



ACAG c/o 2649 St. Moritz Way, Abbotsford BC V3G 1C3



For Immediate Release

March 24, 2010

No membership fees required. One way to get active this spring...

(Abbotsford, BC) Spring is here and Abbotsford Cycling Action Group (ACAG) is encouraging residents of Abbotsford, Mission and Chilliwack to try cycling as a fun form of exercise for fitness and health benefits. ACAG is offering free Cycling4Fun sessions every Wednesday, April 7-May 26, from 7:00-8:20 pm.

The sessions include a one-hour instructor-led bike ride and 20 minutes of cycling education and tips. The educational component will cover a different topic each week: subjects regarding safety, skilful riding, bike mechanics and comfort will be covered. The bike rides will take participants over a variety of terrains; participants are encouraged to attend each session to get a taste of cycling in various areas of Abbotsford and Mission.

"I am really excited about the Cycling4Fun rides coming up in April and May. For a period of 8 weeks, Abbotsford residents will have something to do on a Wednesday night with family and friends that is fun, safe, and healthy all at the same time," says Orlando Schmidt, Co-Chair of Abbotsford Cycling Action Group and Environmental Soil Specialist with BC Ministry of Agriculture and Lands. "Come on out and discover Abbotsford in a new way. Whether it's riding on the Discovery Trail or some of the new bike lanes or going for a cruise through the

country, these rides will be a highlight of your spring.”

The first session, April 7, will start at Upper Sumas Elementary School and will cover ‘how to fix a flat tire’ and take participants on a 10 km, flat ride. April 14’s session will start at University of the Fraser Valley, after a Bike to Work Week kick-off celebration, and will focus on how to choose the right gear. April 21’s ride: “NO FEAR Cycling in Traffic” will be exactly as it sounds, taking participants urban cycling. This ride starts at Bevan Park. For more information about each session, visit www.acag-bc.ca.

The Cycling4Fun sessions are open to everyone: people at all fitness levels will benefit. “My hope is that both experienced and new cyclists will join us for these rides and as a result, we will see more and more cyclists riding the roads and trails of Abbotsford,” says Schmidt. “As the weather warms up and gas prices start creeping up for summer, why not park the car for awhile and rediscover your bicycle. The Abbotsford Cycling Action Group is providing some friendly, fun-loving cyclists to lead these rides and make your experience a memorable one.”

Participants will also have an opportunity to enter a draw for prizes. Prizes will be drawn for at each session.

Children under the age of 15 must be accompanied by an adult. Helmets are mandatory.

Cycling4Fun is funded in part by BC Recreation and Parks Association. ACAG is one of 36 community organizations, BC-wide, to receive a grant from BC Recreation and Parks Association. “In British Columbia nearly half of adults aged 35-54 years old are not active enough to achieve health benefits,” says Suzanne Strutt, CEO of the BC

Recreation and Parks Association. “In order to make a difference, we are working with communities on a variety of levels to provide them with the tools, resources and support to get people moving – in the garden, in local parks or at their local recreation centre.”

The grant is one of several joint initiatives the BC Recreation and Parks Association and the Heart and Stroke Foundation of BC and Yukon is implementing as part of its work with the BC Healthy Living Alliance, a coalition of organizations that came together with the mission to improve the health of British Columbians.

The Cycling4Fun organizers would like to thank our media sponsors: The Abbotsford News, Star 98.3 FM and Country 107.1 FM.

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Interview opportunities available. Photo opportunities available.

Media Contact

Terri-Lynn Gifford

Cycling4Fun Coordinator

604-859-9095

tlgifford@pkgcommunications.com



Orlando Schmidt, Co-Chair of Abbotsford Cycling Action Group
Environmental Soil Specialist
BC Ministry of Agriculture and Lands

More about the Cycling4Fun Sessions

Detailed information is here: <http://www.acag-bc.ca/cycling4funevent/>

On April 28 participants will learn about “neat stuff” for their bike commutes. This ride will start at Exhibition Park by Twisters Gymnastics.

May 5 will be “The Ups and Downs of Clayburn” starting from the parking lot across from the Old Clayburn Store.

On May 12 participants will enjoy “Harv’s Story Time” by Harvey Bergen of Lifecycles Bike Shop and will ride Upper Sumas (part 2).

May 19’s session will teach participants about riding on non-asphalt surfaces and will start from Matsqui Village Elementary School.

The last session, May 26, “The Need for Speed”, will be focused on building skills to allow cyclists to go faster and will be held at the Mission Raceway.

ACTIVE IS CYCLING4FUN

ACTIVE IS: CYCLING4FUN
Fun, Free Bike Rides for Everyone
 Every Wednesday from April 7 – May 26 at 7:00-8:20 pm
 Check www.acag-bc.ca for more details about the rides
HELMETS MANDATORY

The first 20 minutes include cycling tips and education.
 The last hour is a fun instructor-led bike ride.

Wednesday April 7, 2010 Lesson: How to Fix a Flat Tire Name of Ride: Upper Sumas Start/End: Upper Sumas Elementary	Wednesday May 5, 2010 Lesson: Bicycle Fit and Comfort Name of Ride: The Ups and Downs of Clayburn Starting/End: Lot Across from Old Clayburn Store
Wednesday April 14, 2010 Lesson: How to Choose the Right Gear Name of Ride: Gearing Around UFV Start/End: UFV (U House, off of McKenzie Rd)	Wednesday May 12, 2010 Lesson: Harv’s Story Time Name of Ride: Upper Sumas Part 2 Start/End: Upper Sumas Elementary School
Wednesday April 21, 2010 Lesson: Cycling in Traffic Name of Ride: NO FEAR Cycling in Traffic Start/End: Bevan Park	Wednesday May 19, 2010 Lesson: Riding on Non-Asphalt Name of Ride: Riding Bumpy Places Start/End: Matsqui Village Elementary
Wednesday April 28, 2010 Lesson: ‘Stuff’ for your Bike Commute Name of Ride: Women Only Discovery Ride Start/End: Exhibition Park by Twisters Gymnastics	Wednesday May 26, 2010 Lesson: Speed and Turns Name of Ride: The Need for Speed Start/End: Mission Raceway Track

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NO MEMBERSHIP FEES REQUIRED.

Enjoy the ride to better health.



Fun, Free Bike Rides
for Everyone

Every Wednesday from
April 7 - May 26
at 7:00pm-8:20pm

Check www.acag-bc.ca for
locations and details about the rides
~Helmets Mandatory~



ActNowBC.ca



About Abbotsford Cycling Action Group

Abbotsford Cycling Action Group (ACAG) is a non-profit organization with a Vision to help Abbotsford become a bicycle-friendly community. The Abbotsford Cycling Action Group exists to represent general cycling interests and to seek opportunities and partnerships that will help it realize its mission and achieve its goals. For more information, visit <http://www.acag-bc.ca/about-acag-abbotsford-cycling/>.

About BC Recreation and Parks Association

The British Columbia Recreation and Parks Association (BCRPA) is a not-for-profit organization dedicated to building and sustaining active healthy lifestyles and communities in BC. Established in 1958, the Association is an advocate and central resource agency for members and stakeholders of the parks, recreation, physical activity and culture sector. For more information, visit www.bcrpa.bc.ca.

About Heart and Stroke Foundation of BC & Yukon

The Heart and Stroke Foundation, a volunteer-based organization, leads in eliminating heart disease and stroke through the advancement of research and its application; the promotion of healthy living; and advocacy. For more information, visit www.hsf.bc.ca.