



MEDIA RELEASE



Bike to get there...where you live, learn, work & play

For Immediate Release – May 21, 2008 – 4:00 p.m.

Welland - The City of Welland and the Region of Niagara is suggesting that you dust off your bicycle and accessories, check your tires, oil chains and brakes, and make sure your helmet fits properly; cycling season is around the corner.

Cyclists of all ages and stages of ability are encouraged to cycle to earn ballots for each round trip ride on your bike to places like school, work, recreational activities, or anywhere you would normally drive, in order to win prizes such as helmets, bicycle tune-ups, bike gear, t-shirts, and restaurant coupons.

This year's theme promoting the start of the cycling season is "Bike to get there ...Where you Live, Work, and Play", encourages the use of bicycles as a mode of transportation. The launch of this year's cycling season and related campaign activities is May 26 to June 1, 2008.

"Cycling as a mode of transportation is a healthy lifestyle choice as it not only promotes physical activity, but also saves the environment by decreasing gas emissions, decreases the impact on climate change, and decreases wear and tear on roadways", says Marian Landry, Regional Niagara Health Promoter.

Many City of Welland employees are expected to participate in "Bike to Work Week" and take advantage of the week-long events that have been arranged.

- May 26 – Welland Market Square 7:00 a.m. – Free Pancake Breakfast, Launch Ceremony, and Prizes
- May 27 – Meet at Seaway Mall at 7:30 a.m. to bike to work and back (leaving Civic Square at 4:30 p.m.)
- May 28 – Meet at Merritt Island at 7:30 a.m. for a one hour bike ride before work
- May 29 – Meet at Bauer Trail (corner of Woodlawn Rd. and Clare Ave.) at 7:30 a.m. to bike to work and back (leaving Civic Square at 4:30 p.m.)
- May 30 – Meet at Blue Star Restaurant (King St. and Ontario Rd.) for Breakfast at 7:00 a.m. followed by biking to work and back (leaving Civic Square at 4:30 p.m.)

Municipalities all across the Region will be participating in "Bike to Work Week". "We hope to have a record participation in Welland this year, both by City staff and citizens. It's a great way to get started on a personal or group health and wellness program," said Gary Graziani, one of Welland's Team Captains for the "Bike to Work Week" events. "Get peddling!"

-30-

For more information contact:
Gary Graziani, Team Welland Co-Captain, or
Janice Makepeace, Team Welland Co-Captain
Phone: (905) 735-1700

60 East Main Street
Welland, ON L3B 3X4