



## HOUSTON-GALVESTON AREA COUNCIL

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### FOR IMMEDIATE RELEASE

## **H-GAC's Commute Solutions Program Kicks Off 2024 Biketober Challenge *Pedal for Fun, Fitness, and Prizes All October Long!***

Houston, Texas — The Houston-Galveston Area Council (H-GAC) and its Commute Solutions program are thrilled to announce the second annual Bike the Gulf Biketober Challenge from October 1-31, 2024. This exciting, month-long event invites riders of all skill levels across Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, and Waller counties to join in, get active, and compete for fantastic prizes—all while positively impacting the community.

"October is the perfect time to jump on your bike and rediscover the joy of cycling," said Robyn Egbert, Senior Program Coordinator, H-GAC Transportation Department. "Biking isn't just about fitness—it's a fun and easy way to reduce stress, improve your mood, and contribute to cleaner air for everyone. Plus, who wouldn't love to win some amazing prizes while enjoying the cooler weather?"

In partnership with Love to Ride, an initiative dedicated to inspiring communities to embrace cycling, H-GAC and Commute Solutions invites individuals, families, and workplaces to ride as much as possible throughout October. Each ride logged on the Love to Ride Bike the Gulf website not only helps participants boost their health but also gives them a chance to win incredible prizes.

Whether you're a seasoned cyclist or just starting, the Biketober Challenge is for everyone. Each time you log a ride in the app, you earn points toward individual and workplace leaderboards, adding a fun and competitive twist. Workplaces will compete against others of similar size, making this the perfect opportunity for team bonding while promoting healthier lifestyles across the region.

This is your chance to ride, have fun, and make a difference—on your own or as part of a team. Don't miss out on the fun and rewards of the 2024 Biketober Challenge!

For more information and to register for the event, visit [lovetoride.net/bikethegulf](https://lovetoride.net/bikethegulf).

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### **Houston-Galveston Area Council**

H-GAC is a voluntary association of local governments and local elected officials from the 13-county Gulf Coast planning region, which includes an area of 12,500 square miles and more than 7 million people. H-GAC promotes efficient and accountable use of local, state, and federal tax dollars; serves as a problem-solving and information forum for local governments; and helps analyze trends and conditions affecting the region. For more information, visit [h-gac.com](https://h-gac.com).

### **Commute Solutions**

Solutions is a service of the Houston-Galveston Area Council that connects the region's employees and students with their best travel options. Commute Solutions focuses on those who live or work within the eight-county Metropolitan Planning Organization, which includes Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, and Waller counties. Learn more about Commute Solutions at: [yourcommutesolution.org](https://yourcommutesolution.org).