



# Cycling **TASK FORCE**

The Cycling Task Force is made up of members of all local governments, working together to develop a comprehensive cycling strategy. Our goal is to improve cycling access in the Comox Valley, both recreationally and for commuting, and to improve safe travel for all members of the public and safe access to regional bikeways.

The Task Force will focus on education, recreation, and transportation. Making cycling safe, enjoyable and efficient in the Comox Valley will lead to more people getting on their bikes - improving their health and creating a cleaner environment and community!

Check the local government websites for details on Comox Valley Task Force meetings:

[www.courtenay.ca](http://www.courtenay.ca) • [www.comox.ca](http://www.comox.ca)  
[www.comoxstrathcona.ca](http://www.comoxstrathcona.ca)

**For more information** contact  
Ronna-Rae Leonard 338-0978 or  
email [charyr@telus.net](mailto:charyr@telus.net)

## **Bike to Work™ Week** *June 2 to 8, 2008*

It's time to gear up for the the Comox Valley's first ever Bike to Work Week. From June 2 to 8, join other local cyclists on your regular commute and see how easy it can be to get around on two wheels instead of four.

Did you know that the Comox Valley is second only to Victoria as the Cycling Capital of Canada? According to the latest census data, 4.1% of daily commuters in the Comox Valley travel by bicycle.

### *Who can participate?*

Everyone! Why not challenge your classmates, coworkers or other local workplaces to sign up for Bike to Work Week?

### *How do I sign up?*

Visit [www.biketowork.ca/comox\\_valley](http://www.biketowork.ca/comox_valley) and click on **Register Team**

### *Don't forget to stay safe!*

- Be visible. Use a white front light, a rear red light and reflector.
- Make sure your helmet is CSA approved and adjusted properly.
- Obey the rules of the road. Cyclists are safest when they "drive" like a car. This means taking enough space to be safe and communicating clearly with other vehicles.

The Bike to Work Week Committee is preparing some special events for Bike to Work Week, including Celebration Stations where you can fuel up and also enter to win some fabulous prizes.

If you would like to help out with Bike to Work Week, please contact Patti at 339-2255.

*Comox Valley Bike to Work Week is an initiative of the Comox Valley Cycling Task Force.*

