



## Ride2Work Hornsby to NSW Parliament House

Fifteen bike riders from B2B Cycle Group came together in Hornsby last Wednesday for their annual trip to the Sydney CBD for Ride2Work Day.

Joining them this year was Hornsby MP Matt Kean who agreed to pull on the lycra and ride the 30 kms into NSW Parliament.

"The trip took just over an hour of riding but it was great way to start the day and travel to work," Mr Kean said. "Ride2Work Day is all about promoting a healthy lifestyle with regular exercise and changing people's behaviour to leave their cars at home where possible."

For Hornsby's B2B cycle group this is the 10th consecutive year that the riders have been taking part in this event. They were among more than 67,000 riders across the country who chose to ride to work last week.

The Ride2Work initiative has seen a dramatic increase in the number of people choosing to ride to work. Up to 43% of new riders who registered in 2015 reported that they're still riding to work - weekly or more - when surveyed in March 2016, five months after National Ride2Work Day.

**Photo:** Matt Kean and B2B Cycle Group members

