

The London Workplace

# Cycle Challenge June 2009

It's fun, it's free, and you can win some great prizes. All you have to do is join our team and jump on your bike at least once this June, and you'll be helping us on our way to trying to win the London Workplace Cycle Challenge.

Whether you are a seasoned cyclist or a complete beginner, we need you to take part. Transport for London can even offer you a free confidence training session with a qualified cycling instructor if you're nervous about taking to two wheels.

**Call 020 7231 6005 and quote 'Cycle Challenge' to claim your free training session or visit [www.cycletraining.co.uk](http://www.cycletraining.co.uk) for more information.\***



**Sign up today and you will be entered into a prize draw to win £150 of cycle vouchers\***

\*Terms and conditions apply. Please refer to the website.



To take part in the London Workplace Cycle Challenge simply join our team and log all the trips you make by bike on the website during June. There are awards for levels of participation, most miles cycled and most new cyclists so you'll be helping us on our way to winning even if you just manage one cycle trip.

If you take part you'll discover that cycling in the Capital is a convenient and low cost way to get around and it lets you fit exercise into your daily routine. Research has shown that regular cyclists enjoy a fitness level equal to that of a person ten years younger.

**Join our Cycle Challenge team today. Register at [tfl.gov.uk/cyclechallenge](https://tfl.gov.uk/cyclechallenge)**

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