

CYCLE SEPTEMBER

1 - 30 September

Cycle September is a fun, free, and friendly biking challenge for you and your co-workers. Bike beginners and regular riders alike are invited to participate, and you can ride anywhere, anytime in September.

Everyone that rides a bike in September will earn points, which enters them to win prizes. Plus, the points you earn will go towards your workplace total and help you to climb up the leaderboards as a team!

Here's how to get involved:

- 1** Register to participate as an individual first at **lovetoride.net**
- 2** Register your workplace to encourage your co-workers to participate. You can create or join a club to encourage your friends and family to participate too.
- 3** Ensure everyone at work has joined your workplace profile so that all points are counted towards the total. Riders can join a workplace through their personal profile.
- 4** Spread the word by downloading and sharing the Cycle September Promo Pack from the Love to Ride website.
- 5** Log bike rides in 1 of 3 ways: Automatically by using the Love to Ride app, manually on the website, or by syncing Strava or MapMyRide.
- 6** Encourage more people to join and earn up to 100 points per person you encourage.
- 7** **Have fun!**



Register now at **lovetoride.net/eastren**