



5 DAY COUNTDOWN!

June 5-11, 2023

Happy 10th Birthday Bike Week! Come ride and get happy with us!



[Visit our Website](#)

We can't believe that Bike Week is Next Week!

Here are some things we are especially excited about...

**Bike to Work Day Group Ride, presented by Tire Stewardship Manitoba**

6:00 am – 9:00 am

Join us for our annual Bike To Work Day Group Ride!

Starting at Assiniboine Park (south side of the bridge) we will ride a comfortable route through Bruce Park/Bourkevale, West Wolseley, Omands Park, Wolseley, West Broadway and finally take the Assiniboine Bike Lane ending at the MPI All Day Pit Stop at The Forks!

This is a slow roll, no drop ride that will stop at several pit-stops along the way. You can join us anywhere along the route and if you need to get to work, leave us at any time to make it on time. If you have the time though we would love to have you join us and enjoy the ride.

Ride Schedule:

6:00 to 6:30 – Meet and Greet

6:30 – 6:55 – Ride Assiniboine Park to Omands Park – RRC pit-stop

7:05 – 7:20 – Ride Omands Park to Laura Secord School – Laura Secord/Urban Systems pit-stop

7:30 – 7:45 – Ride Laura Secord School to Wolseley and Sherbrook – Misericordia Hospital/West Broadway BIZ Pit-Stop

7:55 – 8:10 – Ride Wolseley/Sherbrook to Assiniboine and Osborne – CAA/City of Winnipeg Animal Services pit-stop

8:20 – 8:30 – Ride Assiniboine/Osborne to Assiniboine and Garry – WSP Canada pit-stop

8:40 – 8:42 – Ride Assiniboine and Garry to Assiniboine/Main – ACU pit-stop

8:52 – 9:00 – Ride Assiniboine/Main to the MPI All Day Pit-stop at The Forks.

We will be stopping at a number of pit-stops along the way. Just a reminder to everyone that we have over 50 pit-stops all over the city where you can stop for some refreshments or just to chat with hosts and other riders. Check out our pit-stop map [HERE](#). Stop at 8 and enter our Ride and Go Seek competition to win prizes.

## MPI: Bike It! Course

Looking for a course to help you build on your cycling safety knowledge and gain confidence on riding your bike on the streets and trails of Winnipeg?

Manitoba Public Insurance is offering their Bike It skills course June 10 and has opened it to the general public. Bike It! is a four hour cycling safety course that teaches basic safety skills through in-class and on-road training.

The course covers:

Review of bicycle equipment and safety check

Basic traffic theory and rights of the road

Road positioning in different situations

Bicycle specific infrastructure.

To register you can reach out [roadsafety@mpi.mb.ca](mailto:roadsafety@mpi.mb.ca). Registration is limited so register early.

## Traditional Trails Ride, presented by Assiniboine Credit Union

June 5 @ 6:30 pm

Adrian Alphonso along with Justin Bear developed Traditional Trails to connect cyclists to places through conversation, interpretation and storytelling about Manitoba's history and Indigenous place making.

On a Traditional Trail, hosted by Momenta Inc., expect to have fun, take care of each other, be respectful, join in and be safe. The ride begins at the Forks by the train cars. The ride is around 10 km on trails along the Assiniboine and Red Rivers. Trails are both paved and gravel, with some up and down hills; some biking experience is recommended but not necessary. We will be staying as a group throughout the ride. Cyclists should arrive with a bicycle, helmet and water bottle.

## Best Pit Stop Award

Over the years we've seen some highly creative Bike to Work Day Pit Stops and we can't wait to see what Winnipeggers come up with this year!

The winner of the Best Pit Stop will receive a Bike Week trophy to display for the year!

If you want to win, encourage the cyclists that stop by your Pit Stop to tag Bike Week on social media or email us at [info@bikeweekwinnipeg.com](mailto:info@bikeweekwinnipeg.com).



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## **VOLUNTEERS NEEDED: We Want You!**

We are still looking for Volunteers, especially folks who want to help at our Bike Week Birthday Bash presented by Downtown Winnipeg BIZ on Sunday, June 11th at the Legislature. It's a great way to meet fellow cyclists and celebrate all things biking!

If you are interested please email [bookings@fetejockey.com](mailto:bookings@fetejockey.com) with the subject line: Volunteering.

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## **WHAT MAKES YOU HAPPY ABOUT BIKING?**

We asked folks what makes them happy about biking. [Check out this video on our Facebook Page](#), and stay tuned during Bike Week as we release more videos asking folks why they love to cycle!



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## **Community News**

### **CANADA BIKES ANNUAL BIKE COUNT**

Canada Bikes is holding their annual bike count June 5-11. For more info, click [HERE](#).

## WORLD BICYCLE DAY

Get in the mood for Bike Week by celebrating World Bicycle Day on June 3! Bike to work, bike to the store, or just go out for a casual ride in your neighbourhood. For more info, click [HERE](#).

## COMMUTER CHALLENGE WITH GREEN ACTION CENTRE

Registration is open for The Commuter Challenge which runs June 4 to 10. It's a great opportunity to participate in both events at the same time. Sign up with your workplace, with a team of friends or participate by yourself. Click [HERE](#) to learn more.

## W.R.E.N.C.H. KIOSK AT THE FORKS

Need some repairs before Bike Week, check out our schedule for [Community Bike Shop open hours](#). The WRENCH has also opened their Kiosk at The Forks for the season so if you need a great reconditioned bike at an affordable price or some minor adjustments to your bike, they are open Wednesday to Friday from 2 to 8 pm and Saturdays/Sundays from 12 to 6 pm.

## CRITICAL MASS

Critical Mass is Friday, June 26. For more info see <https://criticalmasswpg.com/>

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## THANKS TO OUR SPONSORS FOR THEIR SUPPORT



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