



# Media release

For immediate release

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## City challenges commuters to choose active transport

Commuters can be rewarded for cycling, walking or using public transport in the city's Active Commuter Challenge.

To participate in the challenge, commuters must visit, live, work or study in the City of Subiaco and will need to log at least four active transport trips per month.

All participants will receive a free electronic travel diary that calculates the kilojoules burned each time active transport is used, and go in the draw to win a \$50 voucher each month when they log their trips with the city.

City of Subiaco Mayor Heather Henderson said: "Cycling or walking to work, school or wherever you need to go is a great way to fit physical activity into your day. Subiaco has plenty of public transport options so cycling or walking to the bus stop or train station is also a good choice.

"I challenge all Subiaco residents, workers and visitors to get active and win."

There are extra prizes to be won by encouraging friends that normally drive to register in the challenge for the Commute Buddies program.

Commuter Rosalie Miles used to drive to work every day but now chooses to cycle three days per week. Her journey from Bayswater to QEII Medical Centre in Nedlands takes an hour.

Rosalie said: "I started riding because it's good for the environment and I wanted to save time by combining exercise with my commute."

Rosalie has since encouraged her colleague Suzzie Nizich to start cycling to work one day per week.

Workplaces in the city that want to support active transport for their employees can request information as part of the TravelSmart program, which includes information and ideas for staff and bicycle maintenance workshops.

To enter the challenge or find out more about active transport in the City of Subiaco, visit [www.subiaco.wa.gov.au](http://www.subiaco.wa.gov.au) or contact the city on 9237 9222 or [city@subiaco.wa.gov.au](mailto:city@subiaco.wa.gov.au)

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### **Notes to Editor**

The City of Subiaco is recognised as a local government leader in a range of areas such as environmental and social initiatives, and long-term planning for the future. It is located in the inner metropolitan area of Perth and includes Subiaco, Daglish and parts of Nedlands, Shenton Park, Crawley and Jolimont. A major centre for employment with a diverse and growing business sector, the city provides important services including waste collection, town planning and public recreation facilities to more than 19,000 residents. The city aims to maintain its vibrant sense of community and enhance the lives and well-being of everyone who lives, visits and works in Subiaco. For more information about the City of Subiaco, visit [www.subiaco.wa.gov.au](http://www.subiaco.wa.gov.au)