

<http://www.mapleridgenews.com/opinion/256236791.html>

Cycling theme part of 2014 Earth Day

by [Jackie Chow - Maple Ridge News](#)

23/4/14

Earth Day 2014 is once again upon us, and this year's theme is food.

Bikes, of course, have a lot to do with food. Biking makes you hungry, and the good thing about pedaling is that you don't need to feel guilty about eating. You make good use of all those ingested calories when you're on your bike and you're doing something good for the environment too.

That's why I'm particularly looking forward to this year's event, which will be on Saturday, April 26, 10 a.m. – 2 p.m.

Once again HUB will be giving away free used bikes at our Cycle Recycle. The bikes will be lined up in front of the Leisure Centre for viewing all morning, and our volunteers will be busy tuning up the bikes and doing some minor repairs.

If you're looking for a ride, drop by and take a look if we might have something suitable for you, enter your name for the bike(s) you're interested in, and don't forget to show up for the draw at 1 p.m.

The morning is also a great time to stop by even if you don't need a bike, to learn a thing or two about bike maintenance and repairs.

If you already have a bike – well, don't make any excuses for not riding your bike to an event like Earth Day.

Check out your local papers and the Celebrate Earth Day in Maple Ridge Facebook page for what else is happening, and be sure to find out more about the Celebrate Earth Day Poetry Contest and the Youth Photo Contest.

Jackie Chow is a member of the Maple Ridge/Pitt Meadows