

## **Get on your bike this week**

### **EARTH FIRST ARTICLE**

**By Peter West, ECCO**

There has never been a better time to get on your bike and ride. As the weather warms up, and the days become longer, more and more people are riding their bikes around town.

Next Wednesday, October 14, is National Ride to Work Day – Australia’s biggest active workplace event. By participating in the event and riding to work, you can promote a healthy lifestyle and a cleaner environment. To register for the event to go to <http://www.registerridetowork.com.au/>. If you register your office you will go into a draw to win a new bike.

#### **What is National Ride to Work Day?**

Ride to Work Day is a national event held every year in October to encourage everyone to become active and ride to work or school. In riding regularly, you will improve your health, see more of your local area, meet people, promote a cleaner environment, and save money.

Ride to Work Day is the perfect opportunity to have a go at riding to work. According to event organisers, each year more and more people participate in Ride to Work Day, and each year thousands of people become regular bike riders as they realise the benefits and enjoyment that riding provides. To find out how to get involved head to [www.ridetowork.com.au](http://www.ridetowork.com.au).

#### **Many reasons to give it a go!**

1. Health benefits - Getting fit and staying healthy. Riding is fun and will reduce your likelihood of suffering from obesity, diabetes and heart disease later in life.
2. Save you money – Reduce running costs for your private vehicle – you’ll be amazed how much you can save.
3. Reduce your carbon footprint and global warming – Cycling is a great way to reduce greenhouse gas emissions.
4. Reduce reliance on your private motor vehicle and avoid traffic congestion – Many journeys can be made by bike.
5. Improve air quality - Reduce unnecessary vehicle emissions
6. Promote awareness and use of public cycling routes.

Councils are urged to support cycling by promoting awareness of cycle-ways, bike racks, and local riding venues. Contact Orange City Council on (02) 6393 8000 for a local walking and cycleway guide for the Orange district.

If you’re not exactly sure how to start, or are a little hesitant about riding in traffic or walking into your workplace in your riding gear, check out this brochure “Everything you wanted to know about riding to work but were afraid to ask”

[http://www.bv.com.au/file/RTWD09\\_DL\\_Brochure2\(2\).pdf](http://www.bv.com.au/file/RTWD09_DL_Brochure2(2).pdf)

For further information go to <http://www.bv.com.au/ride-to-work/>  
Happy riding !!

**Green dates for the calendar**

Ride to Work Day – Wednesday 14 October.

National Recycling Week – November 9-15.