



# Go By Bike

May 27 to June 2 Is Bike to Work Week and the CV cycling coalition is challenging other valley cycling groups to form teams.

## “What’s in a name...”

Folks sometimes read “Bike to Work Week” and dismiss this wonderful event as not applicable to them. Changing our world by cycling remains a valuable activity no matter what we call it.

## “I don’t work...”

But what if I’m not cycling to work? Bike to Work Event Qualification: Biking to Work includes cycling for shopping, meeting up with friends for coffee or any other time you use your bike for transportation in place of your car.

## “CVCCo...”

Coalition members, in 2018 registered a team of 30 riders. They logged 160 trips totaling 3,639.76 km, with an estimated 789 Kg of green house gases not produced. The coalition currently has 142 members. That means 112 more of you can join our team in 2019!

## “It’s easy and free...”

If you registered last year, all you have to do is Login and you are registered for this year’s event. If you’ve never registered before, click on [www.biketowork.ca/registration](http://www.biketowork.ca/registration) and take a few minutes to sign-up.

Bike to Work Day was initiated by the League of American Bicyclists in 1956. It is now part of Bike-to-Work Week, which is in turn part of National Bike Month.

Bike to Work Day has become an annual event held on various days in the Spring across the United States, Canada, Europe, Asia and other places, that promote the bicycle as an option for transportation.

Perhaps you are going to the grocery store, or to an appointment or to meet with friends for a coffee or lunch

date. The destination is a known starting point but many cyclists discover other places. There is the simple joy of being connected with your surroundings instead of being isolated in a motor vehicle. Perhaps you will find a special satisfaction in bypassing the vehicle traffic jams.

## “Take the Challenge...”

This year marks the second decade of Bike to Work week in the Comox Valley. In 2017 there were 566 participants and this increased to 880 riders in 2018. Coalition members, can we make 2019 a resounding success? Can we reach 1,000 participants? We think so – but not without YOUR help. That’s right YOU, the person who already knows how great going by bike is! YOU are integral to getting more people on bikes. This year, we are asking everyone to be a Bike to Work champion by getting at least ONE person who has never participated in Bike to Work Week to register and take one trip by bicycle. So many people are just waiting for that little push – like the encouragement of a friend or colleague – to take part in Bike to Work Week. By helping someone take that first step, you could be making a huge difference – your encouragement can literally change the course of someone’s life by introducing them to the joy of cycling.





**I ♥ bike to work & school week**

**British Columbia**  
**May 27 – June 2, 2019**

#GoByBike  
& Enter to Win a Trip Cycling Prosecco Hills in Italy!

FREE REGISTRATION AT [BIKETOWORK.CA](http://BIKETOWORK.CA)

BRITISH COLUMBIA exodus travels ICBC GoByBikeBC BIKE IT. YOU'LL LOVE IT.

In 2008 a provincial coordinating body, Bike to Work BC was formed as a Society to coordinate activities through the province. In recognition of the many cyclists who use their bikes as every day transportation, it has been renamed the GoByBike BC Society. The first Bike to Work Week (BTWW) event began in Victoria in 1995 and with support from the Government of BC, the society has been able to provide grants to communities throughout the province, allowing for the expansion of the bike to work week activities and participation.

## Calling All Cyclists...



The Comox Valley Cycling Coalition is challenging other valley cycling groups to form teams. If you registered last year, all you have to do is Login and you are registered for this year's event. If you've never registered before, click on [www.biketowork.ca/registration](http://www.biketowork.ca/registration) and take a few minutes to sign-up—it's FREE of charge!

## The Grand Prize...

There is also a wonderful grand prize draw for participating as well as other Provincial prizes. To qualify, you must log kilometers for at least one trip that you choose to ride your bike instead of drive a motor vehicle to during Bike to Work & School Week, May 27 - June 2, 2019 (for example, if you choose to ride a bike instead of drive a motor vehicle to work, school, the gym, run errands, meet a friend for coffee, etc.)

After you have registered and logged a trip, you **MUST** enter the Exodus Prize Draw here: [www.ExodusTravels.com](http://www.ExodusTravels.com) This is a sponsor requirement, please read the sponsor's terms and conditions located in the Exodus Prize Draw Entry page.

This grand prize trip package includes economy class round trip airfare from the nearest international airport, hotel accommodations, a local leader and planned routes and itineraries



with support vehicles to follow. Prize winner must be 19 years of age or older.



## Celebration Stations

Each day there will be Celebration Stations located in various spots around the valley, as in previous years. You'll be able to grab a snack to keep you going, say hello to fellow bike commuters, perhaps win a prize or catch a wave of encouragement! To find the location of the stations check the GoByBike Comox Valley website at: [www.biketowork.ca/comox-valley](http://www.biketowork.ca/comox-valley)