

Complete passport and submit to your local participating bike shop 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

Clarkson Cycle & Fitness
103-A Pine Street South, Thorold
905-227-0810 www.clarksoncycle.com

Liberty! Bicycles
40 St. Paul Street, St. Catharines
905-682-1454 www.libertybicycles.com

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

Pedlar Bicycle Shop
4547 Queen Street, Niagara Falls
905-357-1273 www.pedlarbicycle.com

Rapid City Cycle
145 St. Paul Street, St. Catharines
905-684-9111 www.bikecanada.ca

Steve's Place Bicycles and Repairs
181 Niagara Boulevard, Fort Erie
905-871-7517 www.cycleman.com

Thornton's Cycle & Sports
300 Lincoln Street, Lincoln Centre, Welland
905-732-4770 www.thorntoncycle.yip.ca

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

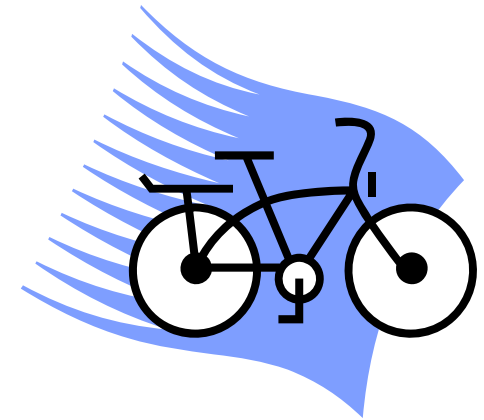
1. June — **due July 15, 2007**
2. July & August — **due September 15, 2007**
3. September & October — **due November 15, 2007**

Web Sites & Resources Promoting Safe Cycling

- **Regional Niagara Cycling Committee**
Information on cycling in the Niagara Region
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 for more information.
- **Libraries** - borrow the 22 minute video *Enjoy the Ride: Essential Cycling 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 and provides easy to implement ways to make your school, workplace, or community more bicycle friendly.
- **Print Resources** are available by calling the Public Health Department at 905-688-8248 ext. 7344
 - 🚲 Bike to Work Guide
 - 🚲 Tips for Trekking on Niagara's Trails
 - 🚲 Cycling Skills: Cycling Safety for teen and adult cyclists
 - 🚲 Sidewalk Cycling—Risky Business
 - 🚲 Lighten up eh?



PASSPORT



to prizes...

health...

& fun!

BIKE TO GET THERE...












WHERE YOU

LIVE, LEARN, WORK & PLAY



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)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	LV ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____

Use the legend to record where you ride on each day.
 Place a check ✓ for each ride.

- Legend:
- L = **live** = a destination for a specific purpose such as the corner store, to a friends home
 - S = **learn** = school
 - W = **work** = job including volunteer work
 - P = **play** = cycling for fun

For additional copies please feel free to photocopy this passport or visit www.rnbc.info to download a printable version.

Month _____
 (fill in the month and dates)

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____
L ____	L ____	L ____	L ____	L ____	L ____	L ____
S ____	S ____	S ____	S ____	S ____	S ____	S ____
W ____	W ____	W ____	W ____	W ____	W ____	W ____
P ____	P ____	P ____	P ____	P ____	P ____	P ____

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.