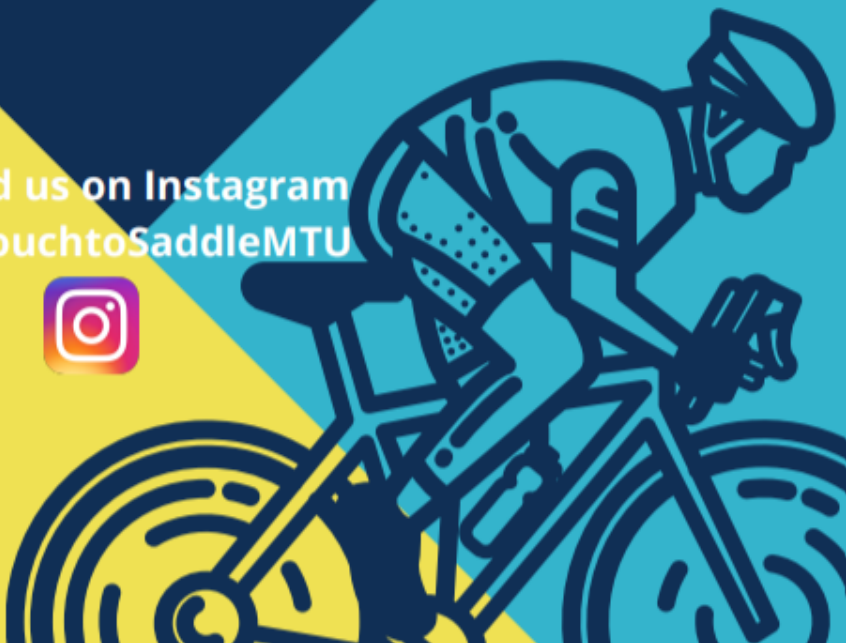


SMARTER TRAVEL INITIATIVE

# #COUCH TO SADDLE

## Will you win the "Pedal of Honour"

Find us on Instagram  
@CouchtoSaddleMTU



## K-Bikes and Couch to Saddle

By **Sorcha Casey** and **Chloe Hallissey**

K-Bikes is a scheme that allows for bikes to be unlocked and used from various bike stations throughout Tralee in order to travel to both Munster Technological University (MTU) campuses and Kerry College.

The aim of the project is to reduce the reliance on cars, as well as to increase activity levels amongst students. There will be tracking devices on each bike that allows the student to record the distance cycled making students eligible for a "Couch to Saddle" competition (Influenced by Couch to 5k). This will allow students to upload their results to a Couch to Saddle app and be reposted on our Instagram page. If they reach a certain overall threshold they will be eligible to enter in the competition to win a new bike.

To register for free, students must go through the MTU website, and sign up. Student cards will be used to identify the user and allow the bike to be unlocked from the station.

This initiative would be sponsored by the Kerry Sports Academy (KSA), hence "K-bikes", along with help from local bike businesses. There will be bike stations at both MTU campuses, Kerry College and student accommodation. There will be empty or partially filled stations to lock the bikes in central locations in the town like The Square, major shops, and the train station.