

Sunday » May  
10 » 2009

## Park the car, take your bike to work next week

The Times

Friday, May 08, 2009

If you've ever wanted to ride your bike with the mayor, strap on your helmet and grab your wheels, next week is your chance.

Bike to Work Week Fraser Valley is May 11 to 17 and to participate, Mayor Sharon Gaetz is riding her bike to work. Anyone who wants to ride along with the mayor on her route to Chilliwack City Hall is welcome to meet her bright and early at Sardis secondary at 7:30 a.m. on Wednesday, May 13.

Once you arrive there will be refreshments and leisure passes for those who participate and you can enter for a chance to win a free bike.

Organizers say that in 2008, the 6,000 Bike to Work Week participants saved 61,000 kilograms of greenhouse gases, the equivalent of travelling to the moon and back.

The City of Abbotsford has been involved with Bike to Work Week for three years, but this is the first year Chilliwack has been involved.

Less pollution, healthier living, reduced wear and tear on roads and vehicles are only a few of the obvious benefits of leaving the car at home and biking to work.

Sue Vince, co-chair of the Abbotsford Cycling Action Group (ACAG) and a passionate advocate for a "cycling friendly community," has been spearheading the Bike to Work initiative for the past few years. Like most of her kind, she loves it simply because it feels great and contributes to a greater sense of community.

"The best thing about cycling to work is that you really feel like a part of the community you live in," she says. "I talk and interact with more people, and it usually puts me in a good frame of mind. Cycling has also helped me slow down and gain perspective on what is important, probably because I can't do everything I feel I want to compared to when driving a car; you have to choose the most important things."

- For more information on Bike to Work Week visit [www.biketowork.ca](http://www.biketowork.ca).

© Chilliwack Times 2009

CLOSE WINDOW

---

Copyright © 2009 CanWest Interactive, a division of [CanWest MediaWorks Publications, Inc.](#). All rights reserved.  
CanWest Interactive, a division of [CanWest MediaWorks Publications, Inc.](#). All rights reserved.