



Immediate Release

March 16, 2009

Remember....It's Like Riding A Bike

(Abbotsford, BC) Who would guess that Abbotsford is getting ready to put some 'spring' in its legs with the unusually cold weather, but it's true. Riders are getting excited and preparing for the annual **Bike to Work Week Fraser Valley event that is held May 11-17 in all BC communities.**

Many people have expressed wanting to ride their bikes to work, but fear traffic congestion, road rage, or physical obstacles with hills or the lack of bike lanes.

To help alleviate these fears, Harvey Bergman, owner of Lifecycles Shop in Abbotsford, led in-class commuter cycling classes in early March where he talked discussed biking etiquette, safety concerns, mechanical issues, such as bike repairs, and the challenges involved with navigating through hills and forest.

Now, Bruce Wenting, co-owner of Wentings Cycle and Mountain Shop in Mission and Phoenix-Velo, sponsored training group by Wentings, will be facilitating four on-road commuter skills bike courses to deal with the very same issues—now, putting theory into practice.

"The message we want to send is that we're sharing the road with other users, not taking it over. We love biking and just want to encourage people to ride to work for even one day to see that it's safe, easy, and fun. With proper education, we believe that anyone can get over his or her obstacles and we're here to prove it," says Bruce.

Participants are encouraged join each 3-hour on-road class, as they each have something valuable to offer and the best part is that they are absolutely FREE.

April 2: Highways and Byways

Riders will meet at Abbotsford City Hall's Thunderbird Memorial Square and ride the Discovery Trail. Arrive early to enjoy the official Kick-Off event involving Mayor George Peary and other dignitaries, keynote speakers, and a commuter race with a transit bus, car, and bike.

April 9: East Abbotsford Hills

Riders will meet at Delair Park and learn how to combat the hills in mountainous East Abbotsford.

April 16: Roads and Pathways, Essential Etiquette

Riders will meet at Ellwood Park, and learn peaceful ways to co-exist with other road users while dismissing common, yet pernicious, myths involving biking and safety.

April 23: Bikes and Bridges—Get Over It!

Riders will meet behind Matsqui Elementary School, and just as the name suggests ride over the Abbotsford-Mission Bridge.

Rain or shine, all classes start at 6:00 pm sharp. Call to register between 8:00 am and 2:00 pm at 604.870.3764. A \$35 deposit is required upon reservation, but will be refunded once attendance is confirmed. These classes are for adults only.

For more information about these courses, workshops, or how to be a participant in Bike to Work Week Fraser Valley, please go to http://www.biketowork.ca/fraser_valley/btww

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On-road Commuter Skills Bicycle Courses

FREE

(\$35 refundable deposit required to reserve your seat)

Put on by Wentings' Cycle & Mountain Shop

Course Instructor:

Bruce Wenting, NCCP Level III Cycling Coach & Can-Bike Skills Instructor

April 2: Highways & Byways

Meet at Thunderbird Memorial Square (Civic Plaza, outside Abbotsford City Hall). Arrive early to enjoy food, beverage, and a Bike-Car-Bus Race! Starts at 4:00 pm

April 9: East Abbotsford Hills

Meet at Delair Park

April 16: Roads and Pathways, Essential Etiquette

Meet at Ellwood Park (Big Lot)

April 23: Bikes & Bridges Get Over it!

Meet behind Matsqui Elementary School (Matsqui Village @ Elizabeth & Wallace)

Rain or shine, start time is 6:00 pm, arrive early.

Call to Register between 8am - 2pm: 604.870.3764 RSVP is Required

Project partners in promoting environmentally friendly transportation:

