



FREE REGISTRATION: GoByBikeBC.ca





# **Frequently Asked Questions**

## What is Go By Bike Week?

Go By Bike Week is an annual **celebration of cycling**, encouraging everyone in the region to give cycling a try.

#### Why Should I Participate?

Cycling is proven to improve **happiness** and **productivity**, as well as both **mental and physical health**! With gas prices on the rise, there is no better time to leave the car at home. Not to mention, it's super fun!

Aside from personal benefits, Capital Bike organizes **Celebration Stations** along popular cycling routes, runs **challenges**, and offers **over \$20,000** worth of prizes.

## How Do I Win Prizes?

- 1.Register for Go By Bike Week at <u>GoByBikeBC.ca</u>
- 2.Go for a bike ride!
- 3.Log at least one ride through <u>GoByBikeBC.ca</u> from May 30 - June 5.

### Solo or Teams?

Go By Bike Week is all about inspiring people to ride. You can participate individually but the real fun is by organizing a team – friends, family, work buddies! Organize group rides, escort your friends, or devise a friendly competition!

### What is Capital Bike?

Capital Bike is a non-profit organization committed to getting more people biking more places, more often. Capital Bike organizes Go By Bike Week in the Capital Region.

