

September 20, 2021

TIME TO GET BACK IN THE SADDLE WITH GO BY BIKE CAMPBELL RIVER

Cool fall weather makes for pleasant cycling, and Go by Bike reminds people to get back in the saddle from Sept. 27 to Oct. 10.

This fall's event is a chance for Campbell River residents to hop on a bike, participate in one of the many COVID-19-safe activities and enter to win great prizes.

"Every Go by Bike campaign encourages people to ride their bikes, for all the social connections, health benefits and air quality improvements that cycling offers," says Linda Nagle, City recreation program coordinator and local Go by Bike committee member. *"Campbell River has lots of great places to cycle, and Go By Bike gives us added incentives to ride with all the events and prizes during these two weeks."*

Registration at www.gobybikebc.ca is required to participate.

"Log at least one ride during the two weeks of the campaign and, voila, you are entered to win prizes," Nagle says.

Riders can also form a team (family, friends, co-workers) for a chance to win a \$50 Panago Pizza gift certificate.

Fun cycling-related activities include Bike Bingo (with adult and youth cards) along with celebration stations.

"The Homalco Nation Mountain Bike Club is partnering with Go by Bike Campbell River once again and will host their very popular station at Dogwood and Jubilee," Nagle says.

Stop in at the station for fresh bannock, homemade jam, drumming and the chance to enter for prizes. The club also invites people to ride all or part of the Greenways Loop with them on Loop Day.

Events

- September 27 to October 10: Bike Bingo
- September 30: 4:30 to 5:30 p.m. mini bike fits, track stand competition at Active Living Physiotherapy (Larwood Plaza)
- October 2: Loop Day, 10 a.m. to noon (six stations on the Greenways Loop)
- October 2: Homalco Station, 10 a.m. to noon (Jubilee and Dogwood)
- October 2: Ride the Loop with Homalco Mountain Bike Club. Meet at Dogwood and Jubilee, 10 a.m. (All riding levels welcome.)
- October 3: Go Electric, 10 a.m. to noon. E-bike riders cruise the Seawalk. Tell us why you ride an e-bike at the Big Rock station. (More prizes and giveaways.)
- October 9: Mountain Bike Drops and Jumps Skills Session, 9 to 11 a.m. (Sportsplex Bike Park). Pre-registration required.

For more details, watch the Go by Bike Campbell River website or Facebook page, or contact the committee at biketoworkcr@gmail.com

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