



MEDIA RELEASE

Welland Gears up for “Bike To Work Week 2009”

For Immediate Release – May 27, 2009 – 2:00 p.m.

Welland - The City of Welland is encouraging you to dust off your bicycle and accessories, check your tires, oil chains and brakes, and make sure your helmet fits properly; cycling season is around the corner.

“With Energy Conservation Week not far behind us, cycling carries on the theme of conservation by reducing the number of motorized vehicles on the road and at the same time promotes healthy communities”, says Craig Stirtzinger, Welland’s City Manager and avid supporter of Bike to Work Week. During Bike to Work Week Stirtzinger makes every effort to bike the nearly 12 km to work when he doesn’t require a vehicle to attend out of the office meetings during the day.

Events are planned all week long, starting at various spots around the City and everyone is invited to come out and take part.

- **June 1** – Launch of Event – Meet at Market Square at 7:30 a.m. for a light breakfast – Bike to Work
- **June 2** – Meet at Seaway Mall at 7:30 a.m. – Bike to Work
- **June 3** – Meet at Merritt Island at 7:30 a.m. – Bike the trail before work
- **June 4** – Meet at Bauer Trail (corner of Woodlawn and Clare) at 7:30 a.m. – Bike to Work on trail
- **June 5** – Meet at Blue Star for Breakfast at approx. 7:15 a.m. – Bike to Work on trail

Even if you are unable to attend the scheduled events you are encouraged to get out and cycle to get to where you work, learn, live, and play!

“We already have about 20 confirmed City staff participating in the scheduled events and we hope to double that number by Monday!” says Gary Graziani, Welland’s Team Captain for this year’s week-long event. “I’ve been helping organize this event for the past three years and participation just keeps getting better.”

When asked if he has any advice for people who are contemplating embarking on a health and wellness program, Graziani suggests, “It’s easier to get started if you are encouraged by a group of people to get active. Participating in the events we have scheduled this coming week would be a great way to get started. I’m looking forward to seeing lots of bikes on City streets next week”, continues Graziani. “Be careful and follow rules of the road!”

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