



Enjoying the experience

- Regard the ride as a pleasure rather than a chore and the secret is to make it fun.
- Choose your route carefully and remember the journey is as important as the destination.
- Take a thermos and stop somewhere scenic, nature is very calming.
- Riding in the fresh air is good thinking time and even evokes creativity.
- Organise a 'bike bus' similar to the walking school bus and stop for breakfast or a drink.
- Commute on a bike with a friend and have a weekly chat on the bike instead of over a coffee.
- Riding through the city passing cars in traffic jams feels very satisfying.
- It is rewarding to add some shopping or a task to the journey.
- Make new friends: Bikers are a friendly mob!
- Make the time to take the more scenic route to work along a river or bike path rather than one along the road. If you enjoy the ride you'll be more likely to stick with it.
- Enthuse about your experience and encourage friends to join you and make your rides fun.
- Smile at drivers as you ride past cars stuck in traffic jams, they may just decide to join you.

A bit of Multi-moding

- If there aren't any showers at work, take the train on the way in and then ride home.
- Make use of the free 'early bird' Metcard, reduce costs and ride home.
- Drive some of the way if it's a long distance. Just remove one wheel and fit your bike in the boot.
- Start by riding to the train station, and then riding part of the way, until you build up your fitness and you can ride all the way!
- Ride in one day and catch the train home then ride home the next day.
- Choose a bike route that runs along or near a train line. That way, if you're caught up in bad weather, running late or have a breakdown, you can complete your journey by train.
- Don't stress about punctures, remember that if you break down you can always call a Maxi taxi or sign up with RACV Bike Assist, better still learn how to change a tyre...

Staying motivated

- Make the time to take the more scenic route to work along a river or bike path rather than one along the road. If you enjoy the ride you'll be more likely to stick with it.
- Going to the supermarket and using my bike, rather than my car I actually feel good about having to do that weekly chore!
- Cycling provides a great workout for most of your body and if you complement that with a bit of upper body exercise you have the complete workout!
- No more dieting: with the regular workout you can now afford to eat the occasional piece of cake without feeling guilty about it!
- Choose an event to enter with family or friends and use your commute to train for it.
- Set a goal or challenge with friends or family and use your commute to train up for it.
- Get the family involved and exercise together, share the fun and help develop the habit.
- Asking friends and peers to be a cycling mentor as a few encouraging words has a big impact.
- Have a break between rides until you build up to a full trip there and back.
- Set yourself a target of riding 2 days per week at first 4-6 weeks then gradually add a day and before you know it you will be riding every day!
- In spring birds occasionally swoop. To solve this problem draw eyes on your helmet.
- Practice using an exercise bike in front of the TV.

Ride to Federation Square

Thanks to everyone who contributed their experiences to the National Ride to Work Day RACV Top Tips competition.

