



## Bike to Work Week May 9 – 15, 2005






### Bike to Work Week Planning Getting Started

Steps for a successful Bike to Work Week campaign:

1. Secure corporate approval.
2. Get together with a few people to plan out your events. Emphasize the **fun** aspect.
3. Recruit a team captain(s). For best results teams should not exceed 20 members. Several teams in one workplace generates some fun rivalry.
4. Post Bike to Work Week information and talk about it to everyone.
5. Arrange a launch for your workplace. Provide free food and a speaker at your workplace launch.
6. Contact the Public Health Department <sup>1</sup> for more cycling resources.
7. Encourage people to attend a 'Like to Bike?' course (post flyer enclosed).
8. Solicit prizes for your workplace in addition to the prizes offered by RNBC.
9. Provide the Team Captain with a free Bike to Work Week T-shirt <sup>2</sup>.
10. Share this information with the Team Captain.

Visit [www.rnbc.info](http://www.rnbc.info) for more information about Bike Month and Bike to Work Week

Consider running one or more of the following Bike Week events:

-  Book a CanBike instructor<sup>3</sup> to teach a cycling course at your workplace.
-  Provide free food for employees who cycle to work. **Biking for Bagels** is a popular theme.
-  Contact the Niagara Freewheelers Bicycling Touring Club<sup>4</sup> to do a presentation on a cycling topic of your choice.
-  Book a bike maintenance course with Liberty! Bicycles 905-682-1454
-  Challenge another workplace to get the most number of employees involved.

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<sup>1</sup> Resources may be obtained by calling 905-688-8248 ext. 7344

<sup>2</sup> Information about ordering T-shirts for Bike-to-Work Week Teams will be available upon registration

<sup>3</sup> Can Bike Instructors: Ann Davies 905-468-0443, Issie Chackowicz, [issie.chack@sympatico.ca](mailto:issie.chack@sympatico.ca)

<sup>4</sup> Niagara Freewheelers Bicycle Touring Club. [www.thefreewheelers.com](http://www.thefreewheelers.com)  
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