

‘Set Yourself Free’- Frequently Asked Questions

How do I enter the prize draw?

To be eligible to enter the prize draw, you must walk or cycle some or all of the way to work at least once between Monday 1 June 2009 and Tuesday 30 June 2009 inclusive and ensure that you complete and return your diary card before the specified closing date (10th July). We will enter your diary card into the prize draw once for every working week in June (Monday – Sunday inclusive) that you walk or cycle to work. So, if you walk or cycle every week during the competition in June, we will enter your diary card into the draw five times. So, the more weeks you walk or cycle, the greater your chance of winning.

What are the prizes?

There are two cash prizes of £250 in the main prize draw, for employees working for a Travel Plan Network member organisation, and two cash prizes of £100 for individuals who work in West Yorkshire for an organisation which isn't a member of the West Yorkshire Travel Plan Network.

I already walk or cycle to work, can I still take part?

Yes, if you currently walk or cycle to work you can still take part in the campaign.

What's the difference between the prize draws?

If your employer is taking part in the campaign as a member of the West Yorkshire Travel Plan Network, then you will be entered into the company prize draw to win two prizes of £250.

Individuals who would like to take part in the campaign by walking or cycling to work but whose employer is not a member of the Travel Plan Network can enter into the individual prize draw for two prizes of £100.

Can I enter twice?

Only one entry will be accepted for the draws. If the entrant is employed by a participating Travel Plan Network organisation, they will be entered into the prize draw for the two prizes of £250. If the entrant's employer organisation is not participating in the campaign, they will be entered into the prize draw for the two prizes of £100.

What is the deadline for entering the draw?

Diary cards need to be returned to Metro by Friday 10th July 2009.

When will the prize be drawn?

The prize draw will take place by the end of July 2009.

How can I find information on the number of calories I have burned?

If you provide your email address on your diary card, we will email you with an estimate of the total number of calories you have burned based on the distances you have travelled.

Based on the average weight of an adult in the UK, walking at a moderate pace would burn just over 5 calories a minute and moderate cycling would burn just over 10 calories a minute. If your walk to work takes 20 minutes and you walk the same distance home you would burn over 200 calories which is the equivalent of 1 bag of crisps or 1 pint of beer.

'Set Yourself Free'-Terms And Conditions

1. Entry into the free prize draw is automatic upon completing and returning your Travel Diary to Metro.
2. Only one prize application per person.
3. Closing date for the prize draw is Friday 10 July 2009.
4. The top prizes of £250 are only available to employees of participating West Yorkshire Travel Plan Network companies. Remaining entrants will be entered into the draw for two prizes of £100.
5. Winners will be selected at random from the entrants via a computerised random number generator.
6. Winners will be notified by post within 30 days of the draw date.
7. By accepting the prize, the prize winners agree to (a) be photographed and (b) take part in all publicity associated with the prize draw.
8. Names and employer of winners will be available on the West Yorkshire Travel Plan Network web site at www.wytravelplan.com/syf
9. This prize draw is not open to Metro employees or anyone professionally connected with the promotion.
10. No purchase necessary.
11. Promoter: Metro, 40-50 Wellington Street, Leeds LS1 2DE.