

blueAPACHE cyclists celebrate Ride2Work day - blueAPACHE

Canonical: <https://www.blueapache.com/blog/blueapache-cyclists-celebrate-ride2work-day>

Details:

This year within our business, there was much enthusiasm in the weeks leading up to Ride2Work day with frequent riders encouraging their work mates, even those who have never ridden before, to get involved. The results were great to see. Three out of the nine participants were first time riders, new to bike-commuting. Some even used this opportunity to invest in new bikes and biking gear displaying true commitment to the cause. The day offered ideal biking weather with no rain and very mild wind. All the cyclists made it to work safely and gathered around to enjoy their free breakfast and coffee and swap interesting tales of their experiences. Wayne, who was brave enough to attempt the 50km commute from Werribee to Abbotsford, had a bit of a mishap when his seat post broke. Not one to give up, he cycled standing up for more than 25km and still managed to reach office on time. Alex, who lives about 400m from work, may have had an easier commute than Wayne. Although Ana had a minor fall on the way and bent her brand new bike, she has resolutely kept going and is already a much more confident biker.

"Riding to work is one of the best ways to start the day and it is actually safer than driving", said Ed who helped organise this initiative. "It results in staff who are healthier, happier and more productive."

2016

Research shows that Ride2Work day is habit-forming with around one third of participants continuing to ride at least once a week. This has certainly proved to be true in our case as six of the cyclists, including all three first time riders, are now continuing to ride to work daily.

"I find that I really cherish the time I spend on the bike. It allows me to reflect and organise my thoughts. Not only is it a great form of exercise, it even takes me less time as compared to driving or using public transport", said Justin.

Congratulations to the dedicated team, and we look forward to an even bigger participation next year.

What is Ride2Work day and when is it held?

Ride2Work day is held annually in October and is described as the largest celebration of commuter riding in Australia. It emphasises the benefits of riding to work and brings together the communities that support it.

How many your employees participated in Ride2Work day, and how many were first-time riders?

Nine our employees participated in Ride2Work day, and three of them were first-time riders who were new to bike-commuting.

What was the weather like on the day of the ride?

The day offered ideal biking weather with no rain and very mild wind, and all the cyclists made it to work safely.

What happened to Wayne during his commute on Ride2Work day?

Wayne attempted the 50km commute from Werribee to Abbotsford, and during the ride his seat post broke. Rather than give up, he cycled standing up for more than 25km and still managed to reach the office on time.

How far did Alex have to commute compared to Wayne?

Alex lives about 400m from work, which made for a much easier commute compared to Wayne's 50km ride from Werribee to Abbotsford.

What happened to Ana during the ride, and how did she respond?

Ana had a minor fall on the way and bent her brand new bike, but she resolutely kept going and became a much more confident biker as a result.

What did Ed say about the benefits of riding to work?

Ed, who helped organise the initiative, said, "Riding to work is one of the best ways to start the day and it is actually safer than driving. It results in staff who are healthier, happier and more productive."

what does research show about Ride2Work day's long-term effect on participants?

Research shows that Ride2Work day is habit-forming, with around one third of participants continuing to ride at least once a week.

How many of your Ride2Work day cyclists continued riding to work daily afterward?

Six of the cyclists, including all three first-time riders, continued to ride to work daily after Ride2Work day.

What did Justin say about his experience of cycling to work?

Justin said, "I find that I really cherish the time I spend on the bike. It allows me to reflect and organise my thoughts. Not only is it a great form of exercise, it even takes me less time as compared to driving or using public transport."