



**Immediate Release**

**April 27, 2009**

**Bike to Work with the Abbotsford and Mission Mayors**

(Abbotsford, BC) The mayors from Fraser Valley's twin cities invite everyone to mark their calendar and join them for "Bike to Work with the Mayor Day" as part of Bike to Work Week Fraser Valley festivities throughout May 11-17.

On May 12, Mission Mayor, James Atebe, will ride from 7:00-9:00 am, beginning at Hammond St. and ending at the Vancity Celebration Station for coffee and fresh fruit. Residents are encouraged to join Mayor Atebe anywhere along the route, specific meeting places include Municipal Hall, E.S. Richards School, Albert McMahon Elementary School, Mission Leisure Centre, Fire Hall (Murray Street), Library, and Mission Hills Shopping Centre.

"I am participating in Bike To Work Week to inspire and encourage the residents of Mission to explore alternate commuting options and promote personal health and active living, which also helps look after the environment," says Mayor James Atebe.

On May 14, Abbotsford Mayor, George Peary, will leave from Auguston Sales Centre at 7:15 am. Residents are encouraged to join Mayor Pear anywhere along the route—specific meeting places include: Fire Hall 7, Community Services, Bevan Park, Abbotsford Regional Hospital and Cancer Centre, and Vancity. The ride will end at City Hall and everyone is invited to enjoy coffee and snacks at the City Hall Celebration Station.

"I am an ardent cyclist and a big believer that an active lifestyle makes you able to do a better job and live a better life. I'd like to see all residents commit to an active lifestyle. You'll feel better for it – I know I do!"

Bike commuters joining the mayors on these days are rewarded with more opportunities to enter the prize draw for a mountain bike, \$100 bike shop gift certificates, whistler bike park passes, spa treatments, canoe rentals, and more.

This year's theme "Just Try It, You'll Love It" encourages everyone to give bike commuting a chance. For more information about the mayors' bike routes, please go to [http://www.biketowork.ca/fraser\\_valley/btwv](http://www.biketowork.ca/fraser_valley/btwv).

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