

CanBike Certification Course
April 25—27 inclusive hosted by Niagara Falls, Parks, Recreation & Culture

The course covers traffic theory as it applies to bikes, bike handling skills, defensive riding skills, collision avoidance techniques and traffic analysis skills. Basic equipment and maintenance are covered as are commuting, touring and rural riding.



Police Spring Bike Auction
Saturday, April 30th

Choose from approximately 200 bicycles! All sizes!
All types!

To be held at Peninsula Liquidators
218 Martindale Road, St. Catharines
Viewing is from 8:00—9:00 a.m.
Auction starts at 9:30 a.m.



For more information regarding **Bike Month**, please call the Regional Niagara Public Health Department at 905-688-8248 ext. 7422

Retail Specials

Pedlar Bicycle Shop

4657 Queen St., Niagara Falls
10% off selected items/services
For more information call 905-357-1273

Cupolo's

5510 Ferry St., Niagara Falls
20% off all bicycle accessories
For more information call 905-356-4850

The Bike Shop

996 Lakeshore Road
R.R. # 3 Niagara-on-the-Lake
15% off repairs
For more information call 905-934-3815

Liberty! Bicycles

40 St. Paul St., St. Catharines
No GST or PST tax on helmets
Special sales on several items
For more information call 905-682-1454

Please Note: This flyer must be brought to above retail stores in order to receive discount.

Niagara Cycles!

Activities
and
Merchant Specials
in
May 2005

May is Bike Month!





**Greater Niagara Circle Trek
Sunday May 1, 2005**

Walk, cycle, jog or rollerblade to a healthier lifestyle and raise pledges to complete the Greater Niagara Circle Route. For full details visit www.greaterniagaracircletrek.com or contact one of the participating municipalities: Niagara Falls, Port Colborne, Thorold and St. Catharines.

**George Hostick Ride—Journey for Sight
Saturday, May 7th**

Registration 8:00 a.m. Ride starts 9:00 a.m.

This 40km ride around the City of St. Catharines is organized by all five Lions Clubs in St. Catharines. Pledge forms, registration information and route maps are available at Avondale stores. Funds raised benefit programs and projects in support of sight handicapped citizens in our area. For full details visit www.portlions.ca.

Brock University

Thursday, June 2nd & Thursday, June 9th

See www.brocku.ca/contend for the following cycling opportunities or call 905-688-5550 ext. 4775.

Exploring the Welland Canal by Bicycle.

1:00 p.m.—5:00 p.m.

Mountain Biking for Women

Level I May 10—31

Level II June 1—22

Level III May 4—25

**Welland Rose Festival Criterium on June 5, 2005
Chippawa Park and Niagara Classic Stage Race, Ontario
Cup # 2 Festival Criterium Championship**

Sunday May 23rd

For details contact the St. Catharines Cycling Club at info@stcatharinescc.com or visit www.stcatharinescc.com

Like to Bike?

Attend one of these education sessions for adults. In a fun and entertaining approach review traffic cycling skills to gain the competence and confidence to get active on your bike again.

All sessions from 7—9 p.m.

April 4 St. Catharines

April 12 Niagara Falls

April 20 Fort Erie

April 28 Welland

See www.rnbc.info for full details.

Offshore Workers Bike Rodeo

Virgil Arena

Sunday May 29th 1:00—4:00 P.M.

Provides bike safety information and rules of the road to offshore and migrant workers. For further information contact (Niagara-on-the-Lake Community Policing) at 905-468-4846 or call Bob Gill at 905-262-5094.

6th Annual Heart Niagara Vineyard Cycle Tour

Sunday May 29th

Three scenic routes (25, 50 or 65 km) that wind through Ontario's wine country. Registration 8:00—9:00 a.m. at Queenston Heights, Niagara-on-the-Lake. For further information contact Heart Niagara at 905-358-5552 or visit www.heartniagara.com for details, application form and course map.

Regional Niagara Bicycling Committee website

See www.rnbc.info for complete information about cycling initiatives in the Niagara Region.

Tour of Pelham April 19, 2005

Agape Valley Pancake House, Kilman Road, Pelham.

See www.stcatharinescc.com for details.

**7th Annual Great Lake to Lake Classic Mountain Bike
Event Sunday June 19th**

Sponsored by Tim Horton's, this mountain bike ride takes you from Lake Erie to Lake Ontario based on the routes along the original and current Welland Canals. For further information and registration visit www.laketolake.ca. On-line registration only.

NEW Timbits Great Pond to Pond Event—see www.laketolake.ca for details.

Regional Niagara Bicycle Friendly Awards

Bicycle Friendly Awards for workplaces, small businesses, educational and government institutions awarded in November. Take advantage of all seasons to prepare for the awards. Visit www.rnbc.info or contact the Regional Niagara Public Health Department at 905-688-8248 or 1-800-263-7248 ext. 7422.

**Regional Niagara Bicycling Committee Bicycling Map
2005—2006 2nd Edition** coming summer of 2005.

Bike to Work Week May 9—15, 2005

Get fit while getting to work...cycle. Great fun! Great prizes! See www.rnbc.info for full details.

BIKEFIT Sunflower Squad

The Sunflower Squad is an all-women's mountain bike team based in Niagara. Get involved with Niagara's number one, women only, cycling group. Visit www.sunflowersquad.com for further information and registration.

Niagara Freewheelers Bicycle Touring Club

See www.thefreewheelers.com for full details about daily rides.