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Lose Your Keys: It's British Columbia Bike to School & Work Week

Shuswap (May 29 – June 4) – It's not a coincidence that as gasoline prices rise to budget-breaking levels, more people are buying bicycles. Riding a bike to run short errands and commute to work and School saves money – potentially enough to take the family out to dinner or to help pay the electric bill.

"Biking to work is an efficient and fun way to get the exercise you need, without having to find extra time to work out. And this year, with gasoline prices as high as they are, biking to work makes more sense than ever," said Phil McIntyre-Paul, Executive Director of the Shuswap Trail Alliance.

Never tried riding to work? May 29 – June 4 is British Columbia Bike to Work Week, intended to encourage people to use bicycles as transportation and celebrate those who already do. Cycling to work or school is a great way to add activity to your day, saving time by combining a work out with your travel needs. You can register as a workplace, a team or as an individual [HERE!](#)

(<https://www.biketowork.ca/registration>)

Be a champion! Register and participate with the Provincial Bike to Work Week

Regardless of how you choose to participate, every workplace or team needs a local champion (or Team Leader)! A champion (or Team Leader) can be a manager, staff member, or anyone that wants to champion the group! (<https://www.biketowork.ca/registration>)

- Get started with Bike to Work Week by creating a team or ride as an individual

- Log your team's kilometres cycled to enter them into prize draws and track how many kilometres you or your team has cycled and much greenhouse gas your team saves.

Locally Bike to School/Work Week is being sponsored by Shuswap Bike Club along with Community Partners BDO, Askew's Foods, Montebello Medical Clinic, Maple Tree Medical Clinic, Shuswap Family Practice, Lakeshore Physiotherapy and Shuswap Chiropractic.

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Posters and media to follow.

If you would like more information, please contact Roger Parenteau at [250.804.9971](tel:2508049971) or email at roger@shuswapbike.com