

CBRM Bike Week 2016 – Brought to you by CBRM Recreation and Velo Cape Breton

June 18-26

Friday, 17 June 2016 Flag Raising at the Civic Centre with Mayor Clarke

Saturday, 18 June

- Ride Right Program, CBRM
Pre-registration is required.
During three 3-hour sessions from easy to advanced, you will enhance your cycling skills and boost your confidence. Learn basic bicycle checks, tips on maintenance and repairs, what to carry and wear, personal protection, essential riding skills, rules of the road, commuting and etiquette.

Ride Right is available free to Velo Cape Breton members. Not a member? Joining is easy and only costs \$10 for the year!

Please visit Velo Cape Breton at www.velocapebreton.ca for more information and to register!
- Cape Breton Farmer's Market
340 Keltic Drive, Sydney
9am-1pm
Drop by your local farmer's market for your weekly goodies and meet CBRM Recreation's Cycling Instructors! Pick up some information on cycling in Cape Breton and learn about this summer's Learn to Cycle Camp for kids.

Sunday, 19 June

- Ride Right Program
See Saturday, 18 June for details.
- Lobster Roll Rides 2016
North Sydney Firefighters Club, 73 Pierce Street, North Sydney
9am start
Join Velo Cape Breton for their famous Lobster Roll Rides! Loops of 40km, 30km, 20km and 5km will allow riders to choose one or more rides during the day, showcasing some of the most scenic views CBRM has to offer! The rides are open to all, beginners to advanced riders! Participants will be provided with maps, support services, food and water pit stops along the way as well as a fantastic lunch from No Quarter Deli. Kids can join in on the rides and/or take part in the Kids' Bike Rodeo as well!

For more information and to register, please visit Velo Cape Breton at <http://velocapebreton.ca/node/72>

Monday, 20 June

- Pedal Perks Day
CBRM Bike Week 2016 is supported by many organizations and businesses across CBRM. Please take some time today to stop by your local Pedal Perks location and give them a big “thank you!”

Share a picture of you visiting a Pedal Perks location on the CBRM Bike Week 2016 or Active Living CBRM Facebook pages and be eligible to win some great prizes from CBRM Recreation!

Pedal Perks locations include Doktor Luke’s, Louanne’s Café, Framework Cycle and Fitness, YMCA Cape Breton and others! Watch for the Pedal Perks poster!

- Spin Class @ the YMCA
4:30 pm
The YMCA of Cape Breton is offering free spots (while they last) in their spin classes to celebrate Bike Week! Please call the Y at 902-562-9622 to pre-register your spot.

Tuesday, 21 June

- Spin Class @ the YMCA
4:30 pm and 5:30 pm
The YMCA of Cape Breton is offering free spots (while they last) in their spin classes to celebrate Bike Week! Please call the Y at 902-562-9622 to pre-register your spot.
- Women on Wheels Summer Solstice Ride
Coxheath Arena, Sydney
6pm – 8pm
Welcome summer with a fun ride with your fellow female cyclists! The ride is geared toward cyclists of all levels, from beginner to advanced. Velo Cape Breton ride leader Shelley Johnson will lead cyclists around Point Edward.

Wednesday, 22 June

- Spin Class @ the YMCA
12:00 pm and 4:30 pm
The YMCA of Cape Breton is offering free spots (while they last) in their spin classes to celebrate Bike Week! Please call the Y at 902-562-9622 to pre-register your spot.
- Scavenger Hunt
Greenlink Park, Sydney
6pm – 8pm
Meet at Churchill Drive entrance to the park. Using your bike to explore the trails at Greenlink Park, see how many items you can find from the scavenger hunt list! Answer trivia questions about your bike! Stick around afterwards for a snack and draw prizes!

Thursday, 23 June

- Spin Class @ the YMCA
12:00 pm and 5:15 pm
The YMCA of Cape Breton is offering free spots (while they last) in their spin classes to celebrate Bike Week! Please call the Y at 902-562-9622 to pre-register your spot.
- Show and Go
Coxheath Arena, Sydney
6pm start
Velo Cape Breton members will lead you on an easy- to moderate-paced ride between 20km and 40km. Free and open to everyone.

Friday, 24 June

- Spin Class @ the YMCA
12:00 pm and 4:30 pm
The YMCA of Cape Breton is offering free spots (while they last) in their spin classes to celebrate Bike Week! Please call the Y at 902-562-9622 to pre-register your spot.
- Picnic in the Park with Donna and Andy
Wentworth Park, Sydney
6pm – 8pm
Grab your bike and make your way to the park for a picnic! Giveaways, face painting, Chalk Art contest and fantastic entertainment with Juno nominated and multiple ECMA winners Donna and Andy! Donna & Andy have performed for over 600,000 audience members at schools, festivals and stages throughout Canada and overseas, entertaining children and families with an interactive musical performance using fiddle, accordion, keyboard, guitar and even a Newfoundland Ugly stick. Their signature vocals, instrumental diversity, comedy, and lots of audience participation guarantee an enjoyable performance for all!

Saturday, 25 June

- Kids' Fun Race
Open Hearth Park, Sydney
6pm – 8pm
Kids of all ages are invited to participate in a fun race around Open Hearth Park. Each time they make a loop, they'll get a ticket. Each ticket is an entry for great draw prizes. Refreshments will follow the fun race. Family members and the public are welcome to cheer on the kids, the more the merrier! Each participant must have a bike, an approved helmet and be accompanied by an adult 19 years of age or older. This event is free of charge.

Sunday, 26 June

- Mayflower Mall, Sydney
1pm – 3pm

Visit CBRM Recreation's Cycling Instructors as they close out this year's Bike Week with an information table at the mall. Pick up your copy of CBRM's Cycling Map and get information on this summer's Learn to Cycle camp for kids.

Week-Long Events

- Police Information Checkpoints – Cape Breton Regional Police Service will share cycling safety information at checkpoints across CBRM
- Ride the Bus for Free with your Bike
- Pedal Perks
- Focus on Cycling at Your Local Library