




## Biketober *Love to Ride* Challenge

The wheels are spinning, it's Biketober! Here's a fun little challenge we've set up for anyone to get involved.

### Who will do the most rides this October?!

 Follow these simple steps to sign up:

1. Open **this link** and join the group.
2. You might have to create an account with **Love to Ride** if you are new to the platform.
3. When you are ready to ride, log your ride. You can do that manually through your account. There is also a Love to Ride app, which makes the recording of your ride easier. The other option is to link your account with other apps like Strava or MapMyRide.
4. In the group you will see a leaderboard with different categories, you can keep track of how you are doing compared to other riders. Remember the challenge is set up to ride as many days as possible during the month. Not the most kms or the fastest time. So the small trips you do when you commute to work or to the shop count.
5. Add photos or comments to keep each other motivated and make this challenge a little more fun!
6. Share with your friends and tag us on your social media platforms using **@wao\_aotearoa** and **@getsmartgetmoving** ... we love to see how your rides are going!

 Want to create your own challenge for a group of friends or for your workplace? Easy:

Simply go to the *Love to Ride* website under **Groups & Clubs** and create your own challenge. You can then send the link to invite your family members, mates or work colleagues. If you are creating your own challenge let us know at **getsmart@wao.co.nz** and tell us what you're doing. Or tag us on our social media accounts under **@wao\_aotearoa** and **@getsmartgetmoving**... we want to follow your exploits!