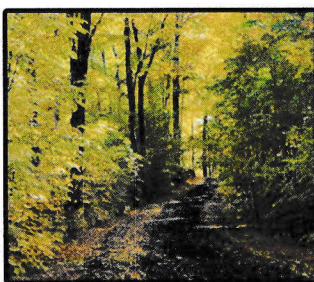
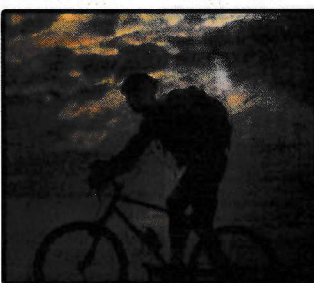
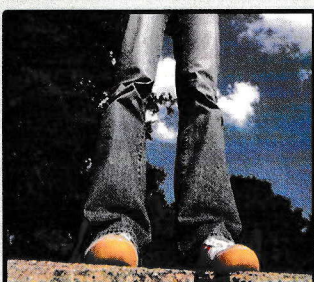
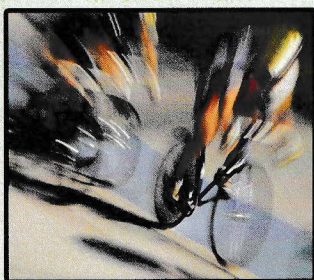


# LONDON'S BICYCLE FESTIVAL & COMMUTER CHALLENGE

## JUNE 3 - 11, 2006



~ 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 and maintenance, local trails and tours.

### COMMUTER CHALLENGE

The Commuter Challenge is a friendly week-long competition in June between Canadian communities to encourage as many people as possible to use sustainable and active commuting and travel. Londoners are encouraged to walk, jog, cycle, in-line skate, take the bus, carpool or telework and register distances with TREA.

### SCHEDULE OF EVENTS

#### MONDAY - FRIDAY EVENTS

##### River Forks Stop - 7 - 9 am

Meet @ the Forks of the Thames, W. of King Street near Splash Pad and Peace Garden. Stop by for free snacks and bike check-ups.

##### UWO Bike Stop - 7 - 9 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.

#### Tuesday - June 6th

##### Commuter choices info session - London Covent Garden Market, 130 King Street Noon: 1:30 pm

Outdoors on Ridout Street side of Market. Visit London's commuting champions on current events - LTC, City of London, MLHU, TREA and TVTA. To Wheels will offer bike trend news. Contact: TREA at 645-2845.

##### Mountain Biking Workshop: 7 - 9 pm

Join Boler Mountain Bike Centre at the London Central Library. Learn important tips about choosing a mountain bike, safety and what to expect on your first bike ride. Contact: TREA at 645-2845.

#### DAY BY DAY EVENTS

VISIT [WWW.TREA.CA](http://WWW.TREA.CA) FOR FURTHER DETAILS

#### Saturday - June 3rd

##### Walk: Greenway Park: 9 - 10 am

Join Thames Valley Trail Association to celebrate "Ontario Trails Day." Meet at park, Greenside Avenue parking lot. Contact: D. McCann, MLHU: 663-5317 #2467.

##### Forest City Velodrome: Racing starts at 7 pm

General Admission - \$10.00. Save 50% by mentioning TREA. Contact: 1-888-508-3944 or [info@ForestCityVelodrome.ca](mailto:info@ForestCityVelodrome.ca)

#### Sunday - June 4th

##### Historic Wortley Village Walk: 1 - 5 pm

Geranium Heritage Home Tour, tickets available from various sites including Oxford Books, Gammage Flowers and Market Crafts. Contact: Architectural Conservancy of Ontario at 645-2845.

##### Helmet Exchange - YMCA Children's Safety Village of London Area Birthday Party: Noon - 4 pm

As supplies last, children's damaged or 5 year old helmets will be replaced. Contact: 455-3135 or visit [www.safetyvillage.ca](http://www.safetyvillage.ca).

##### Great Canadian Bicycle Tour: Starts at 10 am

Out of town Wine Country Tour, includes lakeside BBQ, 40, 57 and 73 km rides. Membership is \$20, or \$5 for day rider fee. Register with: [tomsimon@cogeco.ca](mailto:tomsimon@cogeco.ca).

##### Charity Bike Climb Fundraiser:

Pledge forms available. Meadowlily Road. S. Contact: 686-5506

#### Monday - June 5th

##### Bike Maintenance Workshop: 7 - 9 pm

Join South London Cycle at the London Central Library. Learn important tips about choosing a bike to suit your lifestyle, proper care and repair for safe cycling. Contact: TREA at 645-2845.

##### Bike Ride: 6:30 - 8 pm

Take a leisurely 30 - 40 km bike ride starting from Reynold Cycle on 20 Meg Dr. Contact: 680-5100.

#### Wednesday - June 7th

##### Clean Air Day

##### Lunch 'n' Learn/Leisure Ride: Noon - 2:30 pm

Join TREA on cycling safety message at the Middlesex Country Building, 399 Ridout Street N. Bicycle parking available. Bring your lunch. One hour leisure bike ride on bike trail to follow. Contact: Allison Cook, City of London at 661-2500 #5389.

##### London Fun & Fitness Walk: 11 - 2 pm

This annual 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 can register with TREA at 645-2845.

#### London International Children's Festival

##### June 7, 8 - 9:30 am - 4 pm, June 9 - 9:30 - 8 pm

Lots of activities, Look for TREA display. For tickets contact 645-6739 or visit [www.londonchildfest.com](http://www.londonchildfest.com).

#### Thursday - June 8th

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

Join Thames Valley Trail Association for a short hike. Meet at Gainsborough Road dead-end E. of Wonderland Road. Contact: TVTA at 645-2845.

##### FREE Movie: 7 - 9 pm

Grosvenor Lodge, 1017 Western Road N. of Oxford St. Movie about cycling. Contact: TREA at 645-2845

#### Saturday - June 10th

##### Hike: Westminster Ponds: 9 - 10 am

Join Thames Valley Trail Association and Healthy Living Community Partnership of Middlesex London for short hike. Meet at Tourism Centre on Wellington Rd. Families welcome. Terrain not suitable for strollers. No dogs. Contact: TVTA at 645-2845.

#### Sunday - June 11th

##### All Day Cycling Events & BBQ: 9 - 4 pm

Recumbent Bike Showcase. 4 bike rides (all types of bikes) leave at 10 am from First Cycleworks, 525 First Street near Dundas. Great Prizes. Wear Helmet. BBQ to follow. Contact: 455-9124.

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

For more info on Bicycle Festival or the Commuter Challenge contact TREA:

web: [www.trea.ca](http://www.trea.ca)

phone: 645-2845

email: [trea@wwdc.com](mailto:trea@wwdc.com)

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