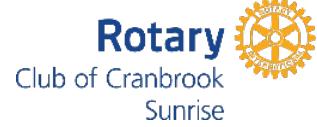




# GoByBike Cranbrook Week

May 30<sup>th</sup>-June 5<sup>th</sup>



[Register to Ride at GoByBikeBC.ca](http://GoByBikeBC.ca)

The **Rotary Club of Cranbrook Sunrise** is thrilled to take on the task of coordinating this year's GoByBikeBC Week events for Cranbrook! Activities are planned to engage the community of Cranbrook in healthy outdoor cycling fun. Any time you use your bike for transportation or fun between May 30<sup>th</sup> to June 5<sup>th</sup>, you can log those trips and qualify for one of many prize draws including the grand prize trip "Pearls of Holland", a Cycling Adventure for 2 in the Netherlands, sponsored by Exodus Travels

## What is GoByBikeBC?

Each year, GoByBike BC's Spring & Fall Bike to Work & School Week encourages British Columbian's to choose their bicycles for transportation rather than a motor vehicle: Converting sedentary time behind the steering wheel, into time pedaling their bicycle wheels; enjoying healthy, environmentally friendly, active transportation. During the 2021 spring event, more than 50,000 BC riders cycled and saved 418,026 kilograms of greenhouse gases from entering our atmosphere.

## GoByBike Cranbrook Activities – Spring 2022

### GoByBike COFFEE STATIONS - Cycle by for a FREE COFFEE & COBS TREAT!

Each weekday morning, from 7:45am-9:00am, Cyclists are invited to drop by the GoByBike Coffee Stations around town.

#### RIDE YOUR BIKE to

- East Kootenay Community Credit Union\*
- Northstar Bicycle Co.
- COBS Bread \*\*
- Hot Shots



\* Coffee provided by *Max's Place*  
\*\* Coffee provided by *Starbucks*

FREE Coffee & COBS Treat!  
Monday-Friday  
May 30<sup>th</sup> to June 3<sup>rd</sup>  
7:45am-9:00am



### 4<sup>th</sup> Annual CRANBROOK "ELEMENTARY" SCHOOLS CYCLING CHALLENGE!

Which School will capture the trophy for 2022?

Will Kootenay Orchards win it for a 4<sup>th</sup> year in a row? Students and Staff are encouraged to ride their bikes to school during GoByBike Week – May 30<sup>th</sup>-June 2<sup>nd</sup>. School Staff will do a daily count of their student bike riders. The week's final tally will be submitted and the school with the highest percentage of riders (# riders/school population) will be declared the Cranbrook Elementary Schools 2022 Bike to School Week Challenge Champion!

**Sponsored by the East Kootenay Community Credit Union**

**Win a Bike!** Each day that a young elementary student rides to school during GoByBike Week they will get an entry ballot for a chance to win a bicycle donated by **GERICK SPORTS**.



### 2<sup>nd</sup> Annual CRANBROOK "HIGH & MIDDLE" SCHOOLS CHALLENGE!

Parkland Middle School is gearing up to defend their title! Students and Staff from Laurie Middle School, Parkland Middle School and Mt. Baker High School will compete for their own championship title. Similar to the elementary schools competition, the number of daily riders will be tracked to determine the school with the highest percentage of riders.

**Win a Bike!** High and Middle School students also have a chance to Win a Bike donated by **NORTHSTAR BICYCLE CO.**

### GoByBike CRANBROOK TEAM CYCLING CONTEST!

Create a "TEAM" and join in the fun. Sign up your Company, Classmates, Community Group, or your Family/Friends Cycling Crew to challenge for the GoByBike Cranbrook Team Trophy! Participating as part of a GoByBike team is a FUN way to encourage each other to get active, outdoors, while maintaining social distance!

Register your "TEAM" today at [GoByBikeBC.ca](http://GoByBikeBC.ca) [Create a Team | GoByBike BC](#)

# 1500!

## STRIVE for FIFTEEN HUNDRED!

Hey Cranbrook Cyclists, can we reach the goal of 1500 registered Riders for GoByBike Week? Let's show the rest of British Columbia just how amazing Cranbrook is when it comes all of us jumping on our bikes and having fun. Help us reach the milestone by registering and riding this Spring!

*Please help us promote GoByBike Cranbrook Week to your Family, Friends and Co-workers!*

### **CYCLE FISHER PEAK! An exciting new GoByBike Cranbrook Week challenge!**

As Fisher Peak is such an iconic feature of the City of Cranbrook, a special new contest has been added to the week's fun. Registered riders are challenged to "Cycle Fisher Peak". Essentially this means achieving an accumulated elevation gain of 1,925 meters (6,314 ft) during the course of the GoByBike Cranbrook Week (May 30-June 5). 1,925 meters represents the elevation gain from the City of Cranbrook (921m) to the top of Fisher Peak (2,846m). Riders will log their rides using the **STRAVA** app on their phones and when they achieve the required 1,925 metre total, they will have their name placed in a draw for an incredible grand prize – "A Picnic at the Peak". All conquering cyclists will have their names entered into the random draw for the ultimate tour, offering an alpine visit at its finest! The adventure departs from the **Eclipse Helicopter Base** at the Cranbrook Airport for the iconic Fisher Peak. The tour includes breathtaking views of the Rocky Mountains, circling the Peak, meandering among the majestic ridges and alpine meadows, a flyby of an alpine lake before landing at the mountain ridge meadow to enjoy a picnic of exceptional local cuisine provided by the **Heid Out Restaurant**, complimented with award winning craft beer from **Fisher Peak Brewery** (or beverage of choice) and your own **Executive Chef**!

*There is no cost to enter. Full details at [Cranbrook - Bike to Work & Bike to School | GoByBike BC](#)*

**Ride to School, Ride to Work, or just for FUN!**

**It's FREE, it's FUN and there are prizes to be Won!**

**To be eligible for GoByBike Week prizes please register & log all your rides at**

**www.GoByBikeBC.ca**

**[GoByBike BC | Bike to Get Fit, Have Fun, & Enter to WIN Prizes](#)**

#### **For more information:**

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[Rotary Club of Cranbrook Sunrise](#)

Let's **#GoByBikeBC** even more in 2022! Getting around on smaller wheels like scooters and rollerblades counts too!....taking the bus part way, or carpooling halfway, or using a car for a portion of a long commute as well!

**#AnyRideCounts**