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Have you had a more active and better commute in June?

July 2008

We had a £700* prize fund for four lucky winners who walked or cycled some or all of the way to work in June 2008.

To enter the competition, all you needed to do was walk or cycle for some or all of your journey to work at least once during June and tell us about it by recording mileage on a diary card each time you walked or cycled.

Diary cards are no longer available from the Travel Plan Network as the competition is coming to an end.

When you have completed your diary card, remember return it to us by Friday 11 July to be entered into the prize draw and to let us work out how much CO2 you saved and calories you have burned by walking and cycling to work.

The campaign was designed to tie in with [National Bike Week](#) (14th-22nd June) and walking initiatives such as [National Walk to Work Day](#) (24th April) and the [Leeds Walkit](#). Walking or cycling as part of any event that is connected to the commute in June, will count as an entry into the prize draw.

If you have any questions about the campaign, please refer to our [Frequently Asked Questions](#) , [Terms and Conditions](#) or [email us](#).

Walking and cycling are perfect ways to exercise; they're good for your pocket, the environment and your health. They also benefit you. Staff who actively commute to work, the less staff parking spaces are needed! Plus, staff who are active on the commute are healthy, happy and productive. Staff who arrive ready to work, are more productive and less likely to be absent due to illness.

*There are four prizes; 2 x £250 for employees who are employed by participating organisations of the West Yorkshire Travel Plan Network and 2 x £250 for West Yorkshire commuters.



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