

# **MEDIA RELEASE**

**NEWS FROM THE UNIVERSITY OF TASMANIA**

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ATTENTION: Chiefs of Staff, News Directors

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## **Get on-ya-bike for Ride to Work Day**

Ride to Work Day tomorrow (Wednesday 15 October) is a good reminder that people could replace more than 20 per cent of car trips in Australian metropolitan areas with walking or bike riding, says UTAS Pro Vice Chancellor Teaching and Learning Gail Hart.

“Launceston’s facilities for bike riders are continually improving and there are over 24 trails – two on road commuter routes, lots of bike racks, and bike cages soon to be installed,” she said.

“If you must drive to work because you live too far away, why not join us at the Active Launceston Inveresk Park and Walk car park and at least ride in from there?”

Bicycle Victoria figures show many people who cycle to work for the first time on Ride to Work Day are likely to continue riding - 29% of new riders in 2007 were still riding to work 5 months later.

And Active Launceston is accepting no excuses for people not to join in Ride to Work Day tomorrow.

People who don’t have bikes can get some transport options from Kev’s Trikes, which will be at Inveresk Park and Walk car park.

And Health and Fitness World is offering Active Transport Memberships for people who wish to use a shower, locker and store their bike securely (this offer does not include use of the gym). This service will be FREE on Walk and Ride to Work Days.

The president of the Launceston Bicycle User Group, Ian Smith, said he will join the Active Launceston team and other riders at the Inveresk Park and Walk Car Park at 7.30am. The group will ride into town and arrive in the Quadrant Mall for a FREE healthy breakfast by 8am.

“Anyone who rides to work tomorrow is invited to join us for the FREE breakfast,” Mr Smith said.

“Leaving your car at home will also save fuel, help the environment and your health.”

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

The project is led by the University of Tasmania with support from the Launceston City Council, the Education Department, *The Examiner* newspaper and the Trim and Fit International Sports For All Association.

*For more information:*

*Lucy Marshall, University of Tasmania, ph. 6324 4047 or mob. 0409 937421.*

**Information Released by:**

**The Media Office, University of Tasmania**

**Phone: 6324 2318 Mobile: 0438 510616**

**Email: [Media.Office@utas.edu.au](mailto:Media.Office@utas.edu.au)**