

BIKETOBER VICTORIA

THE NATIONAL BIKE CHALLENGE



1-31 OCTOBER 2023

A FUN CHALLENGE OPEN TO EVERYONE!



WHO?

Everyone can take part, even if they haven't been on a bike for years!

WHERE?

Anywhere, anytime throughout October

HOW?

Sign up with your workplace and encourage your colleagues to ride. Watch your score increase and win prizes along the way!

5 KEY BENEFITS FOR YOUR WORKPLACE:



HEALTHIER & HAPPIER STAFF

Healthier & happier workers = fewer sick days & increased productivity



ENTIRELY VIRTUAL

An entirely virtual programme whether staff are working from home or the office full time, part time or casually



SUPPORT MENTAL HEALTH

Staff can increase physical activity and improve their wellbeing while connecting with colleagues and friends online



BE SUSTAINABLE

Contribute to lower carbon emissions, improved air quality, reduced noise pollution, and help ease congestion



ENHANCE REPUTATION

Responsible leadership and safeguarding of employee health and wellbeing

Sign up at lovetoride.net/vic



LOVE TO RIDE

SUPPORTED BY

