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For Immediate Release

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14th Bike to Work Week – More than 5,000 registered with less than two weeks to go!

Victoria – With less than two weeks until Bike to Work Week kicks off, more than 500 teams representing at least 5,000 cyclists are registered and ready to go. Organizers are anticipating the fourteenth year will be the most successful to date.

With gas prices at an all time high and growing awareness around the importance of exercise people are finding the bicycle a great way to get to work.

Bike to Work Week begins Monday June 2 and runs through Sunday June 8.

“We are thrilled with the enthusiasm around Bike to Work Week,” says Robert Wickson, President of the Bike to Work Society, “More people are getting the message that biking makes good sense for health and wellness and that it’s a lot of fun!”

Although gas prices seem like the most obvious reason to use a bike, Bike to Work Victoria organizers say this isn’t the most important factor.

“If you ask someone why they bike to work they almost always say that they enjoy it,” says Stephanie Johnson, Executive Director, “On top of being fun, people also recognize that cycling to work uses already “committed time” to fit exercise into their day!”

For those still not convinced that cycling is the way to go, here are some health benefits to consider:

- Cycling everyday reduces the risk of serious conditions such as heart disease, high blood pressure, obesity and the most common form of diabetes.
- A 15-minute bike ride to and from work five times a week burns off the equivalent of 11 pounds of fat in a year.
- Moderate exercise has been found to reduce levels of depression and stress, improve mood and raise self-esteem.

On top of the health and cost saving benefits cycling is often more convenient than driving and is always door-to-door. Teams can register until Sunday June 3 at www.biketowork.ca

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