

## Dufferin County celebrates Bike Month with a self-guided community ride

In celebration of Bike Month, Dufferin County is inviting cyclists and families to explore Orangeville during a self-guided community ride on June 25 from 9 a.m. to 1 p.m.

A self-paced 3km bike loop will start and end at the Mill Square parking lot in Orangeville, where bikers can register for the event anytime between 9 a.m. and 12 p.m.

Before setting out, bikers have the opportunity to learn about biking safety with Dufferin OPP.

"Going by bike improves our health and the health of our community," says Sara MacRae, manager of climate and energy for Dufferin County.

"It is our hope that this event encourages residents to explore local bike routes, practice some safety tips to increase their confidence on the road, and learn about great environmental initiatives that are happening in our community."

Along the bike loop, riders can stop at nine community stations to learn about local environmental projects, participate in a series of family-friendly activities, and collect stamps to win a \$250 gift card to an independently owned local business, among other prizes.

Community stations will be hosted by Sustainable Orangeville, Downtown Orangeville, Cycling Elements, Orangeville Hydro, Orangeville OPP, the Town of Orangeville, and the County's Climate and Energy, Forest, and Waste Services Divisions.

For the safety of all road and trail users, cyclists are reminded to follow the rules of the road, be courteous to other trail users, and obey all shared trail etiquette. Helmets must be worn by cyclists under the age 18; however, everyone is strongly encouraged to wear a helmet when riding their bike. The County also welcomes residents to walk or roll the route by any human-powered transportation mode of their choice (wheelchair, scooter, rollerblade, etc.).