



**Heather Butler, MHA**

Thursday, 13 July 2006

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### **On Ya Bike**

Tasmanians are being urged to take their bike rather than the car, with the Tasmanian Bicycle Council's 'Cycle-Instead' Campaign.

Labor Member for Lyons Heather Butler said the campaign is a valuable initiative that will benefit people's health and hip pocket.

"Seventy-one per cent of Tasmanians do not undertake enough physical activity," Ms Butler said.

"Taking the bike to work instead of the car is a great way to integrate exercise into your daily life.

"It will also reduce traffic congestion and you'll have a little bit extra in your pocket from what you save on petrol.

"RACT figures from August 2005 show that it costs more than 70 cents per kilometre for a light car such as a Holden Barina.

"While petrol prices have risen since that calculation was made, commuting 40 kilometres a week for 48 working weeks costs \$1,352.64 each year.

"In a medium-sized car such as a Subaru Liberty, commuting to work costs \$2,232 per year, and for a SUV such as a Ford Territory Ghia it costs \$3,456.77.

"These prices also do not include parking costs, which are roughly \$7 a day or \$35 a week in the Hobart CBD.

"Registering as a cycle commuter with the council will also

get you discounts at bike shops, and the council will help you plot a course so you can ride to work with confidence.

"I'd like to congratulate the Tasmanian Bicycle Council on such a great initiative, as it contributes to the vision and direction of the Tasmanian Physical Activity Plan: LIVE LIFE get moving.

"The council has a close working relationship with the Premier's Physical Activity Council, the Southern Division of General Practice, Cycling South and Bicycle Tasmania.

"In the past the State Government has provided \$25,000 to the council through Sport and Recreation Tasmania," Ms Butler said.

The Cycle-Instead campaign will run through July, August and September leading up to the inaugural National Ride to Work Day on 4 October 2006.

The Tasmanian Bicycle Council works in cooperation with the Premier's Physical Activity Council, the Southern Division of General Practice, Cycling South and Bicycle Tasmania.