

4 EASY STEPS TO BIKE TO WORK!

1. REGISTER YOUR TEAM!

1. If you're a new Team Leader, go to www.biketowork.ca to create your new account and password then create your new Team!

2. Or, if you already have a user account, sign in with your username and password.

**note if you have lost your account information such as username, password or team name please contact the office at 250-920-5775*

2. PICK UP YOUR T-SHIRTS!

Get your Bike to Work Week 2009 T-shirts at:
#202-2610 Douglas Street (across from the Times Colonist) Each Team Leader receives 1 Free.

Prices are:

1-4 t-shirts ~ \$26

5-9 t-shirts ~ \$24

10+ t-shirts ~ \$22

3. GET MOTIVATED!

Join us at one of our Team Leader Workshops!

Contact: chrisie@biketowork.ca for times and places.

More info and downloads for Team Leaders online!

Visit one of our **19 Celebration Stations** for Fun, Prizes and Free Food and Beverages.

Download the schedule and map of locations at:

<http://biketowork.ca/victoria/resources>

4. ENTER RESULTS!

1. **After May 11** go to www.biketowork.ca

2. Log - in and click on the Enter Results tab.

And finally....don't forget to send us your Team Pictures at chrisie@biketowork.ca ~ See you on the trail! ~