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## NIAGARA FALLS Niagara NEWS

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Niagara Falls News

### Students tough it out for Bike to Work Week

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**Local Features** - You could have cooked breakfast on the pavement on Tuesday, May 30 it was so hot. Students and teachers from Valley Way school coolly bicycled to school for bike week, which was held on May 29 to June 2. Some of the teachers rode from as far away as Welland, Fonthill and St. Catharines.

The Niagara Region registered Valley Way school to participate in the Bike to Work week, said Tom Freure, teacher. "This helps show how many people ride to work." There are prizes to be awarded through a draw to all participants in the Bike to Work Week event. They could receive gifts of bicycle pedals or shoes, donated by Liberty! Bicycles in St. Catharines, Freure said. "Any time bikes are promoted, I look forward to it."

Kurt Gwisdek, owner of Liberty! bicycles for the last 14 years said every time you ride to school or work you get a ballot. When the ballots are in they go into a ballot box where they are drawn for the prizes. "We always try to help out during bike week."

Valley Way student, Jamie Jolley, said bike week was also part of the snake-pit competition. The students who brought their full riding gear received points towards the snake-pit points competition.

Tracy Vetrecin, principal, said there are four groups of Vipers which have about 65 kids in each group. "The winning team gets a free pizza-party."

Jolley said "our group may win the Viper competition." Jolley practices bicycle safety precautions by wearing riding gear, helmet and following the directions of all signals and traffic.

Marian Landry, public health nurse and health promoter, of the Niagara Region said bike to work week is a concept of active transportation, by using your own muscles to get to a place that you would ordinarily use a car. "The more I do it the more I realize the benefits to myself and the environment." Landry said she used to cycle everywhere when she was a kid being raised in Holland and it became second nature.

When asked if she uses a helmet, Landry said she wears a helmet because her first job was in neuro surgery and saw first hand the "devastating cost" head injuries have on people. "To me it would be equivalent to not wearing a seat belt in a car."

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