

# Cycling Challenge

100 Cycle Packs to be won\*

**FREE ENTRY!**



**Tick off that you have done 2 or more of the following cycling activities during September and/or October 2012 and send in by October 31<sup>st</sup> to go in the prize draw**

- Ride one of **Gosford City Council's shared pathways** around the Brisbane Waters foreshore between Gosford and Woy Woy, or between Saratoga and Kincumber
- Ride all or part of **Wyong Shire Council's shared pathway** around the Tuggerah Lake foreshore between The Entrance and Chittaway Bay and beyond.
- Take a ride on **your local &/or favourite cycleway, shared path etc.** Please tell us which one it is \_\_\_\_\_
- Take a pedal at **Mt. Penang Parklands, Kariong** - A great place to ride on very quiet roads in parkland surroundings.
- Go bush on a **local mountain bike trail**. (For maps & more info, visit the NSW National Parks & Wildlife Service website). Please tell us where you rode \_\_\_\_\_
- Borrow the **free tandem bike from Woy Woy Library**.
- Hire a **bike locker located at one of our local train stations** - (call Transport Info 131 500 and follow the prompts)
- Try one of the **Central Coast Touring Cycle Club's easy 'First Sunday of the month' rides** - about 30 km on level bike paths with a stop for coffee midway. For more info, see [cctcc.org.au](http://cctcc.org.au) or phone 4324 2486
- Try one of the **Toukley & District Cycle Club's 'eazy rides'** - all rides easy to medium in pace & difficulty. For more info, see [toukleycycleclub.org.au/eazyrides](http://toukleycycleclub.org.au/eazyrides) or phone 4396 5173
- Ride to work, the shops or to visit a friend.** (National Ride to Work Day is Wednesday 17<sup>th</sup> Oct, 2012. See [ride2work.com.au](http://ride2work.com.au))

Title (Mr, Mrs Ms) Name .....

Age 18-54, 55+

Suburb .....

**For the purposes of contacting prize winners please provide: Email and/or phone number**

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## CONDITIONS

Open to all Central Coast residents 18 years and over. (one entry per person)

Post completed entry forms to  
Community Cycling Challenge  
Central Coast Health Promotion

PO Box 361 Gosford, 2250 or fax  
entry forms to 4349 4866 or go to

[www.healthpromotion.com.au/  
CyclingChallenge.html](http://www.healthpromotion.com.au/CyclingChallenge.html) for more info,  
it's easy.

\* Pack includes back pack, high visibility vest, water bottle, bumper sticker, cycling guide, healthy cookbook and more.