

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

DATE: FRIDAY 12TH MARCH

ATTENTION: Chiefs of Staff, News Directors



Riding for exercise, transport and fun!

The annual Active Bike programs are back for autumn and spring in 2010.

Have fun riding with a group, discover Launceston's recreational trail network and learn more about riding safely in traffic. The 10 week Active Bike program is open to anyone over the age of 15 who owns their own hybrid bike or mountain bike and has an Australian approved helmet. The program will follow the format of other Active Launceston programs and as such there are no registrations required and it's FREE!

Active Launceston Manager, Lucy Marshall said "bike riding is becoming an increasingly popular activity in our community for exercise, transport and just for fun! Active Launceston is keen to support those wanting to improve their riding skills and also providing a fun and safe environment to do it in"

Ian Ferrier from Mountain Bike Tasmania will be coordinating the sessions on behalf of Active Launceston in 2010 "this is a great program to get more people cycling more often and also a fantastic way to celebrate state bike week" Mr Ferrier said.

The Active Bike launch will coincide with state Bike Week (6-14 March) and sessions will be held at Royal Park, Park Street between 10am – 11am, every Saturday morning from the 13th March to the 15th May.

For more information please call 63 24 4027 or visit www.activelaunceston.com.au

Active Launceston is a community project to improve the health and wellbeing of the people of Launceston through increased participation in physical activity.

PHOTO and INTERVIEW OPPORTUNITY

WHAT: Media are invited to attend the first Active Bike session to see the program in action!

WHO: Active Bike Participants, Ian Ferrier Active Bike Consultant, Lucy Marshall Active Launceston Manager

WHEN: 10.00am Saturday the 13th of March

WHERE: Royal Park, Park Street

For more information:

Lucy Marshall, Active Launceston Project Manager 0409937421, 63244047

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