



BIKE TO AND SCHOOL WORK WEEK

May 29 – June 4, 2017

For Immediate Release

Nanaimo, Tuesday June 6th 2017

Nanaimo, BC – And we have 3 winners! The 2017 Bike to Work and School Week has been a roaring success and now that the results are in, we can announce the winners.

The City of Nanaimo has won the top prize by setting a new all-time record in the number of participants in **Bike to Work** Week, and with help with the Nanaimo Ladysmith school district, **Bike to School** expanded to more than 20 participating elementary and secondary schools (with all schools reporting an increase in the numbers of student participation). Up by **25%** from 2016 this year a record number of Nanaimo residents – **1138+** cyclists including 369 new riders – opted for a healthy non-polluting and fun way of getting to and from work, school, the park, grocery store or coffee shop.

The Greater Nanaimo Cycling Coalition would like to thank the Nanaimo Ladysmith School District, all students, teachers, support staff and school administration who had a hand in making this year's Bike + Walk to School event a great success. A very special thanks to David Grey, Lorne Freedman and the various groups and individuals who make this event happen every year, such as the Environment Clubs and PACs.

Winner of this year's bike for **Bike To School** Week is Graiden Helm from Forest Park Elementary. When Graiden Helm heard the school principal call his name over the school intercom in the middle of the morning, he thought he was in trouble. And he was in trouble: he had just won the main prize of Bike + Walk School Week, a brand new bicycle donated by Rock City Cycles. When asked what his thoughts were, he said: " I don't what to say, I am so surprised and so happy!" The student of Forest Park Elementary had participated during the week of May 29th to June 4th in the annual Bike to Work and School Week event in Nanaimo.

The other winner

Nothing is as satisfying as seeing people stop at the dozen celebration stations with a big smile on their face, especially as the volunteers and sponsors greet them with Cobs Bread goodies and Starbucks coffee. One of those visitors was **Monica Penn** who was one of the 800+ bike commuters who registered their bike commutes online. Monica received a brand new commuter bike from Arrowsmith Bikes.

The results of Bike to Work Week are clear – cycling is a viable way of commuting to work, offering great health benefits, significant cost savings and most of all, it's FUN.

We applaud the employers who encourage their employees to participate in alternative transportation and who assist their employees by providing secure bicycle parking and dress/shower facilities .The Greater Nanaimo Cycling Coalition, as part of its on-going



efforts to increase cycling throughout the year, will be working with local businesses to promote cycling many benefits which include lower absenteeism and turnover, higher productivity, and improved loyalty and morale. Biking to work also has the unique ability to promote employee health and wellness and environmental sustainability at the same time, helping to the make any organization a desirable, sought-after employer.

Bike to Work Week Celebrations are over but your commute is not. Join the hundreds of cyclists who arrive with a smile on their faces at work. If you're an employer or an employee and want to start cycling to and from work this summer, contact the Greater Nanaimo Cycling Coalition at info@bikesense.org or gncc@shaw.ca

Leo Boon - Bike to Work and School Week Coordinator 2017

Funding for this event is provided by the BC Government, City of Nanaimo, Island Health, Nanaimo School District and our local sponsors.

Photos of winners:

Bike to School Winner <http://www.bikesense.org/btww/photos/btswwinner.jpg>

Bike to Work Winner <http://www.bikesense.org/btww/photos/btwwwinner.jpg>

Contact Information:

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Bike to Work | REGISTER FREE AT **biketowork.ca**
& enter to win a Trip Cycling the Dalmatian Coast in Croatia & other great prizes!