



Frequently Asked Questions

What is Go By Bike Week?

Go By Bike Week is a tri-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 **hundreds** of prizes.

Learn more about Capital Bike's Go By Bike Week at capitalbike.ca/gobybikeweek/

How Do I Win Prizes?

1. Register for Go By Bike Week at GoByBikeBC.ca
2. Go for a bike ride!
3. Log at least one ride through GoByBikeBC.ca from October 16 - 29, 2023.

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, or work buddies! Organize group rides, escort your friends, or devise a friendly competition!

What is Capital Bike?

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