

FOR IMMEDIATE RELEASE

The City of Vaudreuil-Dorion promotes cycling with a new event

Vaudreuil-Dorion, April 25, 2023 – As part of Bike Month, the City of Vaudreuil-Dorion will hold a brand new biking event on Saturday, May 13th, from 10 a.m. to 3 p.m., at the *Cité-des-Jeunes* campus. *La Journée vélo* is an activity designed for the whole family and will combine a participatory component featuring agility courses for children, with an educational component featuring booths dealing with bike mechanics and safety. *La Maison de la famille Vaudreuil-Soulanges* will also organize a family picnic for participants who would like to join in.

"This new activity stems both from the Strategic Plan 2020 > 2025 entitled *Habité par ma ville* and the 2021-2025 Family and Seniors Policy. We wanted to hold a Bike Day event in collaboration with local organizations to educate and encourage citizens to practice cycling. This initiative is also in response to the desire to build an active and healthy community," said Vincent Bastien, Director of Recreation and Culture.

Programming

Thanks to the participation of *La Fédération québécoise des sports cyclistes*, children will have an opportunity to learn how to ride a bike at the *Embarquez* booth and have fun trying out the different courses, modules and skill games. Bicycles will be provided for this activity. Children aged between 5 and 11 will be able to participate free of charge in a 90-minute workshop led by *Le Centre multisports André-Chagnon*, during which they will be able to learn about balancing, trajectory and propulsion when on a bike. Two time slots are available: from 10:15 a.m. to 11:45 a.m. for 5 to 7 year olds and from 1:15 p.m. to 2:45 p.m. for 8 to 11 year olds. To participate, registration is required on the City's website at ville.vaudreuil-dorion.qc.ca. As the only condition of admission, the child must be able to ride a bicycle without assistance.

La Journée vélo will also be an opportunity to learn about the best mechanical practices to adopt throughout the entire year with your bike and how to be well equipped and prepared for the different situations cyclists encounter on the road. To this end, *Nature-Action Québec* will be on hand to answer questions from cyclists about their biking habits, whether needs-based, sports-based or recreational.

From 11 a.m. to 2 p.m., the *Sûreté du Québec* will host a booth on bike theft prevention and the Highway Safety Code. Those interested can have their bike engraved free of charge, which will make it easier to trace if stolen since it will be listed in the police database.

Those who are curious about electric bikes will have the opportunity to try one thanks to the participation of *Le Zèbre rouge*, who will also be demonstrating how to change an inner tube. Throughout the day, there will be BMX demonstrations by *Le Club de BMX Vaudreuil-Soulanges*.

Lastly, *Le Lab* will be on hand with *La Caravane Mozaïk* to present a workshop on creating stickers for helmets and bicycles on digital tablets. Various activities featuring bicycles, such as the musical bike and the smoothie bike, will also be part of the festivities.

Participants are not obligated to arrive at the *Cité-des-Jeunes* campus site on their bikes. Guests are asked to bring their water bottle to refill on site.

If weather conditions are not favourable, the event will be cancelled. Citizens can call the Info-Annulation line at 450 424-8502 to make sure the event is taking place.

For more details, citizens are invited to consult the full program on the City's website at ville.vaudreuil-dorion.qc.ca.