

# Go By Bike Week

## Activities Guide

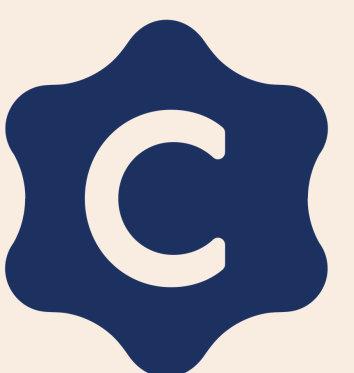
### Individual Challenges:

- BC Transit Photo Challenge: Get a photo of your bike trip using Transit for a chance to win BC Transit's bike, a Marin Fairfax 2!
- Photo Challenge: Buying groceries on your bike
- Photo Challenge: Visiting your favourite bike shop
- Photo Challenge: Hanging out at your favourite local park
- Photo Challenge: How much can you carry on your bike? (safely)
- Distance Challenge: Ride 100kms during GBBW
- Rides Challenge: Complete 10x rides during GBBW
- Complete one (1) Neighbourhood Ride and share a photo/video on Social Media
- Sticker Challenge: Collect 5 unique stickers
- Sticker Challenge: Photo contest - best photo with Sticker(s)



### Family and Friends Challenges:

- Complete one (1) Neighbourhood Ride with Friends/Family and share a photo/video on Social Media
- Photo Challenge: Family bike setup (cargo bike, trail-a-bike, trailer, etc.)
- Photo Challenge: Riding with a friend/family
- Photo Challenge: Riding a tandem bike
- Draw a picture on Strava: share a link to your ride
- Storytime: Tell us how a friend/family member first convinced you to ride during GBBW
- Storytime: Tell us about your favourite/best family ride during GBBW
- Sticker Challenge: Photo contest - Best Photo with Sticker(s) and Friend(s)/Family
- Attend a Live Q&A: Join our Family Cycling Facebook Live Q&A



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### Workplace Challenges:

- Most Rides Challenge: Team with the most collective rides
- Distance Challenge: Team with the most collective Kms
- Storytime: Tell us how a coworker first convinced you to ride during GBBW
- Photo Challenge: Take a 'virtual group photo' by picking a spot and having everyone take a photo of themselves, and their bike, in the same place
- Photo Challenge: Selfie at a Capital Bike Bike Locker location
- Photo Challenge: Bike to work and send us photo of you at your workplace
- Sticker Challenge: Workplace team collects all 10 different sticker types
- Sticker Challenge: Workplace team collects 40 stickers in total

### How to Win:

**Photo Challenge, Sticker Challenge, and Neighbourhood Rides:** Log your rides on GoByBikeBC.ca, then post a photo on social media with #GoByBikeWeek2021 (you can also tag @CapitalBikeCa), or email photo submissions to James@biketowork.ca.

**Ride Challenges:** Log your rides on GoByBikeBC.ca between May 31 - June 6 and you will be automatically entered into the draw!

**Strava Challenge:** Join the 'Capital Bike' Strava club, record your Strava Art ride, and you will automatically be entered into the draw!

**Storytime:** Write up your story, and any attachments you feel are helpful, and email it to James@biketowork.ca.

More info at:

[www.GoByBikeBC.ca/greater-victoria](http://www.GoByBikeBC.ca/greater-victoria)

[www.CapitalBike.Ca/gbbw/](http://www.CapitalBike.Ca/gbbw/)

