



## Active a2b News

### Transpower Teams Up!



When Amanda Papps signed up as a bike buddy with Active a2b, she was surprised to find Grant, a colleague of hers at Transpower, listed as a bike mentor from her area. She had no idea that Grant was a confident cyclist who sometimes rode to work from her suburb in Lower Hutt.

Amanda spoke to Grant at work and they arranged to ride together. On their first ride, Grant gave Amanda some simple instructions for keeping safe on the road. She followed behind his wheel line and avoided any hazards that he pointed out from up front. They've got their next trip

Send in your  
**NOMINATE a MATE**  
FEEDBACK through the  
links below and be in to  
**WIN!**

#### **This week's prize**

##### **winners**

Congratulations to Cathy Robinson who won the \$200 prize, choosing Logan Brown as her 'restaurant of choice,' for inviting her friends to participate in Active a2b.

S. Mallon and C. Lyons were last week's Nominate a Mate prize winners, winning \$30 shopping vouchers for sending weekly feedback or supporting their mate.

You can go in this week's draw by sending feedback to your mates through the links below.

planned and aim to cover some more street skills on their way to work. Amanda speaks very highly of her bike mentor and insists without him, she wouldn't have given the ride to work a go.

The Active a2b team congratulate Amanda and Grant for taking initiative and making it happen.

### **Final reminder for the Kids Cycle Skills Workshop**

The two hour course will cover bike handling skills, how to properly operate the brakes and road safety awareness.

Where: IanGallowayPark, Curtis Street, Northland, Wellington

When: Saturday 13 March 2-4pm

Price: \$40 per child.

Register by contacting Peter Reynolds from Cog Cycling on 027 2584696

### **Walk to Work Day – Wednesday March 10**

With Walk2Work day happening this Wednesday, we were looking for a truly inspirational walking story to share through Active a2b to get everyone into the spirit of the day. Dianne Rice, from the Ministry of Health, provided us with what we needed. Dianne walks.....drum roll please.... 18 kilometres to work from Tawa. We thought we'd misheard the distance, but no, Dianne has on several occasions walked almost a half marathon to get to or from work. Respect.

With that in mind, consider giving your commute a go by foot on Walk2Work day. You might just surprise yourself!

Click on the links to send your [cheerleader](#), [taskmaster](#) or [mentor](#) your weekly feedback.

---

### **Numbers update**

865 registrations

---

### **Walk 2 Work Day**

Walk, strut, swagger or skip your way to one of the Walk2Work smaller sites or the big event at Frank Kitts for a break in your weekly routine & a fantastic start to your day!

Walk 2 Work is a free breakfast event for people who have walked all or part of the way to work.

Entertainment includes Tessa Rain, Mish McCormack & have a go at "Zumba"!

Great coffee from Celcius Coffee, fruit from Commonsense Organics, spot prizes and healthy food await you.

Three 'feeder' sites will be scattered throughout town from **7-8am at Courtenay**

**/ Taranaki, Railway  
Station and Willis Street**  
where free fruit, and coffee  
vouchers, giant foot  
signing and happy people  
will be found.

To unsubscribe - email [active@gw.govt.nz](mailto:active@gw.govt.nz)

Our mailing address is:

Greater Wellington Regional Council  
PO Box 11646, Manners Street  
Wellington 6042

MailChimp