



## Media Release

THE CORPORATION OF THE CITY OF VERNON  
3400 – 30<sup>th</sup> Street  
Vernon, BC  
V1T 5E6

FOR IMMEDIATE RELEASE

DATE: May 15, 2018

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### **Gearing up for Bike to Work and School Week**

The City of Vernon is gearing up for Bike to Work and School Week, our community-wide celebration that encourages Vernon residents to trade in their cars for two wheels and get around by bike for a week. Bike to Work and School week runs from May 28 to June 3.

Participants who register and log at least one trip by bike online at [www.biketowork.ca/north-okanagan](http://www.biketowork.ca/north-okanagan) will be eligible to win exciting prizes, including a trip for two to Portugal sponsored by Exodus Travels, \$500 to a local bike shop of your choice sponsored by CUPE 626, and much more.

Many people own bicycles but have not considered using them for daily transportation. The goal of Bike to Work and School Week is to motivate people of all ages to try cycling to work, to school, to go shopping, or out for dinner, perhaps for the first time. Any trip when you use your bike instead of driving counts. This encourages a shift towards healthy, sustainable transportation. Last year, over 44,000 riders from across BC participated, cycling a total of 1,109,340 km and saving 240,582 kg of greenhouse gas emissions.

Community events are happening throughout the week, including:

Sunday, May 27, 2018, 1pm – 3pm starting at Civic Plaza  
Family-friendly Group Ride “Love Our Lanes” kicks off the week with bike decorating and a tour of Vernon’s bike lanes and paths.

Monday, May 28, 2018, 7am – 9am  
Celebration Station at 30th Avenue & 30th Street.

Tuesday, May 29, 2018, 7:30am – 8:30am  
Celebration Station at Harwood Elementary School.

Wednesday, May 30, 2018, 7am – 9am  
Celebration Station at Natures Fare Market, 3400 30th Avenue.

Wednesday, May 30, 2018, 11am – 1:30pm  
BBQ in support of BrainTrust Canada at the Nixon Wenger Building, 2706 30th Avenue. Proceeds support the purchase of helmets for kids in our community.

Thursday, May 31, 2018, 11:25am – 12:05pm  
Bike to School Week BBQ at W.L. Seaton Secondary School.

Saturday, June 2, 2018, 1pm – 2pm  
Bike Maintenance Café at the Okanagan Regional Library, Vernon Branch.

Bike to Work and School Week is organized across British Columbia by the GoByBike BC Society. By securing and sharing resources, GoByBike BC helps communities throughout British Columbia deliver successful events that encourage people to use bicycles for everyday transportation.

For more information and to register, visit [www.biketowork.ca/north-okanagan](http://www.biketowork.ca/north-okanagan).