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## Media Release

### **June 10 Community Bike Festival: get a free bike! May 25, 2023 - For immediate release**

Bike Month 2023 is kicking off with the Community Bike Festival, an event created to help everyone have a bike to ride this summer. Dozens of bicycles of various sizes have been donated by community members. Volunteers have checked each bike and repaired them to be safe and road-ready. Donated bikes are now ready for new homes and will be given out on a first-come-first-served basis. All bikes are free—there is no need to give a bike to receive a bike.

The festival will take place at 340 Armstrong St N, New Liskeard, on Saturday, June 10 from 11:00 am – 1:00 pm, with registration starting at 10:30 am.

*“Riding a bike is a fun and affordable way to get around. It’s good for our physical and mental health, and it’s an environmentally friendly travel choice.”* says festival coordinator Erika Aelterman. *“Many of the bikes we receive are in great condition and we have some available for the whole family.”*

In addition to the bike giveaways, the festival will have a bike decorating station, a mini bike rodeo, helmet fit station, and a smoothie bike for folks to try. Centre de santé communautaire du Temiskaming will give adults an opportunity to try out one of their tricycles that are available for loan throughout the district. Attendees can purchase a sizzling hot dog barbequed by the New Liskeard Lions club.

This community event is made possible through the help of fantastic volunteers, many of which you have likely seen riding around Temiskaming Shores, as well as several community partners including the City of Temiskaming Shores, Timiskaming Health Unit, New Liskeard Property Corp, Centre de sante communautaire du Timiskaming, and RE/MAX Pursuit Realty. The Bike Festival has also benefitted from generous donations from 100 Women Who Care and the Temiskaming Foundation.

The Bike Exchange is one of many Bike Month initiatives being promoted by Temiskaming Shores’ Active Travel Committee, which works to make Temiskaming Shores a great place to walk and cycle. *“The City of Temiskaming Shores is a proud partner of the upcoming Community Bike Exchange.”* says Mathew Bahm, Director of Recreation. *“This will be the fourth year that the bike exchange committee has run this event, and so far, the initiative has given away close to 225 bicycles!”*

More information about the Bike Festival can be found on the Timiskaming Health Unit Facebook page or by contacting the health unit.

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