

JOIN PHSA ON THE BIKE PATH

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

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 valued partners (including free 15 minute bike maintenance!). Join us at the following PHSA celebration stations during GoByBike Week:

- Mon, Oct 16 (7:00AM - 9:00AM) - BC Cancer Agency, 11th Avenue between BCCDC and BC Cancer
- Tue, Oct 17 (12:00PM - 2:00PM) - Surrey Memorial Hospital, beside the Critical Care Tower (CCT) entrance
- Thu, Oct 19 (12:00PM - 2:00PM) - BC Women's and Children's Hospital, Entrance 35
- 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 improve air quality and to 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 PHSA team.

LEARN MORE ABOUT HEALTHY TRANSPORTATION IN HEALTH CARE

[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 wellness.

Questions? Contact CommuterServices@fraserhealth.ca