

Complete passport and submit to your local participating bike shop or Public Health main building to win great prizes!

Where to drop off/pick-up your passport:

**Bikefit Inc.**  
184 Scott Street, St. Catharines  
905-646-9396 [www.bikefit.ca](http://www.bikefit.ca)

**Clarkson Cycle & Fitness**  
103-A Pine Street South, Thorold  
905-227-0810 [www.clarksoncycle.com](http://www.clarksoncycle.com)

**Liberty! Bicycles**  
40 St. Paul Street, St. Catharines  
905-682-1454 [www.libertybicycles.com](http://www.libertybicycles.com)

**McCooey's**  
7 Dufferin Street, Fort Erie  
905-871-2453

**Pedlar Bicycle Shop**  
4547 Queen Street, Niagara Falls  
905-357-1273 [www.pedlarbicycle.com](http://www.pedlarbicycle.com)

**Rapid City Cycle**  
145 St. Paul Street, St. Catharines  
905-684-9111 [www.bikecanada.ca](http://www.bikecanada.ca)

**Thornton's Cycle & Sports**  
300 Lincoln Street, Lincoln Centre, Welland  
905-732-4770 [www.thorntonscycle.yip.ca](http://www.thorntonscycle.yip.ca)

**MacGirr's Home Hardware**  
35 Main Street West, Grimsby  
905-945-2034

**Public Health, CDIP**  
2201 St. David's Road, Campbell East, Thorold  
905-688-8248 or 1-888-505-6074 X 7422  
[www.regional.niagara.on.ca](http://www.regional.niagara.on.ca)

Be sure to complete and hand in a separate Passport for the following times:

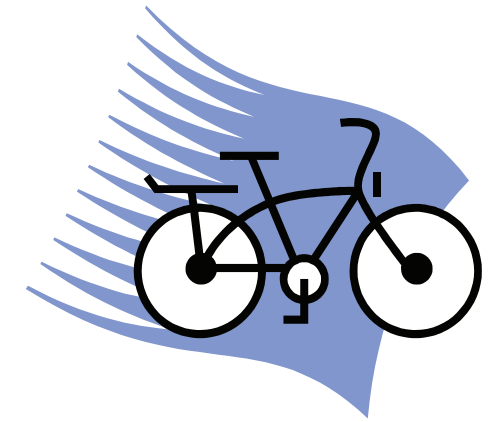
1. June — due July 1, 2008
2. July — due August 1, 2008
3. August — due September 1, 2008
4. September — due October 1, 2008

## Web Sites & Resources Promoting Safe Cycling

- **Regional Niagara Bicycle Committee**  
Information on cycling in the Niagara region  
[www.rnbc.info](http://www.rnbc.info)
- **TREKZONE Eat Right. Be Active.**  
TREKZONE is about daily physical activity and healthy eating habits. It is about building neighbourhoods that make it easy to eat right and be active.  
See [www.trekzone.ca](http://www.trekzone.ca) for more information.
- **Libraries** - borrow the 22 minute video *Enjoy the Ride: Essential Bicycling Skills*. Straightforward instruction for checking over your bike, bike-handling skills and riding confidently in traffic.
- **The Bicycle Friendly Awards** are more than an awards program. The application/nomination form is available at [www.rnbc.info](http://www.rnbc.info) and provides easy to implement ways to make your school, workplace, or community more bicycle friendly.
- **Print Resources** are available by calling Public Health at 905-688-8248 or 1-888-505-6074 ext. 7344
  - 🚲 Tips for Trekking on Niagara's Trails
  - 🚲 Cycling Skills: Cycling Safety for teen and adult cyclists
  - 🚲 Canada's Physical Activity Guide to Healthy Active Living
  - 🚲 Cycle Niagara, a list of 2008 cycling events in Niagara



# PASSPORT



to prizes...

health...

& fun!

## BIKE TO GET THERE...












## WHERE YOU LIVE, LEARN, WORK & PLAY

## June 2 to October 31, 2008



# BIKE TO GET THERE...WHERE YOU LIVE, LEARN, WORK & PLAY

## Reasons to bike to get there...

-  have fun
-  better overall health
-  be more alert and have more energy
-  sleep better at night
-  be more productive & positive
-  a healthy body weight
-  stronger muscles and bones
-  save money on parking & gas
-  reduce air pollution
-  be a good role model
-  win prizes!

Name: \_\_\_\_\_

\_\_\_\_\_  
(parent signature if under 16)

Age  12 and under       13 - 17 yrs  
 18 - 64 yrs       65 yrs and over

Address \_\_\_\_\_  
Street

\_\_\_\_\_  
City

\_\_\_\_\_  
Postal Code

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

The personal information contained on this form is being collected under the authority of the Health Protection and Promotion Act and will be used strictly for the purposes of this campaign. Any questions about the collection of this information should be directed to the Corporate Records Clerk at 905-685-4225 ext. 3741.

Month \_\_\_\_\_

(fill in the month and dates)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Use the calendar to record each time you ride your bike. Place a check ✓ for each ride.

### List of prizes...

Helmets, cyclometers, cycling gloves, bike to work t-shirts, gift certificates, various bike gear packages

**For additional copies please feel free to photocopy this passport or visit [www.rnbc.info](http://www.rnbc.info) to download a printable version.**

### Safety Tips:

1. Always wear a bicycle helmet.
2. Follow the rules of the road.
3. Obey all stop signs, traffic lights & lane markings.
4. Use arm signals to indicate intentions (turns, lane changes).
5. Before letting children ride on the road, give them a road test.
6. Be sure to use front & rear lights and wear light coloured clothing when cycling at night.