

MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors



Cyclists to be run ragged on Ride to Work Day

Launceston residents are being urged to join the commuter revolution and ride to the Brisbane Street Mall as part of this year's Ride to Work Day.

Active Launceston will be holding a free breakfast at Pages the Mall between 7.30am and 8.30am tomorrow, Wednesday, October 12, followed late in the afternoon by an 'errand race' at 4.30pm.

The Active Launceston Amazing Errand Race will see the three main forms of transport go head-to-head: feet, car and bike.

Participants will be vying to prove their mode of transport is the most efficient and quickest to get around town.

Racer goers will start at the Brisbane Street Mall, then head to the State Library, Australia Post, Video City and the Charles Street Coles Supermarket, taking care of a number of errands on the way before crossing the finishing line at St Georges Square.

Event spokeswoman Victoria Bick said that by riding to work participants would be helping to build the case for better bike facilities in the northern community as well as raising awareness of the importance of physical activity

"People can wear their favourite Tour de France memorabilia or wear a yellow jersey to be in the running to win a prize," Ms Bick said.

"For those that haven't tried it before, it's a fun way to get to work, it saves on parking fees and it's a great way to keep fit."

Highlights from the day include:

- Ian Smith from SPRUNG will be on hand to provide free bike tune-ups and information on bike maintenance.
- The UniGym will have two spin bikes on display with a demonstration from up-and-coming cycling sensation Alex Clements.

- Sue Walker and Anna Povey from the Tamar Bicycle Users Group have created the ultimate cycling to work mythbusters document for people to take home.
- Free test rides on a recumbent bike.

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