

national
ride
to work
day 2007

SYDNEY CBD BREAKFAST

HOSTED BY LEND LEASE

WEDNESDAY, 17 OCTOBER
7AM-9AM

30 THE BOND, 30 HICKSON ROAD,
MILLERS POINT



CITY OF SYDNEY



Clarence St. Cyclery

FOLD 2

BENEFITS FOR CYCLISTS

SAFE CYCLING IS A PRACTICAL AND FUN WAY TO:

- Stay fit and healthy
- Cut traffic congestion
- Avoid the increasing cost of petrol
- Use non-polluting transport

CLARENCE ST. CYCLERY

is proud to support National Ride to Work Day. Clarence St Cyclery's professional mechanics will provide complimentary safety, gear and brake check at the Lend Lease Sydney CBD Breakfast.

Register for the Lend Lease Sydney CBD Breakfast at <http://ride2work.bv.com.au> and go in the draw to

WIN
A COMMUTER
BICYCLE WORTH
\$1000!!

FOLD 1

DIRECTIONS



SAFETY TIPS

Lend Lease welcomes safe cyclists and encourages pre-planning in preparation for the event, especially if you are new to cycle commuting:

- **Plan your route now** – ask other cyclists in your area for their recommended back-street route or ask your Workplace Cycling Coordinator. Go to <http://www.cityofsydney.nsw.gov.au/AboutSydney/documents/ParkingAndTransport/Cycling/MapWithStreetnames.pdf> to download current Sydney CBD cycling routes from the City of Sydney website.
- **Prepare your bike** – have it serviced now. Check brakes are working, wheel nuts/quick release levers are secure.
- **Remember safety equipment** – your helmet, bright-coloured/reflective clothing and lights (white at front and red at the rear)