

✓ Go on - improve your health, wellbeing & carbon footprint

✓ Switch short driving journeys to walking or cycling

Set weekly target → Record journeys → Submit to us for CHANCE TO WIN FOLDING E-BIKE!

Your contact details -

<u>Date:</u>	<u>Journey (route, purpose):</u>	<u>Distance (miles/km):</u>	<u>Method (walk/cycle):</u>

**Submit to: BIKETOWN, 5 Thomson Court, Rutherglen, G73 2RR. Email: [feelgood@biketown.org.uk](mailto:feelgood@biketown.org.uk)**

**OR submit posts, photos or videos on social media:  
use #feelgoodwalkcycle, tag us @camglenbiketown**



Healthy n Happy  
Community Development Trust

[www.biketown.org.uk](http://www.biketown.org.uk)

Geographical restrictions and T&Cs apply, see website for details

