

Immediate Release

March 31, 2009

Families Cycle for Health through Discovery

(Abbotsford, BC) May 10 is provincially declared “Move for Health Day.” In preparation, **Abbotsford in motion** and Bike to Work Fraser Valley are partnering to put on a Family Move for Health Bike Ride through Abbotsford’s Discovery Trails.

“Life is just better on a bike” says Kevin Koopmans—Community Futures’ Community Economic Development Assistant—who is leading the ride. “Bike riding is a great way for families and people of all ages to get outside and have some fun together.”

The ride will take place on May 9 at 1:00 pm and will travel roughly 13 kilometres of Discovery. “The Discovery trail is a safe way for riders of all skill levels to get some exercise and enjoy the feeling of the wind in their faces,” says Koopmans.

The ride will also help participants gear up for Bike to Work Week which takes place the week to follow—May 11-17.

Saddle-up and join the ride; you may ‘Discover’ how much fun moving for health can be!

Rain or shine, participants are meeting outside Twisters Gymnasium. For more information about Move for Health Day please visit www.abbotsfordinmotion.ca. For more information about Bike to Work Week Fraser Valley, please go to www.biketowork.ca/fraser_valley/btww.

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