



## Bike to Work Week May 9 – 15, 2005

**Why:** A designated week helps to raise awareness and excitement around a physical activity that is fun and has many benefits including improved mental and physical health, environmental health and generates all round goodwill. There are over 100 great prizes with a Grand Prize of a \$500.00 gift certificate to Liberty! Bicycles.

**When:** The entire month of May is Bike Month but May 9 – 15 is specifically designated for Bike to Work Week – of course you can bike to work all year round if you like! ‘Like to Bike?’ courses start in April in preparation for Bike to Work Week.

**Where:** Cycle from home (or a location a little closer than home) to the workplace and back home again to complete the cycle commute. Each round trip commute entitles the cyclist to a ballot for the draw prizes. Team Captains are entered into the general draw as well as the Team Captains’ draw.

**Who:** All workers are encouraged to participate in this campaign. Each workplace is encouraged to identify one or more Team Captains to encourage others and to generate excitement about Bike to Work Week. No minimum team size but for best results teams should not exceed 20 cyclists.

**Launch Information:** The Bike to Work Week launch is April 1, 2005 from 8:00am to 9:30am at the Regional Municipality of Niagara Administration Offices, Cafeteria, 2201 St. David’s Rd., Thorold. All Team Captains are invited to attend the launch to be recognized and to pick up their Team Captain Kits\*.

\*Team Captain Kits will include the following resources:

- 🚲 31 tips for “May is Bike Month”
- 🚲 Record keeping forms
- 🚲 Prize ballots for all commuters. Ballots must be returned to the Regional Niagara Public Health Department by May 27, 2005, 4 pm to be included in the Grand Prize Draw to be held May 31, 2005 at 9:00am
- 🚲 How to arrange Biking for Bagels
- 🚲 How to motivate team members – keeping the excitement alive!

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### How to participate:

**Forward your workplace registration** via mail, fax or email to:

The Regional Niagara Public Health Department  
Chronic Disease Prevention Division  
573 Glenridge Ave.,  
St. Catharines, ON L2T 4C2  
Tel: 905-688-8248 ext 7344 or email: [nrphd-hl@regional.niagara.on.ca](mailto:nrphd-hl@regional.niagara.on.ca)  
Fax: 905-688-7024

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For more information call: 905-688-8248 ext 7422 or email [marian.landry@regional.niagara.on.ca](mailto:marian.landry@regional.niagara.on.ca) or see [www.rnbc.info](http://www.rnbc.info)



# Bike to Work Week May 9 – 15, 2005

## Bike to Work Week Registration Form

**Forward** via mail, fax or email to:

The Regional Niagara Public Health Department  
Chronic Disease Prevention Division  
573 Glenridge Ave.,  
St. Catharines, ON L2T 4C2  
Email: [nrphd-hl@regional.niagara.on.ca](mailto:nrphd-hl@regional.niagara.on.ca)  
Fax: 905-688-7024

Name of Workplace: \_\_\_\_\_

Mailing Address of Workplace: \_\_\_\_\_

Contact Person's Name: \_\_\_\_\_

Contact Person's Position: \_\_\_\_\_

Contact Person's Telephone Number \_\_\_\_\_ Ext. \_\_\_\_\_

Print Names of Team Captain (s) below:

Attending April 1, 2005 Launch

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

The personal information contained in this form is being collected under the authority of the Health Protection and Promotion Act and will be used strictly for the administration of public health programs. Any questions about the collection of this information should be directed to the Corporate Records Clerk at 905-685-1571 ext. 3741.

