



## 2023 Annual Report

**This year, Cycling BC's HopOn program helped +5500 youth.**

**And our success wouldn't have been possible without you.**

*Here is a quick recap of the highlights!*



**100% SOLD OUT to 40 schools (4700 students)**

**80% GROWTH to 25 after-school programs (296 participants)**

**30% GROWTH to 440 summer camp and community expo participants**

**Instructor training in Nakusp, Terrace, Campbell River to help 7 new partners.**

Now in the 3<sup>rd</sup> year of partnership with Cycling Canada's HopOn Initiative,



## About

HopOn is a games-based cycling program that teaches school aged kids across Canada the joy of cycling-safely 🤪

HopOn expands the hugely successful iRide program developed in BC across the nation.

HopOn programs will be available in nine provinces starting spring, 2020.

HopOn is overseen by Cycling Canada and delivered locally by our Provincial and Territorial partner cycling associations.

**Sport Canada awarded a \$500,000 grant to help Canadian cycling clubs start their own HopOn after-school and community program.**



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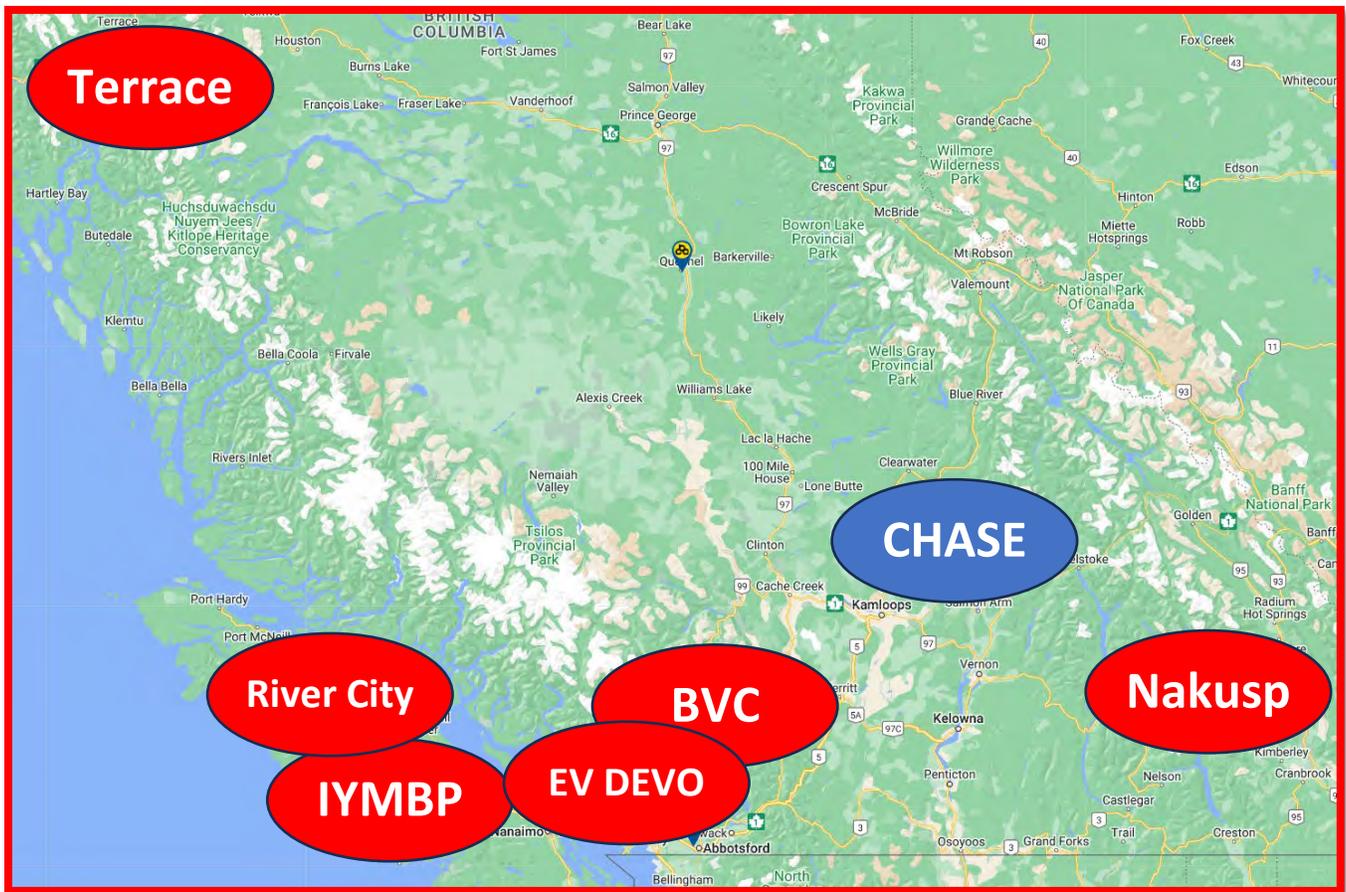
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Canada

Attracting federal support to **get more kids on bikes** is a milestone achievement.  
So, to all our founding partners and builders these past 10 seasons,  
**thank you for believing in us and the power of cycling!**

In British Columbia, federal funding helped start 6 **NEW** programs and 1 **NEW** club.



In total, 55 new instructors received training and supplies, and 25 after-school & community programs were delivered, many free of charge.



### **Nakusp & Area Bike Society**



trained 4 instructors and facilitated afternoon programs.

### **Connect the North club**



started and helped train Terrace instructors for 2024.

### **River City Cycling Club**



launched 4-week after-school programs in Campbell River.

### **Chase Young Learner's**



**Society** affiliated as a club in year 3, created bike and yoga programs and secured a bike fleet and trailer.

### **Escape Velocity Devo**



trained 5 youth instructors to help facilitate autumn cyclocross programs with bikes from Landyatchts.

### **Burnaby Velodrome Club**



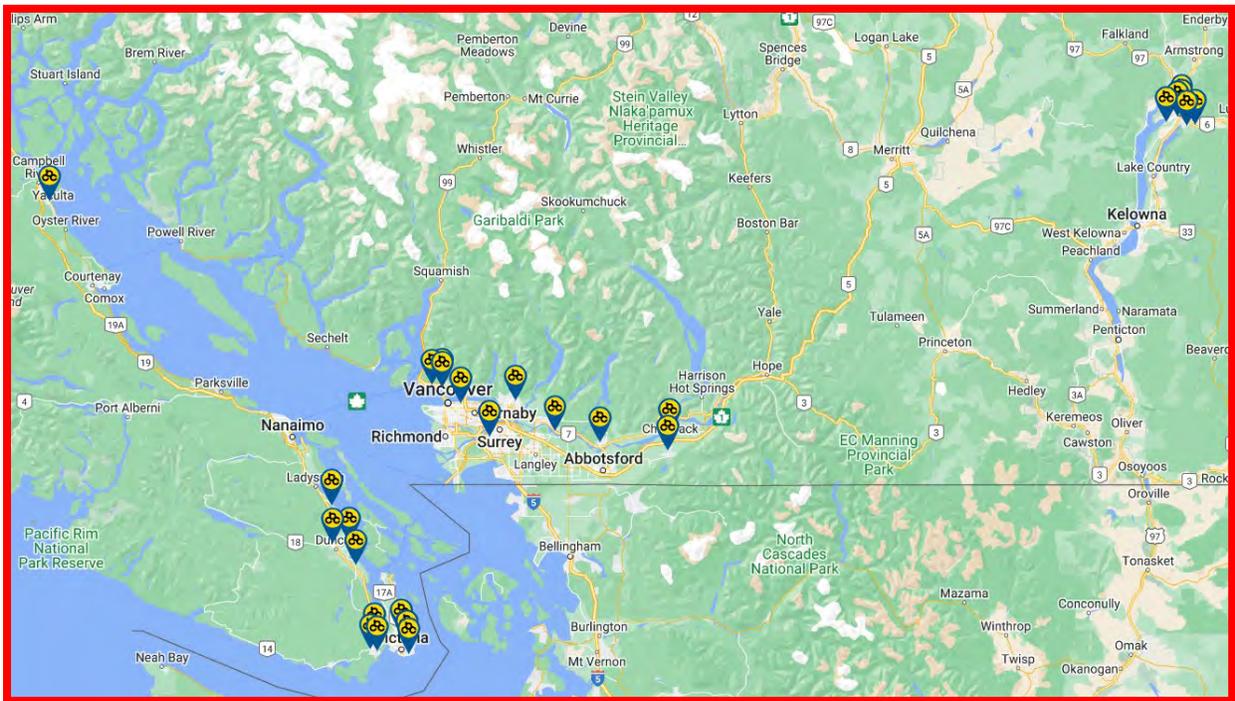
partnered with Cycling BC to expand the BVC Shuttle program, helping transport youth to the velodrome!

### **Indigenous Youth Mtn Bike Program**



trained 2 instructors, including Chancellor Amos who joined our Victoria School Staff for the entire spring season.

**Our in-school program sold out, operating in the Lower Mainland, Southern Vancouver Island, and the Okanagan (20% brand new schools).**



**This year's staff featured educators in-training, life-long cyclists, and graduates of our 2018-2020 Youth Leadership Program.**

### Cycling BC HopOn Instructors 2023

We are proud to introduce our in-school and camp leaders!

 Patrick	 Nico	 Marie-Pierre	 Diana	 Ethan
 Diego	 Liam	 Richard	 Chancellor	 Payton
 Nigel	 Elizabeth	 Noah	 Ronan	 Isaac

 National Coaching Certification Program

 viaSPORT

 BRITISH COLUMBIA

 Cycling BC

*“A special congratulations to Nico and Elizabeth who rose to the challenge and took on head coach responsibilities throughout 2023!” - Ben Chaddock, HopOn Manager*

And we continue to receive wonderful updates from HopOn clubs across Canada, like the Golden Horseshoe Cycling Club in Ontario.



*“I just wanted to reach out and say that now that I’ve done the HopOn Instructor course and ran a few sessions, that you guys nailed it when you developed the program. The improvements we see in riders not from one session to the next but even during each practice session is amazing, and the flexibility of the progressions 1) let us be super creative and 2) allow us to teach the skills to riders with a varying level of abilities in the same group. Thanks for all the care and detail! **GHCH is fully behind HopOn.**”*

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*“Well, our first year with GHCH is now all wrapped up. We hosted a total of 22 riders and we are happy with that. I just wanted to connect with you again and say thanks for that first conversation back in February and selling me on HopOn and talking about your program. **It was after that conversation that I thought, with this platform we can do this and make something amazing.** Thank you again.” – Neal Marcynuk*

[Read more about the Golden Horseshoe Cycling Club’s HopOn program.](#)

**Our on-demand Home Study program also continued to reduce logistical barriers for coaches inspired to get started anytime during the season.**



*“Thanks to Cycling BC, we were able to access NCCP Community coach training via HomeStudy and create a new program here in Annapolis Valley, Nova Scotia.*

*Ben was a great facilitator and **the program was so easy to follow.***

*We loved teaching the HopOn program to the many diverse groups in Nova Scotia.*

*The impact of the training we received has helped Valley Devo to grow and next year we plan on expanding our offering to more school groups and new Canadians.*

*Thank you Ben for all your support and guidance!”*

*– April Muirhead & Peter Dewar*

**[Read more about Valley Devo’s HopOn program.](#)**

*“If last year’s most requested game was Tower of Power,  
2023 was the year of the **BATS & CATS** Game.”*

*– Ben Chaddock, HopOn Manager*



**This game invites kids to run or cycle, with one group chasing the other,  
And explore the power of braking, cadence, and changing gears silently.**

Our most successful CSAI grant recipient was the River City Cycling Club in Campbell River who delivered 5 programs for 47 kids ([Read More](#)).



Returning for their 3<sup>rd</sup> season, the Chase Young Learner's Society expanded their program and created a bike fleet to make cycling accessible for all ([Read More](#)).



And in North Vancouver, Canadian Alpine athlete, Emeline Bennett and Tessa Wang created an all-girls HopOn after-school program in North Van ([Read More](#))



*“Both Tessa and I have done a ton of coaching but being able to run a HopOn program was such an amazing experience.” – Emeline Bennett*



In Burnaby, Cycling BC and the Burnaby Velodrome teamed up to expand their 2022 pilot and helped +40 children visit the velodrome. ([Read More](#))



And Escape Velocity's DEVO athletes came on board as HopOn Instructors to create summer and after-school cyclocross programs in Vancouver ([Read More](#)).



We wish to say a special thank you to [Rocky Mountain Bicycles](#) who helped us expand our in-school fleets with new mountain bikes for teens,



And [Live to Play Sports](#) who provided 200 helmets for in-school programs.



As a result, youth were able to fully participate in all of our 84 programs across BC.



Read about our [Sunshine Coast pilot](#) and [Vancouver Island expansion](#).



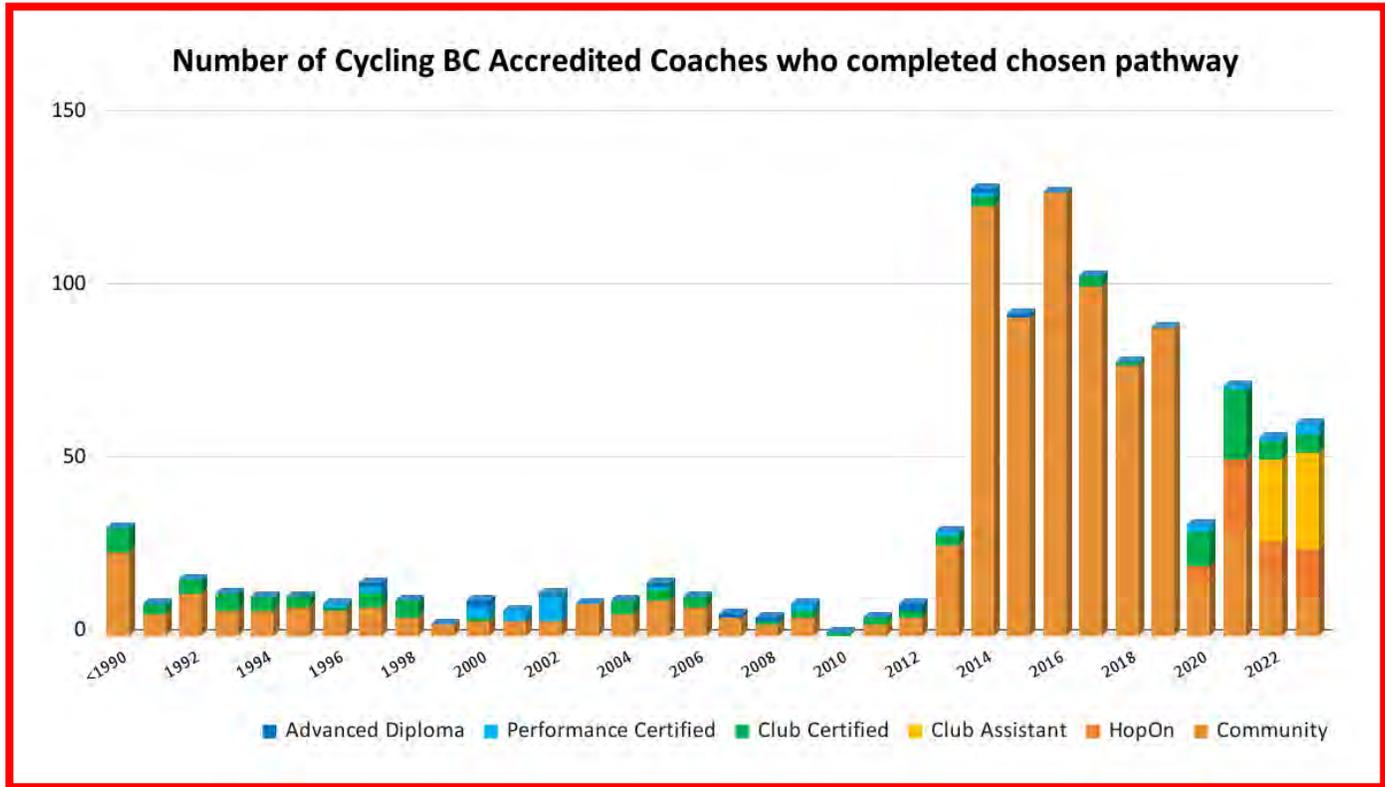
***“Our girl is now biking on her own with no training wheels, she even upgraded to a bigger bike. THANKS for your program” 😊 – Parent Noel***



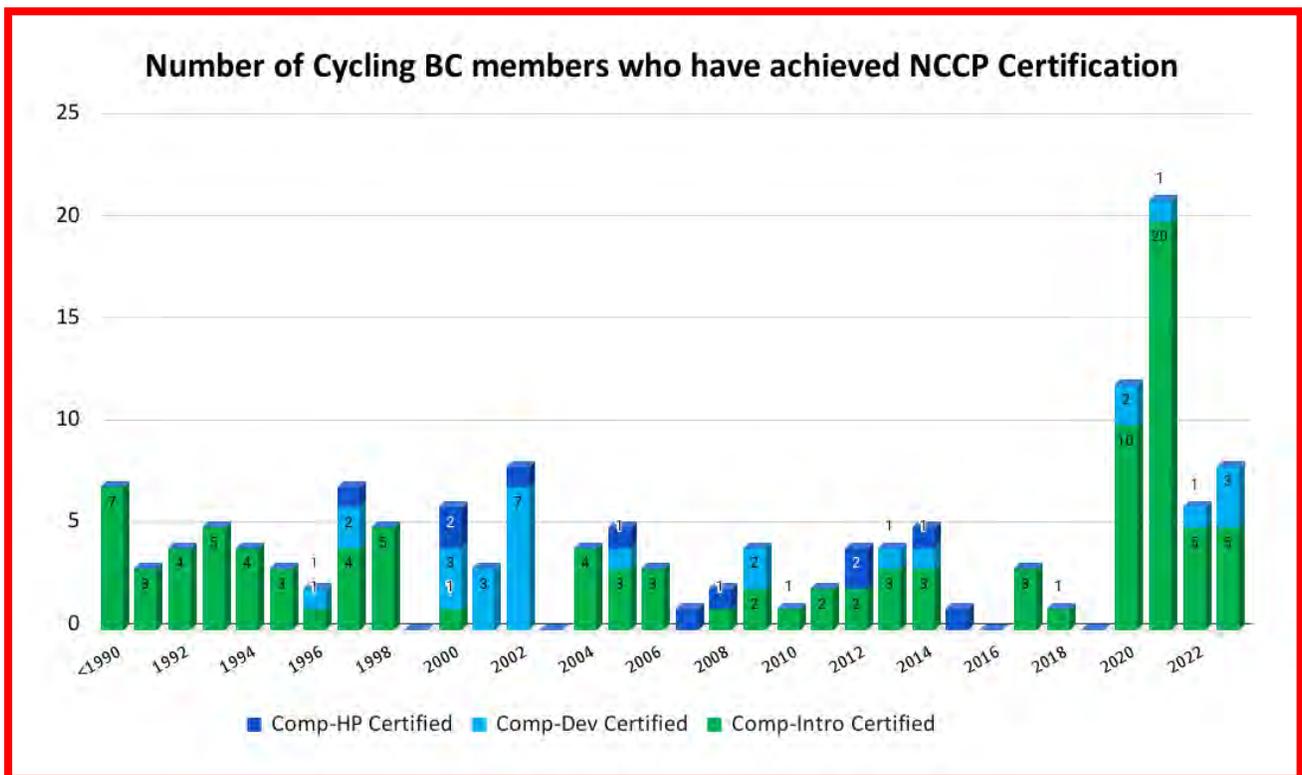
***“I just wanted to drop a comment on how impressed we were with Marie-Pierre at camp this week. The amount of cycling styles/activities that our son tried for the first time was tremendous and fantastic! The kids loved MP!” – Parent Christopher***



**From a systems perspective, Cycling BC’s innovative coach management system continues to help us showcase, incentivize, and streamline education experiences and increase completion rates.**



**In the past four years, Cycling BC has successfully prepared 47 coaches for NCCP evaluation, increasing the number of NCCP-certified coaches to 144 since 1974.**





Highlights include a new Provincial Champion, and a new cycling club!



So, as we enter HopOn's 10<sup>th</sup> season and Cycling BC's 50<sup>th</sup> year,



We say **THANK YOU** for helping us reach this milestone.



Because after all, **the finish line is only as far away as we make it!**

Cycling BC's HopOn (formerly iRide) has now reached

over 75,000 British Columbians.

And with the support of Sport Canada and

Cycling Canada's national grassroots cycling initiative,

the program you helped us develop

is helping new instructors and youth cyclists across Canada

build confidence and friendships through cycling.

# THANK YOU



Foundation

