



The Muddy Waters Community Cycle: Manitoba's Biggest Cycling Event

Winnipeg, MB., June 8, 2010 – Now in its second year with Habitat for Humanity, the Muddy Waters Community Cycle grew to over 500 participants in 2009. The added Family Urban ride was a big success last year, helping to increase participation and Habitat support from all levels of cyclists. This year, the August 8th event hopes to be even bigger, while still offering an enjoyable experience for all participants.

“The Muddy Waters Community Cycle allows cycling enthusiasts to enjoy a ride on the streets of Winnipeg and supports Habitat for Humanity Winnipeg at the same time,” says Ron Brown, Executive Director of Manitoba Cycling Association.

The event consists of four different route distances and is supported with rest stops, first aid and mechanical support. “The ride will provide distance options of 25 km, 60 km, 100km and 100 miles (160km),” says Don Dixon, Chair of the Muddy Waters Community Cycle Committee. “Successfully completing a 100 mile bicycle ride in one day – commonly referred to as the “century ride” – is considered by cyclists to be at the same level of athletic accomplishment as running a full marathon (26 miles).”

All riders will depart from the Forks Market Scotia Bank stage at 9:00 a.m. on August 8th with a Police escort while heading north on Main Street. At St. John's Park, the 25 km urban riders depart from the other three groups, and ride to Kildonan Park via Scotia Street. After a lap around Kildonan Park, riders will head back onto Main Street making their way back to the Forks.

“This ride celebrates cycling on Winnipeg streets and highlights the City of Winnipeg's efforts to increase active transportation options for the citizens of the city,” says Kevin Nixon, City of Winnipeg Active Transportation Coordinator.

The 60km, 100km and 100 mile cyclists will continue north on Main Street --police escorted until the perimeter-- heading to Lockport. The 60 km group will go as far as Lockport, the 100km group will travel to Selkirk and the 100 mile group will travel east on highway 44, before winding back through Birds Hill Park on their return to the Forks.

Registration for the event can be done online at http://www.habitat.mb.ca/cycling_muddywaters.html, or at the HFHW offices on the second floor, 60 Archibald Street from 8:00 a.m. – 4:00 p.m., Monday to Friday. Final registration date is August 6th, 2010 at 4:00 p.m. Early registrants receive a complimentary quality cycling shirt.

Habitat for Humanity Winnipeg is a local affiliate of an international non -profit registered charity committed to eliminating poverty housing and dedicated to making safe, decent and affordable housing for purchase by low-income working families.

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