

## Join Bike to Work Week Ride with Parksville Council on May 29

PARKSVILLE, BC: May 27 to June 2 is *Bike to Work Week* in Parksville and to support the week, Mayor Chris Burger and Council are once again inviting Parksville residents, their families and friends to join with them on May 29 for the "Parksville Ride with Council".

The mandate of *Bike to Work Week* is to encourage and promote the use of the bicycle as transportation to work and to help riders experience the joy of an ever-increasing number of people safely commuting by bicycle. The week encourages cycling to promote healthy lifestyles and prevention of health issues through regular exercise.

The ride hosted by Parksville Council will start at the Parksville Civic and Technology Centre (City Hall) on 100 Jensen Avenue East at 4 pm on Wednesday, May 29. The ride will travel to Corfield, along Despard Avenue to Chestnut Street, to Hirst returning to the PCTC for refreshments. The ride is about 5 km in length and is expected to take about 45 minutes.

"We are pleased to once again promote cycling in our community with our ride with Council and we look forward to participating along with our residents and employees," said Parksville Mayor Chris Burger. "It's an opportunity for all of us to get some physical activity and also in some small way, reduce our carbon footprint."

About 35 cyclists participated in 2012 and Council is hopeful that more residents will join in this year. There are a number of events scheduled in Oceanside, organized by the Oceanside Cycling Coalition. For more information on Bike to Work Week 2013 and to register your involvement <http://biketowork.ca/oceanside>

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**For more information:**

Debbie Tardiff, Communications Officer

250 954-3073

**Please note, map of route included**

Parksville Ride with Council - May 29 at 4 pm  
Gather at City Hall, Parksville Civic and Technology Centre, 100 Jensen Avenue East.



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**About Parksville** — Located on Vancouver Island's sheltered east coast, 12,000 residents call Parksville their home. Parksville offers a quality lifestyle with many activities. We are committed to being the city of choice for ourselves and future generations in a clean, safe, friendly, economically viable and sustainable environment.