



Join The Danish Cyclists' Federation's annual campaign Bike to Work (Vi Cykler til Arbejde) from May 1 to May 31 and become healthier and happier together with your colleagues.

Bike to Work is a fun campaign that encourages colleagues across Denmark to commute by bike throughout May. The campaign offers both companies and employees the chance to embrace the many benefits of cycling.

THE CAMPAIGN SPINS LIKE THIS

1 – Form a cycling team

Find 2–16 colleagues for your cycling team. Ask both those who already bike – and those who would like to get started. Choose a team captain and come up with a great team name.

2 – Bike

In May, the whole team bikes to work as many days as possible. Along the way, we'll celebrate you with motivating trophies and fun competitions.

3 – Track your cycling

Each day you bike to work, your team earns points. All cycling days count – no matter how far or how fast you ride. It also counts if you combine biking with the bus or train, or just bike one way. Enter your cycling days and kilometers on your profile throughout May.

4 – Win prizes!

When you register cycling days and kilometers, your team automatically enters the draw for team prizes. Each cycling day equals one ticket. Which means: the more days you and your team bike, the greater your chance of winning prizes.

Sign up at www.vcta.dk

Questions?

Take a look at our [English FAQ](#) or contact us on tel. 33 32 31 21 (press 3) or vcta@cyklistforbundet.dk

We cheer you on all the way!

Throughout May, we shower you and your cycling team with confetti, trophies, and special competitions:

- Earn up to ten trophies – and grab the Golden Trophy
- Join Detour Wednesday and Pick up a Colleague Day
- Play along in Commuter Bingo

How to join

- Find 2–16 colleagues for your cycling team
- Sign up at vcta.dk no later than April 30
- Price: DKK 89 per participant (you may encourage your company to pay)

Campaign badges



First Cycling Day

You receive this badge when you've had your debut on the bike. You will automatically get the badge as soon as you register your first cycling day on your profile.

Five Days in a Row

You receive the badge when you've cycled and registered five consecutive cycling days – of course, with no "rest days" in between!



The Whole Team

This badge requires teamwork. The badge is automatically unlocked when EVERYONE on the team has cycled and registered at least one cycling day.

25 kilometers in One Day

The badge unlocks automatically the first time you log a cycling day of at least 25 kilometers.



40 kilometers in One Day

We celebrate you with this badge the first time you log a cycling day of at least 40 kilometers.

Devil's Hill

Although Denmark is a relatively flat country, cyclists must conquer fearsome climbs every day. Plan your route past your local Devil's Hill and claim this devilish badge for yourself!



Pick Up a Colleague

This badge rewards generosity, kindness, and strong legs. Jump on your bike and pick up a colleague on your way to work and unlock the "Pick Up a Colleague" badge.

Rainy Ride

The Rainy Ride Badge is a reward for those who defy the rain. You unlock this badge yourself – but remember: Your colleagues know whether you actually cycled in the rain!



Cake Day

Bring cake or another tasty snack for your cycling team and unlock the badge. Remember: Your teammates will know if you really brought cake!

Technical Breakdown

Overcoming a flat tire or a broken chain on your way to work proves you are a true fighter. Unlock this badge yourself as a reward for your determination and perseverance.



The Golden Trophy

Each team has one Golden Trophy which changes hands throughout May. The one with the most cycling days automatically earns the trophy next to their name on the profile.

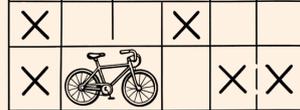
Special competitions during May

In Bike to Work, the big final draw for team prizes are based on biking days. However, you can also boost your motivation and win other great prizes in our special competitions. Get an overview below.



Pick Up a Colleague-Day

Pick up a colleague on your way to work on May 12 and send us a picture and a small description of your trip*. Send it to us no later than May 15 and we will draw the lucky winners.



Commuter Bingo

Join Commuter Bingo in May and make your bike ride more fun. Explore new routes, notice the little details on your journey, and see if you can get a full card. Send a picture of your completed card by June 3* for a chance to win a prize.



Detour Wednesday

Take a detour on your way to or from work on May 20 – alone or together with colleagues. You must bike more kilometers than you usually do. Send us an email or photo no later than May 22* showing your detour and we will draw the lucky winners.



Nominate the Ultimate Bike Commuter of the Year

The Ultimate Bike Commuter is a participant who goes the extra mile to cycle to work. Nominate your candidate by June 3 – send us the name, team name, and reasoning*. The winner will be awarded an e-bike from Merida.



Nominate the Rising Star of the Year

Have you or your colleague switched from car, bus, or train to cycling to work? Then nominate yourself or your colleague for Rising Star of the Year by June 3. Send the name, team name, and reasoning*. The winner will be awarded a sporty everyday bike from Merida.



Team Captain of the Year

Does your team captain deserve to earn the title: Team Captain of the Year? Submit your nomination and tell us why they deserve the title and a luxurious prize*.



Team Name of the Year

This year, we will once again award the best, funniest, and most creative team name. All you need to do is come up with a great name for your cycling team and sign up for the campaign. Bike to Work will choose the best one of the year.

Pictures and nominations are sent to konkurrence@cyklistforbundet.dk*. Read more about the competitions, prizes and submission rules at vcta.dk/særkonkurrencer.
(right click on your screen and choose 'translate to English')

*By participating in the competition, you also give us permission to share your photos and stories in connection with Bike to Work.