



Bike to Work Week May 29 – June 4, 2006

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 35 great prizes to win but remember that everyone who participates is a winner.

When: The entire month of May is Bike Month but May 29 to June 4 is specifically designated for Bike to Work Week – of course you can bike to work all year round if you like! ‘Like to Bike?’, adult safe cycling courses start in May.

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.

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 May 1, 2006 from 9:00am to 10:00 am 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 T-shirts. Additional Team Captain kits will also be available.

*Team Captain Kits will include the following resources:

- 🚲 31 tips for “May is Bike Month”
- 🚲 Prize ballots for all commuters. Ballots must be returned to the Regional Niagara Public Health Department by June 15, 4 pm to be included in the Prize Draw to be held June 16, 2006 at 9:00am
- 🚲 How to arrange Biking for Bagels
- 🚲 How to motivate team members – keeping the excitement alive!

How to participate:

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

The Niagara Region Public Health Department
Chronic Disease Prevention Division
30 Hannover Drive
St. Catharines, ON L2W 1A3
Tel: 905-688-8248 ext 7394 or email: nrphd-hl@regional.niagara.on.ca
Fax: 905-688-7024

For more information call: 905-688-8248 ext 7422 or email marian.landry@regional.niagara.on.ca or see www.rnbc.info

