



Join The Danish Cyclists' Federation's annual campaign BIKE TO WORK (VI CYKLER TIL ARBEJDE) in May and get healthier and happier together with your colleagues. The campaign runs from May 1 to May 31, 2025, and everyone is welcome to bike along!

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.

By biking instead of using other modes of transportation, you reduce CO₂ emissions and boost your physical and mental health. Biking to work makes it easy for you to meet the WHO's recommendation of being physically active for at least 30 minutes a day. What's not to like – you get your exercise while commuting!

Team up with your colleagues and bike to work while competing with teams from other companies. The idea is to bike to work as many days as possible throughout May. The more you bike, the higher your chances of winning amazing prizes! This year's grand prize is an electric bike from Gazelle for everyone on the winning team! These e-bikes are hand-built in the Netherlands and perfect for commuting.

How to participate

To join the BIKE TO WORK campaign in May you must enroll with a company team of 2 to 16 participants. The fee is 89 DKK per person. You may encourage your company to cover the cost.

As a participant, you must use your bike as part of your commute to work. You can bike all the way or combine biking with public transport. The most important thing is to get on the bike and have fun. During May, you register your cycling days and keep track of the progress of your team members on the campaign website. You can also register cycling in your free time and participate in a separate competition. There are many prizes at stake, and the lucky winners are revealed at the beginning of June.

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

THE CAMPAIGN SPINS LIKE THIS

- You and your team bike to work as many days in May as possible.
- Every day you bike to work, the team gets one point.
- All cycle days count no matter how far, fast, or slow you go.
- Cycling to the bus or train or just cycling to work one way also counts.
- The more points you and your team have, the greater your chance of winning great prizes.

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.



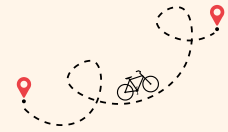
Pick Up a Colleague-Day

Pick up a colleague on your way to work on May 15 and send us a picture and a small description of your trip to konkurrence@cyklistforbundet.dk. * Send it to us no later than May 17 and we will draw the lucky winners.



Team Captain of the Year

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



Detour Wednesday

Take a detour on your way to or from work on May 21 – alone or together with colleagues. You must bike more kilometers than you usually do. Send us an email or photo no later than May 23 to konkurrence@cyklistforbundet.dk* showing your detour and we will draw a lucky winner.



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 to konkurrence@cyklistforbundet.dk. * The winner will be awarded an e-bike from Gazelle.



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 to konkurrence@cyklistforbundet.dk. * The winner will be awarded a city bike from Gazelle.



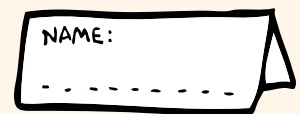
The Golden Trophy

Each team has one Golden Trophy which changes hands throughout May. The participant from each team who crosses the finish line with the trophy will be entered into a draw to win an amazing prize.



Leisure biking

Your cycling in your free time runs as a parallel and individual competition. We will draw a winner among all those who have cycled and registered their leisure cycling.



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.

Read more and check out the prizes 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.