

### Summary

Annual Bike to Work and School, Go by Bike, and Commuter Challenge Events are gearing up for another year of celebrating Active Transportation. Spring Go By Bike starts May 27th with Commuter Challenge starting June 2. Each event runs for a week with various events and activities through out the City.

*Strategic Link:* Bike to Work and School, Go By Bike, and Commuter Challenge events support healthy and sustainable mobility within our City.

### Key Points

- Active and Sustainable Transportation is a Key to mobility for the City.
- Active Transportation promotes health, reduces pollution, and makes City's more livable.

### Quotes

"Riding a bike is not only good for you and the environment, but it also sets a great example for others."

Leonard Krog  
Mayor  
City of Nanaimo

"Our beautiful city is even more enjoyable when experienced by bike so I encourage all those who can to participate as it is also good for the environment and your health."

Tyler Brown  
Councillor  
City of Nanaimo

"Since I work at home my wife frowns on me biking to work, however when I go to visit clients, or go to council meetings and events I try and use my bike or Bus or combo of both. It's a great way to get around the city, makes you stronger and you get to see things in our beautiful city you rarely see in the car. "

Don Bonner  
Councillor  
City of Nanaimo

"I encourage everyone to take full advantage of fun events, aid stations and the sense of community that comes from riding your bike to experience this beautiful city in new ways. Happy cycling. "

Erin Hemmens  
Councillor  
City of Nanaimo

Continued... Active Transportation Month is almost here

## Quick Facts

- The City of Nanaimo is working toward doubling Active Transportation Trips by 2041.

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