



**Wednesday
4 October 2006**

Ride to Work Day is a chance for regular and new riders to celebrate the joy of cycling to work.

A free light breakfast, cycling information and gifts will be provided to riders at RPA and Liverpool Hospital campuses on arrival between 7.30am - 9.30 am. Other campuses are able to organise their own events by going to www.ride2work.com.au.

Getting ready for Ride to Work Day:

Individuals Register for Ride to Work Day (for a chance to win a FREE commuter bike!)
www.ride2work.com.au

Read this great brochure:

"Everything you wanted to know about riding to work... But were afraid to ask"

See attached pdf file.

Join a ride organised by your local Bicycle NSW Local Bicycle User Group (BUG)
www.bicyclensw.org.au or

Plan a safe cycling route to work:

RPA, RPA/Sydney Uni Map available by contacting Health Promotion Service
9515 9055

Liverpool, Transport Access Guide
9828 5911

Start Training Now!

See attached training schedule.

Join a free one hour Refresher Course on riding (gears, brakes and a short ride) one week before the Ride to Work Day

RPA 26 September 5pm meet out front of KGV

Liverpool Hospital 25 September 5pm meet out front of main entrance.

Booking details—see over.

Liverpool BUG is planning to hold a practice ride on Sunday 1st October.
Contact Alison Dunshea for details on 9828 6040 or alison.dunshea@sswahs.nsw.gov.au

On The Day

Ride on your planned safe route

Collect your free breakfast, cycling information and goodies

RPA Cyclists!

If you sign up on the day to be a member of the Area Fitness and Leisure gym, you will receive a free RPA T-shirt; water bottle and two weeks' gym membership.



Bike Buses:

If you like join a Bicycle NSW Bike Bus contact them on:
www.bicyclensw.org.au or
 Phone: 9281 4099

RPA Hospital:

Leaving from Petersham and also along the harbour foreshore from Hawthorne Canal.

Liverpool Hospital:

Just for this day only—leaving from Parramatta and riding along RailTrail.

More Information:

For booking of Bicycle Rider Refresher courses; Bike Bus details and other Ride2Work enquiries:

RPA Hospital Campus

Jeni Bindon
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 9515 9068 or 9515 9055

Liverpool Hospital Campus

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