

Active Launceston is encouraging community members, employers, employees and families to join in;

Ride2Work Day 2014

**RIDE 2
WORK**



WEDNESDAY OCTOBER 15TH

Ride2Work Day is held annually to encourage new riders and infrequent riders to commute to work by bike. It also encourages regular riders to keep at it and encourage their work mates to get involved.

Benefits of riding to work

- 🚲 **Improve your health! Get fitter!**
Riding to work feels great and reduces the risks of obesity, diabetes and heart disease.
- 🚲 **Save time!**
Riding to work can give you some time back in your busy day.
- 🚲 **Save money!**
Riding to work reduces the costs associated with driving to work and/or catching public transport.
- 🚲 **Care for the environment!**
Riding to work eliminates traffic and reduces greenhouse gas emissions.
- 🚲 **Increase your productivity!**
Riding to work increases productivity as a result of improved fitness and mental health.
- 🚲 **Make commuting safer!**
Riding to work promotes safety in numbers.

Three of Launceston's largest employers: University of Tasmania, Launceston City Council and Launceston General Hospital go cycle to cycle to see which organisation has the most commuters riding 2 work on the 15th.

To get your cycle on get a FREE bike safety check at participating stores: Cycology, Geard Cycles, Bike Central, AvantiPlus and Cycle2.

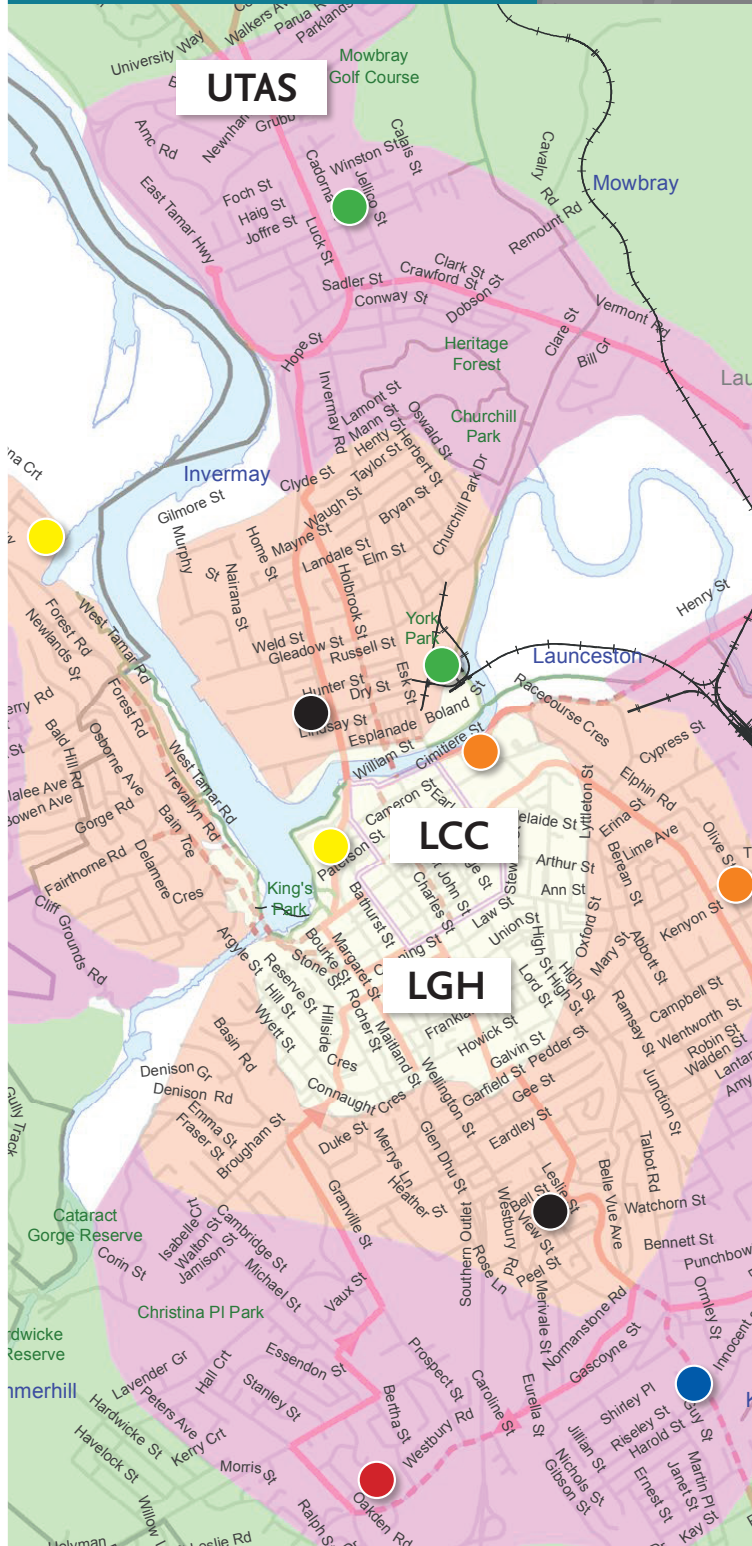


ABC radio will cover the event which will finish with a FREE healthy breakfast in the city at the Northern Integrated Care Service building, Artrium (7.45am) and at the University of Tasmania, The Walk Café on Newnham campus (8.00am).

For more information on Ride2Work Day please contact Active Launceston on 6324 4027 or visit www.activelaunceston.com.au

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.



There will be a buddy system/pick up spots on the day

Registrations are currently open so register now and join the commuter revolution!
www.bicyclenetwork.com.au/rtw/



Pick up points:

- | | |
|--|---|
| <p>Prospect</p> <ul style="list-style-type: none"> 7.00am - Olde Tudor car park 7.10am - Glen Dhu/Hungry Jacks 7.15am - LGH or 7.25am - Bunnings, Invermay 7.35am - UTAS | <p>Kingsmeadows</p> <ul style="list-style-type: none"> 7.00am - Shiploads car park 7.10am - Glen Dhu/Hungry Jacks 7.15am - LGH or 7.25am - Bunnings, Invermay 7.35am - UTAS |
| <p>Newstead</p> <ul style="list-style-type: none"> 7.00am - Coles car park front 7.10am - City Park/Albert Hall car park 7.20am - LGH or 7.25am - Bunnings, Invermay 7.35am - UTAS | <p>Mowbray</p> <ul style="list-style-type: none"> 7.00am - Woolworths, Mowbray car park 7.15am - Inveresk Museum car park 7.25am - LGH |
| <p>Multiple pick up points</p> <ul style="list-style-type: none"> - Bunnings, Invermay - Glen Dhu/Hungry Jacks | <p>Riverside</p> <ul style="list-style-type: none"> 7.00am - Tailrace Centre 7.15am - Royal Park/Park St BBQ 7.25am - LGH or 7.20am - Bunnings, Invermay 7.30am - UTAS |

Prizes to be won:

Register: People who register for Ride2Work Day for the first time in 2014 go into the running to win a **CELL Yarra Bike** (valued at \$499).

Refer: Current participants who refer two or more friends to register for Ride2Work go in to the running to win a **CELL Brunswick Bike**, set up with commuter essentials including panniers, lights, water bottle and inflation kit (total approximate value of \$1600).

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I enjoy taking time to reflect on the day ahead and the day I left behind.

– Meg Lade rides from Trevallyn to Summerdale

The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

Move More, Live More with Active Launceston