

London's Bicycle Festival & Commuter Challenge

MAY 31-JUNE 6, 2004

BICYCLE FESTIVAL

London's annual Bicycle Festival encourages Londoners to bike for transportation, fitness, and fun. Sponsored by the Thames Region Ecological Association, the City of London, UWO Police, Red Roaster, Quixtar, Kellogg's and London Life. The Festival promotes events to educate people about bicycle safety, maintenance, and local trails, to advocate bike use, and to get people out on their bikes for fun and transportation.

COMMUTER CHALLENGE

The Commuter Challenge is a friendly competition between Canadian communities to encourage as many people as possible to use sustainable and active modes of transportation. Sponsored locally by the Thames Region Ecological Association, the City of London and the Federal Climate Change Action Fund, the 2004 Commuter Challenge encourages Londoners to walk, jog, cycle, in-line skate, take the bus, carpool or telework during Environment Week (May 30 - June 5, 2004). Register with TREA at www.trea.ca the mode of transportation used and the distance traveled. Local data will be submitted to the national database. For more information about the national challenge see www.commuterchallenge.ca.

SCHEDULE OF EVENTS

Monday-Friday Events

These events take place each day
Monday, May 31 through Friday, June 4.

Bike 'n' Breakfast, 7:00 - 9:00 a.m.

Covent Market Garden, 130 King Street

Gather for coffee, pastries, and bike adjustments/safety checks. Coffee courtesy of Red Roaster. Sign up for the Commuter Challenge. You could win a prize (awarded at random at the end of the week).

Bike check-ups courtesy of:

Monday: Cycleworks
Tuesday: Racer Sportif
Wednesday: To Wheels
Thursday: Herm's Sport Exchange
Friday: Cyclepath

Discussion themes:

Monday: Touring
Tuesday: Safety
Wednesday: Recumbent bicycles
Thursday: Practical cycling suggestions
Friday: Cycling advocacy

UWO Cycle Stop, 7:00 - 9:00 a.m.

Talbot College Corner, UWO

Stop by for a breakfast snack. Pick up safety information, reflective strips and bicycle touring brochures. If you are a member of the UWO community, register your bike. Sign up for the Commuter Challenge. You could win a prize (awarded at random at the end of the week).

Commuter Challenge Pit Stops, all day

Stop in at the following locations during store hours to register your daily participation in the Commuter Challenge:

To Wheels - 134 Dundas
All Seasons Sport and Cycle - 790 Dundas
Champion Bicycle Sales and Service - 592 Adelaide N
Cyclepath - 737 Richmond
First Cycleworks - 525 First Street
Missing Link Cycle and Ski - 1283 Commissioners W
Racer Sportif - 205 Oxford St. E.
Reynold Cycle - 20 Meg Drive
South London Cycle - 479 McGregor Ave

Each pit stop location will award a prize to one lucky participant (chosen at random) at the end of the week. The more you stop in, the better your chances to win!

Day by Day Schedule

Ramble, 9:15 a.m. Tuesday, June 1

Call Ron Gill at 681-5864 for meeting place and details.

Ramble, 9:15 a.m. Thursday, June 3 meet at the Sports Complex on Commissioners Road east of Highbury Avenue.

Lunch 'n' Learn: Safe and Effective Cycling

Tuesday, June 1, 12:15 - 1:00 p.m.

London City Hall, 300 Dufferin Ave (at Wellington), Committee Room 3. More information: Allison Cook, 661-5389.

Mountain Bike Ride, Tuesday, June 1, 6:30 p.m.

Call All Seasons Sports at 660-6932 for start location and more information.

Bicycle Touring, Tuesday, June 1, 7:00 - 9:00 p.m.

London Central Library, 251 Dundas Street (in the Galleria)

Lunch 'n' Learn: London Bike Paths and Routes

12:15 - 1:30 p.m., Wednesday, June 2 "Clean Air Day"

London City Hall, 300 Dufferin Ave at Wellington, Committee Room 1. More information: Allison Cook, 661-5389.

Road Bike Ride, 7:00 p.m. Wednesday, June 2

Call All Seasons Sports at 660-6932 for start location and more information

Bike Builder's Workshop, Wednesday, June 2, 7:15 - 8:30 p.m.

Byron Branch, London Public Library, 1295 Commissioners W., lower level

Leisure Ride Wednesday, June 2, 9:30 - 12:00 p.m.

Contact the Huff and Puff Peddle Pushers 268-7413. Meet at Greenway Park, Greenside Dr. parking lot. Ride goes to Gibbons Park ending at City Hall. (Bring a lunch)

Thames Region Ecological Association (TREA) Meeting,

Thursday, June 3, 7:30-9:00 p.m., Grosvenor Lodge, 1017 Western Road - Learn about an innovative car sharing program in Kitchener. More information: 645-2845.

Spinning Class, Friday, June 4, 7:30 - 8:30 a.m.

Good Life Fitness, Galleria, 251 Dundas Street

Boler Mountain Bike Lesson and Ride, Saturday, June 5,

9:00-11:00 a.m.

689 Griffith Street

Children's Safety Village Anniversary, Sunday, June 6, 12:00-

4:00 p.m., Fanshawe Conservation Area, 1425 Clarke Road

More information: www.safetyvillage.ca

All Day Cycling Events and BBQ, Sunday, June 6, 9:00 a.m.

First Cycle Works, 525 First Street. More information: Martin Hammond at 455-9124.

Sponsored by

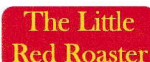


QUIXTAR



UWO

Police Services



General information: Call TREA at 645-2845 or visit www.trea.ca