



Press Release

JUNE IS BIKE MONTH – ENJOY THE OPEN ROAD!

Port Coquitlam, B.C. – June 2, 2009 ... The City of Port Coquitlam has proclaimed June as Bike Month and, with the weather warming up, it's a great time to enjoy the open road. Cycling is about fun and, with plenty of opportunities along Port Coquitlam's tree-lined streets, trails and bike lanes, you can find enjoyment cycling in your own city.

"As an avid cyclist who commutes to and from City Hall by bike on a regular basis, I am an enthusiastic supporter of Bike Month," said Mayor Greg Moore. "The benefits of cycling are endless – including health and wellness, environmental, and time savings, since in many cases it is quicker to bike than drive."

Did you know, that most of the vehicle trips in Metro Vancouver are under 5km? Why not leave the car at home, hop on your bike and run those local errands close to home. Shopping, taking the kids to school and going to the video store, coffee shop or public transit can be fun and easy on a bike.

Port Coquitlam features more than 184 hectares of parkland and natural areas, linked by approximately 46 kilometres of trails and greenways. Most homes in Port Coquitlam are only a short distance from some part of the extensive trail network.

The foundation for Port Coquitlam's trail network is the Traboulay PoCo Trail, a 25-kilometre route that encircles the community. This flat walking and cycling trail is suitable for exploring at any time of the year. With links to many low-volume roads, the extensive trail and road system provides access around the City. To get the most out of this community asset, pick up a copy of the *Cycling in Port Coquitlam* Guide. It's available for free at City facilities and includes a comprehensive road and trail map complete with viewpoints, locations of parking, internal trail systems and other amenities, as well as tips on traffic-free, safe cycling.

For more information about Bike Month, check out the City website at www.portcoquitlam.ca/bikemonth.

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