

FOR IMMEDIATE RELEASE

MEC'S BIKEFEST GEARING UP FOR THE FORKS 2nd Annual Event Welcomes Cyclists of All Ages and Skill Levels

Winnipeg MB (July 5, 2010) – If you'd like to swap your bike, learn how to fix it, or improve how you ride it... you can do it all in one place! For the second year in a row, Mountain Equipment Co-op Winnipeg is planning a dynamic day of events to experience and celebrate all things cycling.

MEC BikeFest

The Forks Market Plaza
Sunday, July 18th from 11:00am to 4:00pm
With special cycle-powered concert at 3:00pm
Free to the public – BYOB! (that means bike)

WHAT YOU CAN DO THERE

Participants can take part in a Bike Fit clinic by Bikes and Beyond, and a maintenance workshop by MEC. Orioles Bike Cage will have a 'fix your own bike' station set up with tools available for public use. Local cycling advocacy and awareness groups will be on hand with information, including One Green City, Bike to the Future and Alternative Transportation Winnipeg.

Especially for youngsters is a Kids of Mud children's cycling workshop and kids' bike decorating station by Art City. Families and friends can come together to enjoy group rides around The Forks, or enjoy demonstrations by Trials and Flatland Riders. For a little relaxation, stretch your legs and calm your soul with a free 'yoga for the cyclist' session by Moksha Yoga Winnipeg.

More highlights on the day include:

Bike polo tournament: Open to the public. Entry will be limited to eight teams of three people, with prizes awarded to the winning team. Teams can register by sending an email to bikepolointhepeg@gmail.com.

Cycle-powered concert: Take in Winnipeg's first ever cycle-powered concert at 3:00pm under the canopy at The Forks. An outdoor sound system will be powered by a generator wired to three cyclists. They will keep their pedals moving and the music grooving, with Mike Petkau of Les Jupes performing.

Swapping & Shopping: BikeSwap is a place where you can sell, purchase or trade gently used bikes, part and accessories. If you'd like to sell something at the BikeSwap, you will need to reserve your spot or table in advance. Please call 204-943-4202 or email jfalk@mec.ca All sales are private and not associated with MEC.

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