



# Ready, Set, Cycle

## Participant Guide

### What are cycle journeys?



Ready, Set, Cycle is based on cycle journeys rather than logging distance. **1 cycle journey = at least a 5-minute ride on the bike from location A to B.**

So, whether you're on the bike for 5 minutes, or 25 minutes, from location A to B, you will log it as 1 journey and **not kilometers.**

#### For More Information:

If you need any support or have queries, reach out to your Organisation Coordinator for additional guidance or email [cycling@nationaltransport.ie](mailto:cycling@nationaltransport.ie)

1

### To Get Started

- Form a Team of **2-4 people** and assign a Team Captain

Each team member must set up their **own individual account** on the **[Active Travel Logger](#)** to log their cycle journeys. If you have taken part in previous Challenges, you can use your existing account.

2

### Log In To Active Travel Logger

Once you're logged in:

- Click **'Join a Challenge'**
- Select **'Ready, Set, Cycle 2026'** to join the challenge
- If you're going to be the Team Captain, then you can select **'Create a new team'**
- If you're going to be a Team Member, you can select to **'Join a team'**

In order to leave the team or delete it entirely or change the team's name, please contact your Organisation's Coordinator.

3

### Logging Your Journeys:

You can log your journeys either daily or weekly, however ensure you log it before the deadline. To log your journeys:

- Sign into your **[Active Travel Logger](#)** account
- Go to **'My Dashboard'** and then click **'Log My Activity'**
- Scroll down to the calendar and select the relevant date.
- Make sure you have selected the **'Cycle' option** in the tab at the top
- Input your number of cycle journeys for the selected date.

4

### Winning!

At the end of the challenge, there are some great prizes up for grabs, including:

- Top-Placed Leaderboard Organisation Awards**
- Best Workplace and Best Camus Awards!**
- Prize Draws and Cyclist Lottery**

Even Coordinators have a chance to win great prizes for all their efforts during Ready, Set, Cycle!

