

JOIN BC CANCER AND CYCLE WITH YOUR COLLEAGUES (OCT 16 - 29)

Get ready to pedal your way to fun, exercise, and sustainability with **BC Cancer's Cycle with your Colleagues** campaign. Happening alongside this fall's GoByBike Week (**October 16 - 29, 2023**), this event is a chance to connect with your coworkers and win. Gear up for friendly competition as there are two prizes up for grabs at each BC Cancer site:

- **Prize 1 is for the Team with the Most New Cyclists or a New Cyclist (site dependent).** Encourage your colleagues to jump on the saddle for the first time and bring them into the cycling fold.
- **Prize 2 is for the Team or Team Member with the Most Distance Logged (site dependent).** Whether you're commuting or exploring new routes, every kilometre counts towards this prize.

HOW TO PARTICIPATE

Form a Team: Team up with your colleagues and create a biking squad to chase the prizes together.

For teams outside of Metro Vancouver

- Register for free on GoByBikeBC.ca and select:
 - **Organization:** BC Cancer
 - **Branch:** Your site (i.e., BC Cancer – Kelowna OR BC Cancer – Victoria OR BC Cancer – Prince George OR BC Cancer – Abbotsford)
 - **Create or join a team at your site**

For teams inside Metro Vancouver

- Register for free on [Bike Hub](https://BikeHub.ca) and select:
- Registering at: [Bike Hub](https://BikeHub.ca)
 - **To set up a team select:** 'I am a Team Leader'
 - **To join a team select:** "I am a Rider" and join an existing team by searching for your team

CELEBRATE WITH US

A celebration station will be set up in the Lower Mainland, where you can find valuable cycling information and goodies from our valued partners (including free 15 minute bike maintenance!). Come visit the BC Cancer Agency celebration station, located at **11th Avenue between BCCDC and BC Cancer, on Monday, October 16 between 7AM – 9AM.**

For Everyone

Log Your Rides: Keep track of your cycling distance and encourage your teammates to do the same. Whether you're a seasoned cyclist or new to biking, #EveryRideCounts.

Support New Cyclists: Help your colleagues who are new to cycling get started. Invite a newer cyclist to join you for a ride, share tips, suggest beginner-friendly routes, and make this a fun experience for everyone. (Check out more tips below.)

Connect: Build connections while using healthier transportation. Riding together is a great opportunity to build bonds, support each other, and get to know your colleagues in a new light.

WAYS TO SUPPORT CYCLING COLLEAGUES

Experienced cyclists are encouraged to bring their colleagues along for the ride. Here are some ideas of how you can build excitement and confidence on your team:

- Organize a virtual or in-person kick off bike ride or social for your team.
- Invite colleagues in your neighbourhood to join you for a group ride.
- Document your rides, share photos, and inspire others to join.
- Host a knowledge-sharing session on bike maintenance, route planning, or cycling safety.
- Encourage and support other modes of active transportation like going by scooter, wheelchair, or rollerblading

QUESTIONS?

Contact CommuterServices@fraserhealth.ca

