



LOVE TO RIDE Bike Month - Suffolk



What is bike month?

Bike Month takes place throughout June and is a celebration of biking. It's a chance to ride your bike and encourage and support you and your friends, family, community and colleagues to get out and ride too. By logging your rides on the Love to Ride Suffolk website, you get all the benefits that cycling can bring, soak up some of that summer sun and go into the draw for great prizes!

How does it work?

Register for Bike Month and start receiving the campaign emails. They will be full of tips to help you ride further or more often and dates for your diary!

Why take part?

- ✓ **It's fun and easy**
- ✓ **A great way to stay connected with colleagues, family and friends**
- ✓ **You could win some great prizes!**

You will automatically get entered into the prize draws when you log your rides.

How to take part

Follow these 3 simple steps:

- 1** Register on the website:
www.lovetoride.net/suffolk
- 2** Ride a bike anywhere, anytime for at least 10 minutes during Bike Month (June 1-30)
- 3** Record your ride on the website and tell your friends and family about Bike Month.



www.keepmovingsuffolk.com

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