

Bike to Work Week “Ride with Parksville Council” on May 26

May 26 to June 1 is *Bike to Work Week* in Parksville and to support the week, City of Parksville Council is inviting residents, their families and friends to join with them on Monday, May 26 for the annual “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 Monday, May 26. The ride will travel to Corfield Street, along Despard Avenue to Chestnut Street, to Hirst Avenue and returning to the PCTC for refreshments. The ride is about 5 km in length and is expected to take about 45 minutes.

Can you choose your bike instead of your car to get somewhere during Bike to Work Week?

Register for Bike to Work Week and choose your bike just once during May 26 - June 1 and you could win prizes! Get fit, feel great, enjoy fresh air and have fun. Bike to work, to run errands or travel by bike to your local coffee shop during Bike to Work Week. For more information on and to register your involvement <http://biketowork.ca/oceanside>

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For more information:

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Please note, map of route included

