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FOR IMMEDIATE RELEASE

# Commuter revolution ready to roll – it's National Ride2Work Day

Tens of thousands of Australian commuters are joining the two-wheeled revolution today by ditching the car, train and bus and jumping on their bikes for [Bicycle Network's National Ride2Work Day](#).

Celebrated with free breakfasts at community hubs and workplaces across the country, National Ride2Work Day shows everyday people just how easy, convenient and fun it is to ride a bike to work.

**What:** [Bicycle Network's National Ride2Work Day](#)

**When:** 6:30am – 8:30am today, Wednesday 18 September

**Where:** Free community breakfasts are being held in every capital city, plus suburban and regional areas.

Locations include the Sydney Harbour Bridge steps, Docklands Melbourne and Brisbane Law Court Plaza.

[Click here to see a map with all breakfast locations across Australia.](#)

**Who:** Tens of thousands of commuters embracing bikes and ditching the car, train or bus

**Why:** Two thirds of Australians don't get enough daily physical activity, but there is an easy fix – riding a bike to work.

Bicycle Network spokesperson Anthea Hargreaves said that by subbing out the car, train or bus with a bike ride, it is easy to get your daily dose of physical activity, plus save time and money.

"Whether you're a teacher, doctor or banker, riding to work is the easiest way to get your daily dose of exercise. It's also cheaper, far less stressful and is often the quickest way to get around," said Ms Hargreaves.

"People that ride to work tell us they save up to \$15,000 a year on transport costs, while a 5km to 10km ride to work takes less than 30 minutes. Add a free breakfast on Ride2Work Day and there's no reason not to start pedalling."

Local commuters are encouraged to visit [ride2work.com.au](http://ride2work.com.au) and register their participation on the day. Registration provides valuable data for government and planners of how many people choose cycling for their transport.

**Online:** Facebook: [/bicyclenetwork](#) Twitter: [@bicycle\\_network](#) Instagram: [@bicycle\\_network](#) LinkedIn: [Bicycle Network](#)

Use #Ride2Work to join the conversation. [Click here for images available for publication.](#)

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