



Making Bike to Work Week Amazing at Your Workplace

This year marks the 25th anniversary of the Greater Victoria Bike to Work Week. For this milestone celebration, we want to see more participants involved than ever before. That means we want you, our team leaders and bike to work champions, to get people excited to take part. We've put together some ideas on how you can make Bike to Work Week even more fun at your workplace. Use these ideas as inspiration or come up with your own creative ways of getting people involved in and excited for Bike to Work Week.

Preparing for Bike to Work Week

Bike Tune-up

If anyone at your workplace knows how to repair and maintain a bike, have them provide a short workshop on bike maintenance. Invite your colleagues to bring their bikes to work for a quick bike tune-up (this may also allow them to practice their Bike to Work Week route).

Equipment Swap

Prepare an equipment swap or lending program at your workplace. That way, someone who would like to ride to work but need lights, a helmet, or even a bike can still participate.

Route Planning

Invite colleagues, especially those new to biking to work, to put some thought into the route they'll take during Bike to Work Week. Host a lunchtime discussion about route planning, share your route and highlight how your colleagues can make use of multi-use trails, bikes lanes, designated bike routes, and quieter streets.

Workplace Workshop

Book a technical Workplace Workshop through the Greater Victoria Bike to Work Society. These 1-hour lunch-n-learn sessions are a great refresher on traffic theory,

Treats and Rewards during Bike to Work Week

Biking for Breakfast

Arrange for breakfast to be delivered to hungry riders at your work. Popular ideas include muffins, bagels, and fresh fruit.

Bike Picnic

Arrange a picnic at a local park or other outdoor area over the lunch break. Ride your bikes to the picnic to enjoy some fresh air and social time with your co-workers.

Encouraging Riders

Buddy Rides and Team Rides

Is there anyone at your workplace who would love to participate in 2019 Bike to Work Week but lacks the confidence to ride into work alone? Organize a buddy or team so everyone can feel supported as they ride to work. This is also great as a workplace bonding and teambuilding activity.

Bike-O-Meter

Create an interactive chart mapping out how much bus fare/gas money has been saved by all the bike commuters at your workplace.

Involve your boss

Ask your boss to participate in Bike to Work Week—seeing leadership participate in events like Bike to Work Week raises morale and encourages others.

Friendly Competition

Workplace Challenge

Challenge another department or branch to outdo yours in terms of trips taken or kilometers ridden. Award a prize (e.g. a catered lunch) for the winning team.

Photo Competition

Invite co-workers to share a picture taken along their bike commute to or from work. Please remember to tell participants to safely pull off roads before taking pictures. Provide a prize for the best photo.

Poker Derby

Every day a co-worker rides to work, they receive playing card. The best hand at the end of the week receives a prize!

And More...

We are pleased to offer a variety of resources to team leaders and participants. Those are available on our website or we'd be happy to send them directly to you. Please reach out if you have any questions or would like more information!

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