

1 TO 30 JUNE 2011.

PARTICIPATE. STAY HEALTHY.
HAVE FUN.

INFO FOR PARTICIPANTS



A campaign by:



Supported by:



WHAT IS BIKE TO WORK?

Bike to work is a campaign and a popular competition. The aim is that you as an employee switch to riding a bike for at least a part of your way to work.

There are many reasons for participating: Inscribe now and ride your bike at least every other work day between 1 and 30 June 2011. It will keep you healthy, increase your fitness, contribute to the environment, and is fun – and with a bit of luck you will win one of the many attractive competition prizes.



FOUR SIMPLE STEPS

1. FORM TEAMS

Put together teams of 4 at your workplace. In smaller offices and branches teams of 2 and 3 are also admitted. Contact your coordinator if you have any questions.

2. INSCRIBE

Register yourself and your team by **31 May 2011** online or with your coordinator (team registration card) and get your bike ready for the road.

3. OFF YOU GO!

Between 1 and 30 June 2011 ride a bike for part or all of your way to work on at least 50 % of the work days. One person per team need not use a bike but can go using his/her own muscles (e.g. on foot).

4. RECORD IT

Mark on your campaign calendar all the work days on which you use the bike or travel using your own muscles. All team members must register their data on-line by 8 July 2011 in order to participate in the competition. Alternatively, you can hand your campaign calendar to your internal company coordinator by 8 July.

WHAT YOU CAN WIN

THE INDIVIDUAL PRIZES

- 1st prize: a weekend in Hamburg, including City-Night-Line tickets and two nights accommodation in the Hotel Baseler Hof for 2 persons.
- 2nd prize: a wellness week in Flims in the Hotel Fidazerhof for 2 persons.
- 3rd – 5th prizes: a bike worth CHF 1700 at your choice from the whole range of Tour de Suisse bikes.
- Other prizes: “Föhn” stand pumps, repair kit and comfortable saddles from Veloplus, solar rechargers from Swisscom, bike helmets, sunglasses and backpacks from SuvaLiv and shower sets from Weleda.

THE TEAM PRIZES

- 1st-2nd prize: Flight with the Flyer hot air balloon from Huttwil for each team, sponsored by Biketec AG.
- 3rd prize: A Meet&Greet with a developer of Solar Impulse, sponsored by Swisscom.
- 4th prize: Flight with the hot air balloon for the whole team, sponsored by the Migros Genossenschaftsbund Aare.
- 5th prize: a 3-year half-fare Swiss Rail season ticket for each team member.
- 6th prize: a 2-year half-fare Swiss Rail season ticket for each team member.
- 7th – 9th prize: a 1-year half-fare Swiss Rail season ticket for each team member.
- Other prizes: E-Bike tours, 5 tandem trips from Rent a Bike, Pralines from Chocolat Frey, and Fitnesspark individual entry tickets.

The winners will be drawn by the end of July 2011. Any recourse to courts of law and any cash payments in lieu of prizes are excluded.

Prize sponsors:



CAMPAIGN CALENDAR

AIM: GO TO WORK BY BIKE AS OFTEN AS POSSIBLE

JUNE 2011

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Marked correctly:

⑨ = route to work covered **with** bike/HPM*

✕ = route to work covered **without** bike/HPM*
(car, only public transport, etc.)

Bike kms covered per "bike day":

km

* Human Powered Mobility (on foot, skates etc.)

Do NOT mark days on which you don't work
(free days, public holidays, illness, military
duty, vacation).

2 = Sunday-/public holiday

Enter your data on-line by **8 July 2011** to take part in the competition. Team leaders have the access data. Alternatively your calendar can be given to the internal company coordinator.

Team name

First name

Family name

Company

Department (office)

Address (office)

Postal code/Location

I participate without bike, but human powered (on foot, inline skating, etc.).

TEAM INSCRIPTION CARD

Make your coordinator's work easier and simply register your team on-line at www.biketowork.ch.

Closing date is 31 May 2011.

Or fill out this team registration card and give it to your internal company coordinator.

Team name: _____

First names/family names of team members:

1 _____ E-Mail: _____

2 _____ E-Mail: _____

3 _____ E-Mail: _____

4 _____ E-Mail: _____

Company _____ Department (office) _____

Address (office) _____

Postal code/Location _____ Canton _____

Data protection

All personal data are treated in strict confidence and deleted after the campaign. The data are not passed on to third parties.

CAMPAIGN CALENDAR

THE COORDINATOR

For any questions about the campaign and organisation, simply contact your internal company coordinator, who will be happy to help you.

TIPS&TRICKS

Tips and tricks on biking and being on the move, as well as a shop with a wide range of accessories, can be found on www.biketowork.ch

Pro Velo Switzerland
bike to work
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3001 Bern