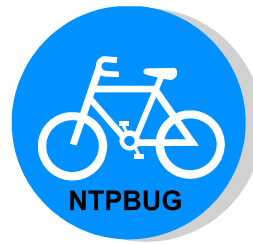


Ride Free - Join the Commuter Evolution National Ride to Work Day



Hello all,

Whether you're a regular bike commuter, a lapsed rider or thinking about riding to work for the first time, it's time to start thinking about **National Ride to Work Day 2008 (Wednesday 15 October)**.

There may be people in your work area that are thinking of riding to work. Perhaps the benefits of personal active transport have not yet dawned on some of your fellow workers. If you've ever thought of riding to work and encouraging your fellow workers to give it a go, this is the day to start riding.

Thousands of new riders are expected to join in from all parts of Australia. Regular riders from the local Bicycle User Group will be on hand to help new riders to plan for the commute and provide invaluable tips. If you are riding to work for the first time, ride with a 'Riding Angel'. Contact **North Terrace Precinct Bicycle User Group** for meeting point details.

This is your opportunity to be part of Australia's biggest active workplace event and have a real impact on global warming while reaping the health benefits of getting active. Research has shown that 29% of first-time riders participating in last year's inaugural event were still riding five months later.

Don't delay – register now and help NTPBUG build this event.

Register online at www.ride2work.com.au

Please remember to use **Team Code 370424** when you register so that you are counted as part of our Workplace Team tally.

Here are five great reasons to do it now:

- 1) **Register by 30 September 2008** to go in the draw to win one of four Island Cycle Tours holidays valued at \$1250. Details are at www.ride2work.com.au.
- 2) **Go in the draw** to win one of 16 Trek bikes courtesy of Trek Bicycles Australia. Details and photos on www.ride2work.com.au. (One bike was won by a NTPBUG member last year!)
- 3) **Don't let your team down!** Help your workplace win a jersey pack courtesy of Trek as part of the TravelSmart Workplace Challenge. **Our Team Code is 370424**

- 4) **Enjoy a breakfast time event** on the Goodman Lawn North Terrace 8 AM. Be early, be there for a chance to receive great prizes, see displays and join the fun. **Registered team 370424** will receive event updates by email.
- 5) **Help Adelaide University win a Trek bike** as part of the University Challenge. All registered Universities have the opportunity to win one of two Trek bikes.

For assistance with planning your trip and terms and conditions on the above offers, see www.ride2work.com.au.

NTPBUG would be happy to answer any questions you have.

Email: david.ladd@adelaide.edu.au or visit University of Adelaide bicycle information page: <http://www.adelaide.edu.au/ps/services/bicycles.html>



Register
www.ride2work.com.au

national
ride to work
day 2008

Wednesday 15 October
Ride Free – Join the Commuter Evolution

The poster features three cyclists in business attire riding past a modern glass building. The background is a bright blue sky with sun rays. A decorative border of yellow and white bicycle icons is on the left. Logos for the University of Adelaide, Express Delivery, BSA, Tmbt, and Baker IDI are at the bottom.

NTPBUG TEAM CODE 370424
BREAKFAST 8AM GOODMAN LAWN
BE EARLY PRIZES