

Bike to Work *week*

Get on your
bike!

Thank you for becoming a Bike to Work Week Team Leader!

BTWW provides the inspiration for people to try cycling as a main form of commuting to work and provides many benefits such as: Getting daily exercise, staying healthy, having more energy, avoiding road rage, decreasing greenhouse gas emissions and fuel consumption, spending less money on gas and gym passes, the chance to win and have fun enjoying the challenge!

As a team leader, you will encourage and support people in your workplace to cycle to work during the week of May 30- June 5. You will demonstrate leadership in action transportation by cycling yourself before and during BTWW. You will be in charge of all the prizes and can give them out to your team however you wish; of course you are worthy of prizes too! Just make sure you distribute them fairly. You will wear your BTWW shirt proudly and promote cycling to everyone you know! You are competing for the highest participation, so the more people that ride daily, the better chance you have of winning.

Timeline and team leader duties

Before May 30

- Register your team www.biketowork.ca
- RSVP to the Team Leader Workshop (May 4, 5-7 pm at the Kelowna Regional Library)
- Pick up your free BTWW shirt and team leader package with great prizes for you and your team
- Put up posters and sign-up sheets in conspicuous workplace locations
- Ride to work and encourage your coworkers to sign up and to start riding BEFORE BTWW begins
- Refer other businesses to participate for your chance to win organic veggies for a year from [Urban Harvest!](#)

During Bike to Work Week (May 30-June 5)

- Wear your BTWW shirt proudly!
- Rev up the participation by chanting, cheering, hosting games and parties or giving pats on the back or bribing people with prizes... whatever you can think of to boost your participation rates
- Attend and encourage others to attend the Celebration Stations and Wrap up BBQ (see schedule)
- Give out prizes from your prize pack you received at the team leader meeting

After June 5

- Enter your team's results online at www.biketowork.ca
- Continue to cycle and to encourage your colleagues to cycle to work.

To RSVP to the Team Leader Workshop, to refer a business or for any other enquiries, please email Lindsay@globalaffinity.ca or call 250-868-5121.