

Go By Bike Week 2021 Testimonials – Prince George

I would like to share what got me into GoByBike Week. In 2019 I helped my son, the local Prince George GoByBike Coordinator, when I could. I did not ride in 2019, just talked about it. Then 2020 came and with COVID-19 life changed, I had time off work, so I got myself a new bike. Learning all about the bikes from local shops and with the help of my son and his wife was less intimidating than I thought and actually fun! I chose an E- Bike as I needed something to assist up hills while I worked towards improving my abilities. Jump to 2021, I started riding even more but was still a little nervous to ride to work. Then Go By Bike Week came back and I signed up and rode to my job at the hospital. It is a shorter than I thought it would be – only half an hour not too bad. The best thing for me though is that it does not matter what kind of day I had at work the because the ride home is peaceful, clears my mind, and I get home the same time as I would driving my car but didn't have to sit and wait at lights – BONUS! I can't wait for 2022 Go By Bike Week!

Alma Foot – Prince George

This was my 2nd year cycling during GoByBike Week. I visited all of the stations as well as using Bike and Bus on 2 days to further explore the city of Prince George. During the week I logged 98 km which is pretty typical of my cycling. I try to do 100-150 km per week during cycling season. I use my bike for exercise, social rides, some shopping including some grocery shopping, appointments, library trips etc. I don't mind rain and cold but I don't do ice and snow.

My wife and I participate in GoByBike Week and its previous name of Bike to Work and School Week, most years, since it began in Prince George. I volunteered with Jillian Merrick when she was doing a test run of Bike to Work week, prior to the cycling club being officially involved. In that test year, there were 3 stations and a few volunteers.

This year's GoByBike Week was a bit different than usual due to covid and contactless stations, but was still a fun and valuable event. I think that this year's event emphasized that any ride was a recordable ride, there was no longer the idea that participants had to work or go to school. I imagine that this promotion likely brought out new riders to be involved.

Over the years I have often been startled when people would say "You don't work. You're retired. That's just for people who work or go to school"

I now have 17 years of social riding along with a lot of km's travelled.. Prior to that, I was 12 years old when I "aged out of bike riding"...

Looking forward to GoByBike Week 2022.

Cycling is fun as well as good exercise.

Norm Easson
A leisure rider

I have been taking part in Go By Bike Week (formerly Bike to Work Week) since 2012. Every year I am very excited to put the rubber to the road. Often, this week shakes-out the cobwebs for me and is, admittedly, my first ride of the year. From that point onward I feel motivated to continue biking until the late fall. It is always a joy to see so many others out on the roads, meeting friendly folks at the various ride stations and ultimately helping reduce our reliance on vehicle transportation. The health benefits are considerable, and I encourage those that have an option to ride to work to do their best to make it happen. Even a couple times a week goes a long way. I would also like to ensure we all get to our destination injury-free and trust those folks in vehicles are giving the space and courtesy owed to those out there on our roads. Stay safe out there and Happy Riding, PG!

Darren Kent – Prince George

"This year's Go By Bike campaign was a week filled with friends, fitness, and fun for students at Springwood Elementary. Our 50+ young, daily riders couldn't stop talking about it. Seeing jammed-packed bike racks and helmets in hand, Go By Bike week was a great way for our school to build an outdoor, active community. With many impromptu "bike gangs" meeting up in neighbourhoods to bike to school together, we saw the students build a sense of comradery that seemed to be missing in this pandemic year. Many students took this week as an opportunity to get on their bikes (and other wheels) in the evenings too, as a screen-free way to have some fun. Our amazing PAC at Springwood even sponsored some school-wide prizes and hosted a wonderful breakfast for our students to celebrate the end of a busy week... and what a party that was! Food, bikes, music, and smiles in the morning sunshine - life doesn't get much better than that. Our tires are pumped, our chains are oiled, and we're ready to make Go By Bike week even bigger and better next year!"

Becky Dochstader
Teacher-Librarian & Music Teacher
Springwood Elementary
Prince George

"GoByBike in PG and in general. It can be as short or as long as you like and can cover anything about your feelings around cycling since you bike so much of the year"

Our family has always loved GoByBike week and participated actively in it for the last 6 years. It is an event all three of our children look greatly forward to and mark with excitement in their calendars. Regardless of the weather we make a concentrated effort to attend all the events and stations. Despite the fact that this year GoByBike looks a bit different due to Covid we were still so glad that the event took place and perhaps that it even highlighted bikes as an excellent means of transportation relative to buses and other crowded public transportation methods in a pandemic.

We have seen the city shift and grow since moving here 11 years ago and the cycling community, be it road bikes or mountain bikes, expand greatly which has been really neat to see. I didn't grow up biking or learning that bike commuting was a normal and feasible alternative to driving. It was only when dating my now husband, then boyfriend, that I was introduced to the world of cycling and honestly it was a struggle for me to change my view and feelings about cycling as a means of commuting. However he persevered and I grew and now my only regret is that I wasn't introduced to it earlier, however that is where we are raising our girls differently. All of our girls are raised with cycling as a means of transportation, fitness, learning new skills and making new friends. By introducing them to cycling early, and through awesome programs like GoByBike, I hope my three girls will have the skills, knowledge, and connections to the community to keep them cycling long into the future.

Andrea Beckett
DPAC SD57
Prince George