



National Bike Week 10 Minute Cycle Challenge

Get Fit & Win Prizes!

Dear Colleagues,

Organisation Name would like to invite both **experienced and new cyclists** to get involved in the **National Bike 10 Minute Cycle Challenge**, which will run from **Monday 14th of June to Friday 18th of June inclusive**.

If you want to challenge yourself, while getting fitter and more active, then join your colleagues in making **ORGANISATION NAME** the top company on the final Leader Board!

Prizes

Fantastic prizes are sponsored by Trek and include **bicycles for every member of the winning team** (drawn from the Top 5), with a **'Best Workplace'**, **'Best Non-Cyclist'** and **other spot prizes** also up for grabs.

Organisation Name will also offer our own prizes to the top team overall.

How Do I Take Part?

Form a team of 3-6 people, with one 'new-cyclist' on every team (a 'new-cyclist' is someone who hasn't cycled in the past six months). There is no minimum number of trips new cyclists must make for this challenge – but every trip counts!

Give your team a name, appoint a Team Captain and **then log onto www.cyclechallenge.ie to register**. Every participant must register for themselves and log their own journeys.

Partners - if you can facilitate people who don't have a team or need a 'non-cyclist' to make up a team, please indicate it here and include contact details.

What Journeys are included in this challenge?

Every time you take a 10 minute trip by bike, between Monday 14th and Friday 18th of June, log your trip to get **1 point**. If you cycle for **more than ten minutes** on one trip, **you still log one trip**.

If you cycle to or from work, you'll get an extra point for each trip. Cycling on an exercise bike is **not** included. Trips cycled on a fleet bike or an electric bike are included.

FAQs on the challenge can be found on the challenge website – www.cyclechallenge.ie
If you have any other questions, please let me know.

Best of luck to you and your team!

Coordinator Name/ Contacts