



Next Week is Bike Week!

Winnipeg's Virtual Bike Week starts on June 8 with Bike to Work Day.

We have lots of activities and resources to encourage Winnipeggers to get on bikes including:

- Daily events
 - Bike Week Bingo
 - Route planning
 - And great prizes!
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Events to start the week

June 8th - Assiniboine Credit Union Bike to Work Day

There are lots of ways you can participate in Virtual Bike to Work Day.

If you are ride to work, you can of course ride to work.

If you are still working from home, why not try a practice run to work.

If you are not quite ready to ride to your workplace, just go out for a ride of an equivalent distance.

If your riding to work is a bit to far for your first try, start with a shorter distance. Take your bike part way on the car and ride the rest of the way by bike.

Need some help to plan your route to work? **Check out our new recommended bike routes or fill out our form to receive a customized route.**

If you can't find a route that suits your needs among our **popular routes**, you can fill out this **form** and we'll recommend a route for you.

June 9th - Ride to the Park

Take a ride to a nearby park or ride some of the extensive trail network we have in Winnipeg to enjoy fresh air, nature or just the sheer joy of riding your bike. Check **Winnipeg Trails** for more information on the many fun and safe trails.

June 10th - Bike to Takeout Day

Every Wednesday is now **Canada Take Out Day** to encourage Canadians to order take out and show support for their local restaurants.

Bike Week is encouraging Winnipeggers to not only support our local restaurants, but to use your bike to pick up your order. It's a great way to show our local restaurants that people on bikes are behind them.

Want to get outside your usual neighbourhood or have a favourite restaurant that is a bit too far to bring you meal home by bike? Why not pick up some food and eat it al fresco in one of the many wonderful parks that we have scattered around the city.

We have a special prize for people supporting local restaurants. Post photos/videos to social media using both **#BikeWeekWPG** and **#TakeOutDay** or sending your photos/videos directly to **info@bikeweekwinnipeg.com** to qualify for a \$25 gift card to the local Winnipeg restaurant of your choice!

Upcoming Events

June 11th - Family Ride Day

June 12th - Bike to Strike Day

June 13th - Bike to Small Business Day

June 14th - Bike Somewhere New Day

Visit **bikeweekwinnipeg.com/events/** for complete details.



Bike Week Bingo

Who doesn't love bingo? We've put together a bingo sheet for you - try and fill out all the squares before the end of the week. Get your friends and family involved too!

Download the bingo sheet here: bikeweekwinnipeg.com/bike-week-bingo/

Win \$50 for your local bike shop!

Share your experiences on social media to qualify to win a \$50 gift card to the bike shop of your choice. Post your photos/videos to #BikeWeekWPG or send them directly to info@bikeweekwinnipeg.com.

What else is going on?

Commuter Challenge

Don't forget to log your kilometers for the Commuter Challenge which ends June 6. You can still register at commuterchallenge.ca/

Ride Don't Hide

Bike Week is a proud supporter of Ride Don't Hide, a nationwide fundraising bike ride that brings mental health out into the open. Join us on June 21 for a virtual nationwide community bike ride that brings mental health into the open while raising essential funds for mental health initiatives. Visit: [Ride Don't Hide Manitoba](#)

Winnipeg Trails

Winnipeg Trails would like to see Open Streets stay open longer than the plan closure date of July 7. **Read their petition:** winnipegtrails.ca/petition-to-keep-open-streets/

This year's programming takes into consideration the well-being of our communities and the [health recommendations of the Province of Manitoba](#) to ensure all participants can enjoy biking to the fullest. We are prepared to make adjustments to

our programming to maintain the health and safety of our participants.

Thank you to our Champions!

Virtual Bike Week sponsor, The City of Winnipeg
Virtual Bike to Work Day sponsor, Assiniboine Credit Union



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