

# RIDE INTO HEALTH WITH FRASER HEALTH

## LOG YOUR RIDE

Join GoByBike Week by registering and logging your bike commutes during the campaign.

- Biking **within** Metro Vancouver?
  - Register here: [Bike Hub](#)
- Biking **outside** Metro Vancouver?
  - Register here: [gobybikebc.ca](http://gobybikebc.ca)

Also, [STRAVA](#) users can link their GoByBike account with their STRAVA account so that every ride is automatically logged on both accounts and enters them into prize draws.

## CELEBRATE WITH US

[Celebration stations](#) will be set up across the Lower Mainland, where you can find valuable cycling information and goodies from our partners (including free 15 minute bike maintenance!). Join us, the Fraser Health team, at the following celebration stations:

- **Tue, Oct 17** (12:00PM - 2:00PM) - Surrey Memorial Hospital, beside the Critical Care Tower (CCT) entrance
- **Wed, Oct 18** (12:00PM - 2:00PM) - Royal Columbian Hospital, Sherbrooke surface lot sidewalk, corner of Sherbrooke St. & E. Columbia St.
- **Fri, Oct 20** (12:00PM - 2:00PM) - Abbotsford Regional Hospital, outdoor area beside the bike cage in Lot B

## BENEFITS

Each logged trip on “green” wheels — whether by bike, scooter, or even rollerblades — increases your chance to win exciting prizes and helps to improve air quality and reduce our collective greenhouse gas emissions.

Since its start in 2007, GoByBike Week, formerly known as Bike to Work Week, has inspired thousands of British Columbians, including health-care workers like you, to embrace active transportation.

Registration for Fall GoByBike Week is **free**. Sign up today as an individual, or join the Fraser Health team.

## LEARN MORE ABOUT HEALTHY TRANSPORTATION IN HEALTH CARE

Planetary health is one of [three organizational priorities](#) for Fraser Health and [transportation](#) is one of the key focus areas of the Energy & Environmental Sustainability team (EES). The Transportation Demand Management and Commuter Services team with Integrated Protection Services is supporting many services (e.g., bike cages, shuttles, transit subsidies) to promote more sustainable transportation.

In collaboration with diverse partners across BC health organizations, we are seeking to ensure a health-care system in which employees, patients and visitors can commute and travel in ways that reduce GHG-related pollutants, minimizes the need for onsite parking, and increases overall health and well-being.

**Questions?** Contact [CommuterServices@fraserhealth.ca](mailto:CommuterServices@fraserhealth.ca)