



Media release

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## Ride and win with the Aotearoa Bike Challenge

Selwyn residents are being encouraged to take part in the Aotearoa Bike Challenge, which is taking place across New Zealand this February – encouraging fitness, good mental health and a love of bike riding. Workplaces can register in different categories, with great prizes up for grabs such as e-bikes and Macpac Backpacks, for riding just 10 minutes at a time.

Developed by the New Zealand Transport Agency and Love to Ride, this is the second year of the nationwide bike initiative and will run throughout February. Over 14,000 people took part last year.

Any biking done, either commuting, recreational or for fitness, counts in the challenge. It's not about who can ride the most kilometres, but who can encourage the most people to give cycling a try. The teams which get the highest percentage of their staff riding for their size category will win.

Selwyn District Council School Road Safety Coordinator Stephanie Hautler says she was initially nervous about getting on the road to ride to work, with only off-road biking experience.

"As part of my role is to promote cycling I thought I should walk the talk! The shortest route is not always the safest and I have hunted out some quieter roads which only add two minutes to the trip and with practice comes confidence and I now really enjoy the 15 minute commute," she says.

"Get on your bike, people, you may be surprised how enjoyable it is!"

Ms Hautler encourages residents to explore some of Selwyn's shared cycle paths during the Challenge: Lincoln to Rolleston, Glentunnel to Coalgate, and the Little River Rail Trail.

For those interested in promoting the Challenge in workplaces, posters are available from [roadsafety@selywn.govt.nz](mailto:roadsafety@selywn.govt.nz).

For more information and to register for the Aotearoa Bike Challenge go to [www.lovetoride.net/](http://www.lovetoride.net/).

**PHOTO:** This cycling trail in Lincoln is one of many available in Selwyn for those participating in the Aotearoa Bike Challenge to explore.

**ENDS**

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