

Every week is bike to work week for this duo

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There may be only a few weeks left for businesses and individuals across Niagara to gear up for another Bike to Work Week but it won't mean much of a change for George Nicholson and Phil Bergen.

Nicholson and Bergen are already doing what Marian Landry, a health promoter in Niagara Region's public health department, hopes hundreds, if not thousands of employees will be doing when the Region joins other municipalities across North America in promoting Bike to Work Week May 29 to June 4.

Nicholson, a St. Catharines resident and senior planner at the Region, and Bergen, a Niagara-on-the-Lake resident and a transportation planner in the Region's Public Works Department, are already in the habit of peddling their way to and from work at least a few times a week.

"It is just great," said the 47-year-old Bergen, who bikes all the way to the Region's Thorold headquarters from Virgil.

"There are the physical health benefits and there is also the feeling that you have accomplished something," Bergen said.

Nicholson, 62, is a veteran when it comes to biking to work. He's been riding to the Thorold headquarters from central St. Catharines -- a route which takes him up the Niagara Escarpment every day -- years before the first Bike to Work Week was observed more than a decade ago.

"It's great to have Bike to Work Week," said Nicholson. "But what we need is a bike-to-work lifestyle."

Landry, who is coordinating activities for this year's Bike to Work Week, strongly agrees.

An avid biker herself, the regional health nurse is hoping people take the first step and try biking to work that week.

"First and foremost, it is all about having a good time," said Landry. "Biking is lots of fun (and) having fun can be very healthy."

Anyone interested in participating in Bike to Work Week can learn more about how to get involved and a host of prizes available for the most outstanding participants by visiting a website set up at by Niagara Region at www.rnbc.info.