

COLUMBUS PUBLIC HEALTH – Press Release

FOR TUESDAY, MAY 5, 2009

Contact: Jose Rodriguez (614) 645-6928

jrodriguez@columbus.gov

Cycle for Fun and a Healthy Lifestyle at BikeColumbus on May 30

Event benefits the Institute for Active Living at Columbus Public Health

In an effort to promote healthier kids and diabetes prevention, cyclists of all ages are invited to ride in BikeColumbus – a day of active living, entertainment and fun – on May 30 at COSI, 333 W. Broad St. The event is sponsored by Columbus Public Health, Mayor Michael B. Coleman and Consider Biking.

“Biking is healthy, green and fun,” says Coleman. “Cycling helps our children and families get moving so that they live a healthy and active life. It also lessens the use of motor vehicles, which reduces traffic congestion, air pollution and our dependence on foreign oil.”

BikeColumbus is geared for families, beginners and experienced cyclists with rides of seven, 20, 50 and 66 miles. All riders must wear a helmet and children must be accompanied by an adult. Teams of 10, 20 and 30 or more are encouraged to ride together. Riders may ride at their own pace.

BikeColumbus also will feature a prize for the largest team, parting gift bags, Trek Bicycle raffles, food and family entertainment.

Cyclists may register now at the discounted rate of \$20 per cyclist through May 18. After May 18, the cost will be \$30 per cyclist. Children 12 and under are free. To register online or to print off a registration form, visit www.considerbiking.org or mail a check with the registration form to The Columbus Foundation, 1234 E. Broad St., Columbus, OH 43205. Checks should be made payable to The Foundation for Active Living and include the team name if applicable.

“In 2008, *Bicycling Magazine* recognized Columbus as one of the top five up and coming cities in America for cycling,” says Mayor Coleman. “Bicycling is part of a transportation revolution in our city to be active and safe, and to reduce our carbon footprint.”

Mayor Coleman and Columbus Public Health Commissioner Dr. Teresa Long announced the Active Living Initiative in February 2008 to build an active and healthier community and to promote healthier kids and diabetes prevention. The Foundation for Active Living at the Columbus Foundation accepts corporate and private donations to support the Institute’s work.

“Health is more than health care,” says Dr. Long. “The choices we make are shaped by the options we have, so the Institute is working to give residents healthier and more active choices in their every day lives.”

For more information on the Institute of Active Living or BikeColumbus, visit www.publichealth.columbus.gov.

Jose R. Rodriguez
Director of Communications
Columbus Public Health
240 Parsons Avenue
Columbus, Ohio 43215
614-645-6928
Cell - 614-604-5025