



HOUSTON-GALVESTON AREA COUNCIL

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FOR IMMEDIATE RELEASE

H-GAC's Commute Solutions Program Launches its Biketober Challenge

Ride, learn about bike safety, and win prizes throughout the month!

Houston, Texas — The Houston-Galveston Area Council (H-GAC) and its Commute Solutions program invite bike riders throughout the eight-county region, which includes Brazoria, Chambers, Fort Bend, Galveston, Harris, Liberty, Montgomery, and Waller counties, to participate in the free Bike the Gulf Biketober Challenge from October 1-31, 2023.

"With October bringing cooler temperatures to the area, this is a great opportunity for residents to hop on a bike and enjoy the host of benefits riding a bike has to offer," said Emanuel Andrews, H-GAC Senior Program Coordinator. "Biking can help to reduce stress and anxiety, improve heart health, and strengthen the immune system."

H-GAC, Commute Solutions, and Love to Ride, a program that inspires individuals and communities to start riding more, have partnered again to champion biking in the region. Riders of every level have the opportunity to log their rides taken during October on the Love to Ride Bike the Gulf website to be entered to win prizes.

Individuals, community groups, and workplaces can register to join the Biketober Challenge. Each ride an individual logs can help them earn points toward prize drawings for a \$4,000 vacation and other great prizes.

Points accrued by individuals help workplaces climb the Biketober Challenge leaderboards. Workplaces compete against other organizations of a similar size in this friendly competition that aims to help get more people cycling in the eight-county region.

For more information about the Biketober kick-off event and to register for the Biketober Challenge, visit 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 works to promote 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.



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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.



BIKETOBER

OCTOBER 1-31, 2023

- >>> Ride anywhere, any time >>> Win prizes for riding a bike
- >>> Everybody is welcome >>> Join the movement to get more people riding and smiling

Register for FREE at lovetoride.net/bikethegulf



Commute Solutions

LOVE TO RIDE



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