

Bike Courses for 2018

These courses require advance registration and payment of a small fee. For all courses, please sign up at Echo Community Centre. Register over the phone at 250-723-2181 with Visa or MasterCard or drop by to register in person!

Skills and Drills; Urban Cycling

When: Saturday 26-May-2018, 1pm to 4pm.

Who: Ages 16 and up.

Cost: \$45 each.

Want a refresher on the rules of the road? Want to build your confidence biking in traffic? Or just practice with the bike lanes? We will bike as a pack and practice skills and drills as it pertains to cycling safety. Suitable for people of all skill levels. Recommended for everyone who travels on two wheels. Bring a bike and helmet in good working order.

Fairy Gardens

When: Saturday 26-May-2018, 1pm to 3pm

Who: Ages 6-10 years.

Cost: \$20 each

Come make a dish garden that a fairy or gnome would love to come and visit. We will go bike riding around the park and into the trails to find small treasures to put in your garden. Geared for children who have ridden a bike before. Children will learn bike skills as well as delve into their creativity bringing the forest to life in a memory they can take home. Bring a bike and helmet in good working order.

Bring a bike and helmet in good working order for all registered courses!

Wild Ride

When: Sunday 27-May-2018, 1pm to 3pm.

Who: Ages 6 and up (children must be accompanied by an adult).

Cost: \$20 each.

Want a casual bike and a group of people to cycle with? Want to be in nature at the same time? We are going to go look for wild flowers today, maybe we will find them along a trail or maybe they will be growing in a meadow, we will pick just a few, have a bit of a ride, and then go do some flower pounding and make bookmarks. You can learn how to press the flowers for other projects too. Beginner friendly. Bring a bike and helmet in good working order.

Monster Mountain: Beginners Mountain Bike

When: Saturday 09-June-2018, 1pm to 3pm.

Who: Ages 8 and up (children must be accompanied by an adult).

Cost: \$20 each.

Want to get up the mountain? Love the trails? Want to learn how to make jumps or just generally have fun balancing on a beam? Brought to you by the Riders of the Alberni Valley, this course will teach mountain biking basics and give you an intro into the world of mountain biking. Beginner Friendly. Bring a bike and helmet in good working order.

Art Cycle

When: Saturday 16-June-2018, 10am to 12pm.

Who: Ages 6 and up (children must be accompanied by an adult).

Cost: \$20 each.

You like to ride your bike? You like doing crafts? Bring your bike and join us for some cycling and creating. Beginner friendly.



BIKE TO AND SCHOOL
WORK WEEK
Port Alberni



Bike to Work and School Week brought to you by Cycle Alberni. To participate in all of these free events please register online at www.biketowork.ca. See more details of the schedule at www.biketowork.ca/port-alberni.



Bike to Work Week Schedule:

May 26, Saturday – Skills and Drills; Urban Cycling (Registration Required. Please call Echo Centre)

May 26, Saturday – Fairy Garden & Intro to biking

May 27, Sunday – Wild Ride (Registration Required. Please call Echo Centre)

Celebration Stations:

May 28 7-9am @ Ozzie's Cycle
Pancake Breakfast. Kickoff to Bike to Work Week.

May 29, 8-10am @ Steampunk Café
4-6pm @ Steampunk Café

May 30, 4-6pm @ Barclay Hotel

May 31, 7-9am @ Buylow Foods

June 1, 4-6pm @ Victoria Quay
Yoga for Cyclists. No mat necessary.
Just bike on down! All Bike to Work Week participants free.



Bike to Work and School Week Finale

June 2, Saturday, 2pm – Bike Parade
– Meet at Echo Centre. Wear costumes and bring supplies to decorate your bike if you wish!

Followed by Bike Finale at Harbour Quay. Everyone Welcome. Drop in.

June 9th – Monster Mountain:
Beginners Mountain Bike (Registration Required. Please call Echo Centre).

June 16th – Arts Cycle (Registration Required. Please call Echo Centre).



About

Bike to Work & School Week is a community event that encourages everyone to try cycling by providing resources and support for new and continuing cyclists. It began in 1995 in Greater Victoria with about 500 participants. Since then, the program has rapidly expanded throughout the province: in 2016, more than 52 British Columbian communities participated, with nearly 37,000 participants cycling a combined 1,225,000 kilometers in just one week. Port Alberni has been participating since 2015.

The event helps to build a sense of community connectedness while encouraging friendly competition amongst coworkers, classmates, and community members. Bike to Work & School Week also includes celebration stations, bike maintenance, bike safety tips, and prizes. Bike to Work BC's vision is that of "a future in which as many people as possible experience the joy of commuting by bicycle."

The primary objective of Bike to Work & School Week is to encourage physical activity as a lifestyle. The average cycle commuter travels 20-30 minutes one-way on their commute, easily meeting Health Canada's recommendation of one hour of physical activity each day. Commuting by bicycle is also tons of fun! When on a bike, you feel the wind in your face, you can take in more scenery, and you feel invigorated and refreshed, which is important both in the morning on your way to work or school as well as coming home after a long day. Furthermore, commuting by bicycle can save money and protect the environment by helping to reduce greenhouse gas emissions.

Bike to Work Week is supported provincially by Bike to Work BC and is organized locally by Cycle Alberni, the sustainable transportation committee of Alberni Valley Transition Town Society.