

## Love to Ride - Cycle September 2020

We have just launched a 'Love to Ride' project funded by West Lothian Council and it would be fantastic to get your involvement!

### ***What is it?***

The project is all about getting individuals and workplaces cycling more. We run an International year-round programme for anyone to join. But, also our local project in West Lothian which includes the **free** workplace and organisation challenge (**Love to Ride West Lothian - #RideResolutions**).

Anyone can sign up as an individual, then register or join a workplace, community or cycle group. This allows you to see everyone in your organisation. You can post photos, view your stats and earn badges and rewards. We support throughout Cycle September by running tailored events to address barriers, Such as Bike Breakfasts, Dr Bike maintenance, skills and taster sessions (Covid Dependent).

### ***Why should I be involved?***

Cycling is great for organisations, it reduces stress, improves health, and relieves strain on parking infrastructure. Right now, it's just a great way to get out and about if you are working from home and need some fresh air. The 'Love to Ride' platform provides individuals with tailored information to help them overcome barriers. Information on local cycling infrastructure, bike shops and community groups. This is a great chance to get more people on bikes and to encourage cycling in West Lothian.

### ***How do I get involved?***

I've attached a couple of posters/leaflets that can be distributed. All the information is on the [Love to Ride West Lothian website](#)(Opens in a new window)(Opens in a new window). Click register and complete the short survey. You can then sign up your organisation and get others involved!

If you have any questions at all get in touch with Angus (West Lothian Project Manager) on 07948 752930 or email [angus@lovetoride.org](mailto:angus@lovetoride.org)