

LONDON'S BICYCLE FESTIVAL & COMMUTER CHALLENGE

JUNE 5 - 11, 2005



~ We are all part of the solution. Clean air. It's within your reach ~

BICYCLE FESTIVAL

London's annual Bicycle Festival encourages Londoners to Bike for transportation, fitness, and fun. The Festival promotes events to educate people about bicycle safety, maintenance, and local trails, to advocate bike use, and get people out on their bikes for fun and transportation.

COMMUTER CHALLENGE

The Commuter Challenge is a friendly week-long competition between Canadian Communities to encourage as many people as possible to use sustainable and active methods of transportation. Londoners are encouraged to walk, jog, cycle, in-line skate, take the bus, carpool or tele-work to work or school. Visit www.trea.ca for more information and to register your commuter data into the competition for London for the chance to win great prizes.

SCHEDULE OF EVENTS

MONDAY - FRIDAY EVENTS

Bike 'n' Breakfast - 7:00 - 9:00 am

Meet @ the Covent Garden Market, 130 King St. Gather for coffee snacks, and conversation. Coffee courtesy of The Little Red Roaster, snacks from Kellogg's. Free bike check-ups will be done by local shops.

UWO Bike Stop - 7:00 - 9:00 am

Stop by the University Police Emergency Response Trailer (Talbot College corner on the UWO Campus) for a breakfast snack. Pick up information on bicycle safety, security, paths and tours.

DAY BY DAY EVENTS

Monday - June 6

Bike Building Workshop - 7:00 - 9:00 pm

Join Mike Channon for a Bike Building Workshop at the London Central Library, 251 Dundas St. Participants will learn to design and build a recumbent bicycle.

Tuesday - June 7

Hike: Medway Valley - 9:15 am - 11:00 am

Thames Valley Trail Association invites you to join them for a short hike. Bring water, sunscreen and sunglasses. Meet at Gainsborough Road dead-end east of Wonderland Road. Parking on street. Leader: Ron Gill: 681-5864.

Bicycle Touring - 7:00 - 9:00 pm

London Central Library, 251 Dundas Street. Learn about bicycle touring from cycling enthusiast Howard Pulver. Learn about where to ride, self-guided and guided tours, safety, clothing, equipment and diet.

Mountain Bike Ride - 7:00 - 9:00 pm

Call All Seasons Sports at 660-6932 for a start location and more information on this FREE Mountain Bike Ride. Helmets required.

FREE Movie - 7:00 - 9:00 pm

Meet at the Downtown Central Library, 251 Dundas St. (in the Tonda Room) to watch an Academy Award Winning Movie involving cycling. Enjoy a FREE night out.

Wednesday - June 8

Lunch 'N' Learn: 12:15 - 1:30pm

London's Bike Paths and Routes Info Session

City Hall Committee Room 3, 300 Dufferin Avenue at Wellington. Join City staff for a presentation on London's bicycle paths and routes system. Bring your lunch. For more information please contact Allison Cook at 661-2500 (x 5389).

Road Bike Ride - 7:00 - 9:00 pm

Call All Seasons Sports at 660-6932 for a start location and more information. FREE Road Bike Ride. Helmets required.

Thursday - June 9

Hike: Dorchester Ponds - 9:15 am - 11:00 am

Thames Valley Trail Association invites you to join them for a short hike. Meet at Fairmont Plaza, located on Hamilton Road, east of Highbury. Leader: Ian Stewart: 660-8876.

London Fun & Fitness Walk - 11 am - 2 pm

The annual Downtown London Fun and Fitness Walk is a worksite based Active Living Activity. Employees from downtown companies walk a designated route and collect stamps at each worksite in the Downtown area. Others register with TREA at 645-2845.

Bicycle Advocacy Lecture - 7:30 - 9:00 pm

Join us at Grosvenor Lodge, 1017 Western Rd. North of Oxford. Learn more about cycling advocacy by the up and coming bicycle co-op Velosophy. Refreshments provided. R.S.V.P. to 645-2845.

Saturday - June 11

Boler Mountain Bike Lesson & Ride - 9:00 - 11:00 am

689 Griffith Street. Join a Boler instructor for a FREE lesson and ride on the trails. Helmets required. Bike rentals are available.

The Gardens - Racing starts at 7 pm.

Participate with the new Forest City Velodrome's weekly race series every Saturday night. General Admission \$10.00. Save 50% by taking this flyer. Contact: info@ForestCityVelodrome.ca.

Sunday - June 12

All Day Cycling Events & BBQ - 9:00 am - 4:00 pm

Recumbent Bike Showcase; 3 Bike Rides leave at 10:00 am from First Cycleworks, 525 First St. near Dundas. Contact Martin Hammond at 455-9124.

Prizes will be given away at every event!

To sign-up for the One-Tonne Challenge or the Commuter Challenge contact TREA:

web: www.trea.ca phone: 645-2845 email: trea@wwdc.com

Free bike check-ups by: First Cycleworks • Herm's Sport Exchange • Racer Sportif • To Wheels • Cyclepath

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