

# Ride to Work Day 2006



**Start your day another way**

- **Get involved in the pre-ride training**
- **Free light breakfast for cyclists on the day**
- **Join a Bike Bus**
- **Find out about your local Bicycle User Group & rides**
- **Cycling display**

***Wednesday  
4 October***

For more details contact SSWAHS Health Promotion Service:

- Liverpool: Alison Dunshea on 9828 6040 ([alison.dunshea@sswahs.nsw.gov.au](mailto:alison.dunshea@sswahs.nsw.gov.au))
- RPA: Jeni Bindon on 9515 9068 ([jbind@email.cs.nsw.gov.au](mailto:jbind@email.cs.nsw.gov.au))

For Bike Bus & Local Bicycle User Group information contact Bicycle NSW on 9281 4099 or [www.bicyclensw.gov.au](http://www.bicyclensw.gov.au)

To Register or organise your own Ride to Work Day at your campus [www.ride2work.com.au](http://www.ride2work.com.au)