

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Active Bike is back – ride your way into spring!

Following the success of the autumn program Active Bike is back for spring.

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 the Active Parks 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 and 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"

"we attracted over 100 participants during the autumn program and we hope to build on that for this next spring program" she said.

Sessions will be held at Royal Park, Park Street between 10am – 11am, every Saturday morning from the 5th of September till the 7th of November 2009.

For more information please call 63 24 4047 or 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.

PRINT MEDIA TO USE THE ACTIVE LAUNCESTON LOGO IN COMBINATION WITH THEIR PUBLICATION OF THIS RELEASE.

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