ARE YOU INSURED?
GET COVERED TODAY

Join the Bicycle NSW community to enjoy:

• global bike riding insurance: personal accident, third party property and public liability
• household coverage for loved ones
• free legal advice
• peak advocacy in NSW
• discounts and special retail offers.

Whether you ride for fun, fitness, travel or training, Bicycle NSW insurance is for everybody!

Use code GUG for your exclusive offer – 98% off
WELCOME TO THE HEART FOUNDATION
GEAR UP GIRL RIDE

GEAR UP GIRL was founded in 2008 and has expanded into a mass community bike ride from Sydney Olympic Park to Cronulla, showing women and children where the best bike paths and routes are so they can revisit them whenever they want!

Research shows that only 26% percent of riders in NSW are women (2016 Bicycle NSW Bike Riders Survey), a statistic we want to drastically shake up through Gear Up Girl. In 2018, the ride will attract 1,500+ women who will enjoy either the 20km Beach Ride, the 40km Classic Ride, the 60km Coast Ride and our new 80km Challenge Ride. Our two key communication messages to promote Gear Up Girl are:

- In celebration of International Women’s Day (8 March), Gear Up Girl will take place on Sunday 11 March to encourage all women to get on their bike.
- Bicycle NSW and the Heart Foundation are on a mission to communicate some hard hitting facts about Heart Disease and the importance of exercise.

BICYCLE NSW

The Heart Foundation Gear Up Girl is presented by Bicycle NSW. We are the peak cycling advocacy body for New South Wales. Since 1976, we have been working on behalf of our members to improve conditions and to create a better and safer environment for cycling in New South Wales.

Bicycle NSW is a not for profit, member based organisation with our membership fees put to work on important issues that matter to all bicycle riders. Bicycle NSW has a dedicated team that love cycling and are committed to making cycling an easier, safer and (an even) more enjoyable activity.

Whether you ride a bike for fun or fitness, to get where you need to be or to explore somewhere you’ve never been before - you’re covered with a Bicycle NSW membership which includes personal accident, public liability and third party property insurances. If you ride a bike - you’re with us!
Keeping Women’s Hearts Healthy

• The Heart Foundation Gear up Girl ride is a perfect way to get more physical activity into your day. Physical inactivity is a major risk for heart disease with 60% of women not being sufficiently active for health.

• It can be hard to find time for exercise. Bike riding is an activity that can be a transport option as well as being a fun and healthy recreational activity.

• Female participation rates in cycling are approximately half that of males, with confidence, safety and transporting children often noted as barriers.

• Encouraging women to get on their bikes through the Heart Foundation Gear up Girl helps to break down some of these barriers and enjoy riding.

• The Heart Foundation congratulates the women and girls who will get on their bike in 2018 - we hope you enjoy the ride!

Heart Foundation Helpline 13 11 12

heartfoundation.org.au/events/gear-up-girl

We are committed to protecting the heart health of Australian women.

Here’s what you can do to help:
- Spread the word to your mothers, sisters, daughters and friends
- Get active! Just 30 minutes of physical activity each day can reduce the risk of heart disease by as much as 30-50 percent
- Take time to care for your heart - get a heart health check today
- Help us raise awareness of heart disease in women
- Donate today

www.heartfoundation.org.au

@HeartAust #womenshearts

Current Risk Factor Summary
For women aged 18 – 44:
425,000 have high blood pressure,
900,000 have high cholesterol,
Close to 1 million are obese,
More than 1 million are overweight,
More than 650,000 smoke,
Close to 1.3 million did no exercise at all,
100,000 have at least five risk factors,
350,000 have cardiovascular disease.
Your greatest financial asset is you.

Visit www.springFG.com
Call 1300 - 4 - SPRING
20km Beach Ride

The aim of the 20km Beach ride is to encourage novice riders to dust off their bike and take to the cycleways and/or mums and kids to have a fantastic day out discovering the joys of riding. We aim to promote bike riding as a healthy, safe, enjoyable leisure and transport choice and we want all our participants to regularly use the cycling infrastructure that we show them. The route leads riders along a flat idyllic separated cycle path, an easy ride suitable for all ages and skill levels. The 20km Beach Ride begins at Cahill Park, Wolli Creek and follows the cycleway out onto the beach front at Kyeemagh. Riders will experience a beautiful beach ride along a shared pedestrian/cycleway path all the way to Sans Souci. From there riders will go over the Taren Point Bridge and traversing over to a festival finish at Cronulla.

Ride Facts

Distance: 20km
Typical Rider Speeds: 10-25 km/hr
Start Time: Riders are released in waves between 8:00am and 9:30am
Start Location: Cahill Park (East), Wolli Creek
Finish Location: Don Lucas Reserve, Cronulla
Age Limit: 8yrs and older, under 16 children MUST ride with paying adult.

CUT OFF TIMES

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<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:30am</td>
<td>Cahill Park, Wolli Creek</td>
<td>Start Site</td>
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<tr>
<td>12:00pm</td>
<td>Peter Depena Reserve, Sandringham</td>
<td>Rest Stop</td>
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<tr>
<td>1:30pm</td>
<td>Don Lucas Reserve, Sanderson Street, Cronulla</td>
<td>Finish Site</td>
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If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.
40km Classic Ride

This is a comfortable, leisurely ride ideal for all ages and abilities, the novice and experienced rider. Your adventure starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River Cycleway. Showcasing some of the best of Sydney’s cycling infrastructure, the route makes its way south to the beautiful beaches and a festival finish at Cronulla.

Ride Facts

- Distance: 40km
- Typical Rider Speeds: 10-25 km/hr
- Start Time: 7:30am – 8:00am
- Start Location: Bicentennial Park, Egret Pavilion, Sydney Olympic Park
- Finish Location: Don Lucas Reserve, Cronulla
- Age Limit: 10yrs and older, under 16 children MUST ride with paying adult.

CUT OFF TIMES

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<td>8:00am</td>
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<td>Start Site</td>
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<td>(Victoria Ave entrance)</td>
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<tr>
<td>9:30am</td>
<td>Ford Park, South Strathfield</td>
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<td>10:45am</td>
<td>Cahill Park, Wolli Creek</td>
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<td>Don Lucas Reserve, Sanderson Street, Cronulla</td>
<td>Finish Site</td>
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If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.
60km Coast Ride

The 60km Coast Ride is for those looking for a challenge. This route starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River Cycleway. Showcasing some of the best of Sydney’s cycling infrastructure, the route makes its way south to the iconic beaches of Cronulla. Your adventure continues out from Cronulla along dedicated cycle lanes to picturesque Kurnell. Enjoy a bit of Australian history, some breathtaking coastline of Sydney’s south and a festival finish at Cronulla.

Ride Facts

Distance: 60km
Typical Rider Speeds: 15-30 km/hr
Start Time: 7:00am - 7:20am
Start Location: Bicentennial Park, Egret Pavilion, Sydney Olympic Park
Finish Location: Don Lucas Reserve, Cronulla
Age Limit: 12yrs and older, under 16 children MUST ride with paying adult

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<td>7:20am</td>
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<td>Start Site</td>
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<td>9:30am</td>
<td>Ford Park, South Strathfield</td>
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<td>Cahill Park, Wolli Creek</td>
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If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.
80km Challenge Ride

Challenge your cycling performance to the max. This route starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River cycleway and follows the 60km Coast Ride.

New in 2018, take on the challenge of a double picturesque Kurnell loop and clock up 80km before returning to Cronulla for a festival finish.

**Ride Facts**

- **Distance:** 80km
- **Typical Rider Speeds:** 15-30 km/hr
- **Start Time:** 6:50am – 7:00am
- **Start Location:** Bicentennial Park, *Egret Pavilion*, Sydney Olympic Park
- **Finish Location:** Don Lucas Reserve, Cronulla
- **Age Limit:** 16yrs and older

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<td><strong>10:45am</strong></td>
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If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.
If you need legal help contact Carroll & O’Dea Lawyers

All Bicycle NSW members can call Carroll & O’Dea Lawyers Cyclist Legal Information line on 1800 059 278 or email enquiry@codea.com.au

www.codea.com.au

1800 059 278
RIDER SUPPORT

SWEEP BUS:
A sweep bus will follow each ride to ensure that any riders who have difficulty completing each ride are given assistance. If necessary, the Sweep Bus can transport riders to a nearby train station.

BIKE MECHANICS:
It is highly recommended to have your bike checked by a bicycle mechanic before hopping on your bike to enjoy the Gear Up Girl. However, if you do find yourself with a flat tyre or get into some technical difficulty during the ride, there will be mobile mechanics along the route and located at the start, rest and finish sites.

FIRST AID:
First Aid Officers will be available both at the start sites and finish site and also as mobile help throughout the ride.

VOLUNTEER ROUTE MARSHALS:
Look out for the friendly and knowledgeable volunteer route marshals at key junctions and turns who are there to make sure that you are always on target to successfully complete your ride. Note that the volunteer route marshals are not permitted to direct traffic, so take care at intersections and roundabouts.

FINISH FESTIVAL

WHAT’S ON
Don Lucas Reserve is a fantastic open grass area with a gorgeous ocean backdrop, perfect for a festival finish for all your friends and family.

To celebrate your ride, the Bicycle NSW team have organised a fantastic ‘post’ ride day of fun and celebration.

Riders will be able to park their bike for free, refuel with some delicious food and beverages, enjoy music, market stalls, bike mechanics and more. There will also be prizes and giveaways on the day!

WHAT’S ON GEAR UP GIRL FESTIVAL FINISH, DON LUCAS RESERVE CRONULLA
• Great giveaways
• Inspirational messages and insights from our Gear Up Girl Ambassadors on the main stage
• Members’ lounge – so make sure to become a part of the Bicycle NSW community!
• Great products and services to review at the vendor stalls
• Food trucks onsite

And to make sure you get to the finish line there’ll be places to refuel along the way!
GETTING THERE

Transport for NSW have informed us trackwork is affecting train services between Cronulla, Waterfall and Central on event day. Rail replacement buses will be running between these stations to help you get to and from the ride. You will be able to take your bike on rail replacement buses.

See FAQ’s on our website

To access FREE public transport on March 11, ensure your Gear Up Girl rider number or volunteer ID are on show. Transport for NSW thanks you for your co-operation. Enjoy your rides!

Free travel is on Sydney Trains, NSW TrainLink Intercity services and Sydney Ferries on Sunday 11 March 2018. Note: GatePass purchase required at Domestic Airport and International Airport Stations. Bicycles are only permitted on ferries at the discretion of the crew.

View the latest train timetable and find the best way to the start at sydneytrains.info.

Plan your trip and find important tips about travelling with bicycles at transportnsw.info, or visit transport.nsw.gov.au/cycling for cycling advice.

GETTING THERE BY BICYCLE:
If you are up for a bit of a warm up before you ride Gear up Girl why not cycle to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at rms.nsw.gov.au/roads/bicycles/cyclewayfinder

START SITE FOR 40KM, 60KM AND 80KM RIDES:
Sydney Olympic Park

MEETING POINT:
Egret Pavilion Bicentennial Park, Sydney Olympic Park (Victoria Ave, Concord West Entrance).

GETTING THERE BY PUBLIC TRANSPORT:
Concord West Station is the closest train station.

GETTING THERE BY CAR:
Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the start, check the GEAR UP GIRL website for information about parking.

START SITE FOR THE 20KM RIDE:
Cahill Park

MEETING POINT:
Cahill Park (East), Wolli Creek. (Nearest intersection: Lewey St and Rockwell Avenue, closer to the Rowers on Cook River).

Please note that the start site has moved from last year. If coming from Wolli Creek Station, riders will need to cycle past old site and head towards the Rowers.

GETTING THERE BY PUBLIC TRANSPORT:
Wolli Creek Train Station is the closest train station.

GETTING THERE BY CAR:
Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the start, check the GEAR UP GIRL website for information about parking.
GETTING HOME

OPTION 1: GETTING HOME BY BICYCLE

If you still have the energy to ride home, we advise that you choose a route that avoids riding against the other 1,500 riders still in the Gear Up Girl event. Please also make sure to remove your rider number before leaving the finish site in Cronulla. To find a safe route home check out the mapping resources provide by Transport for NSW at rms.nsw.gov.au/roads/bicycles/cyclewayfinder

OPTION 2: GETTING HOME BY PUBLIC TRANSPORT

Transport for NSW have informed us trackwork is affecting train services between Cronulla, Waterfall and Central on event day. Rail replacement buses will be running between these stations to help you get home after the ride. Visit transportnsw.info

Bikes are not usually permitted on-board bus services however an exception will be made for event participants and their bikes to be taken on-board designated buses running from Cronulla to Central via Wolli Creek. See the FAQ’s on the Getting home page for more details.

OPTION 3: GETTING HOME BY CAR

Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the finish, check the Gear Up Girl website for information about parking.

This year we have introduced a designated Pick up Zone at Don Lucas Reserve. See map below.
OPTION 4: RIDE 20KM BACK TO WOLLI CREEK

Our awesome ambassadors and staff will be taking led rides back to Wolli Creek Station. If you feel your legs have got another 20km in them, jump back in the saddle and ride with them. They will be riding at a slow and leisurely pace. The led rides will leave from near the designated pick up area (car park) at the following times:

- 10:00 AM
- 10:45 AM
- 11:30 AM
- 12:15 PM
- 1:00 PM
- 1:30 PM

Trains will be running from Wolli Creek. You and your bike can travel for free on the train network.

BIKE SHOPS

Be sure your bike is ready for the Gear Up Girl. If you have any doubts as to the condition of your bike, check in with one of the Gear Up Girl bike shops before Sunday 11 March 2018 and receive 10% off in store. All you need to take with you is confirmation of your ride entry.

- PARK BIKES
- BOSSI BICYCLES
- TUNE CYCLES
FOR YOUR SAFETY

To ensure that you and your fellow riders have an enjoyable and safe Gear Up Girl, please adopt safe, courteous riding at all times by following these basic principles:

- Obey instructions by police and event staff
- Please start with your ride start time and follow route signage
- Not all roads are closed for the event
- Stop at red traffic lights
- Stop at pedestrian crossings
- Be mindful of motorists!
- Riders not obeying road rules will be asked to leave the event by Police or Event staff
- Ride on the left hand side of the road at all times
- Give hand signals when turning or stopping
- Look around you, remember if you STOP you do not have a brake light! You should call “stopping”
- Call “passing” when passing another rider
- Watch your speed, it’s not a race – it’s a community bike ride

There are steep descents and sharp turns!

Watch your speed when going downhill! Look after the people around AT ALL TIMES.

Follow the direction of Police, event marshals and event staff to ensure your safety.

Take Care! Enjoy your ride, thank the friendly volunteers you pass along the way and look out for your fellow cyclists.

BE SAFE - HAVE FUN - SEE YOU AT THE FINISH!

CYCLING ETIQUETTE

ON SHARED PATHS

Give way to pedestrians at all times.
Move off the path if you need to stop.
Be courteous and always show mutual respect to other path users.
Slow down near children, playgrounds and shops.
Ring your bell to warn others you are approaching.
Give clear hand signals.
Keep left where possible.
Be predictable. Indicate hazards to other riders. For example, a bollard that they may not see because you’re in front.

ON ROADS

You will be mixing with traffic at times, let our marshals guide you.
Be courteous and show mutual respect to all other road users.
Constantly scan the road ahead and the surrounding environment.
Avoid riding in driver’s blind spots. If you cannot see the driver, the driver cannot see you.
Do not hold onto vehicles.
Keep left, when not overtaking, where practicable.
Do not ride more than two abreast.
Use the road shoulder or left-hand lane to avoid obstructing other road users.
Avoid riding too close to parked cars to reduce the chance of colliding with pedestrians or the opening of car doors.
If riding uphill in a group, be considerate of other road users and ride in single file.
Give clear hand signals.
Be predictable.
Do not use your phone or listen to music while riding.
Indicate hazards to other riders.
Use bicycle lanes where available.
Red lights, stop and give way signs must be obeyed.
OUR AMBASSADORS

ASHA BAINES
22 years of avoiding a bike, after a complicated birth a specialist told me I could never run or cycle again. Now tell me what I can’t do and I’ll move mountains to prove I can. 3 years later, I found fitness, lost half my body weight, and completed a half marathon. It is time to tackle the big one. Time to get back on the bike!

I have heard about the supportive close-knit cycling community from friends as they ride, triathlon and ironman. I am asking as a newbie to be included, tucked under a supportive wing as I learn to ride from scratch again, and we complete Gear Up Girl together.

ASSMAAH HELAL
I’ve always loved sports and riding a bike as a kid, but like many others, I stopped in my late teens. I am so grateful to have rediscovered cycling.

My aim is to inspire women to be comfortable and confident in expressing who they are. Our group, the Sydney Cycling Sisters, exists to provide a safe and supportive environment for women to get together, socialise, get active, and explore a different side to Sydney!

CHARLENE BORDLEY
I am an everyday rider connecting communities with cycling. Riding frees my mind from the day to day running of a business. Cycling by rivers through bushland and exploring neighbouring suburbs reconnects me to the surrounding nature and gives me a sense of belonging.

Empowering others to ride and being part of that cycling journey, I have come to realise the benefits and rewards of being active.

DEBRA JASON
Being out on my bike always gives me a fresh perspective. It’s not just about the views, finishing line or getting from A to B, it’s about the little moments of serenity along the way, too.

Now in my late 40s – a full time working mum with two energetic children, life is busy and it can be a struggle to keep sane. Cycling has been a constant, it helps me to listen to my breath and my body, fuels me with the focus to do my work and more recently improve my mental health.
GEORGIA MARJORIBANKS
I caught the cycling bug during my university years, when a friend let me borrow a fancy road bike for a few months. Building up confidence on the mountain bike has been a slow process for me. I have just finished two months of skills coaching through Cycling Australia’s She Rides program and received endless support from a small tribe of female mountain bikers in my area.
These experiences have left me with a strong desire to pay it forward and help other women to feel safe, strong and confident on two wheels.

KATHERINE WERRETT
Cycling everyday saves me both time and money. It also takes me to my happy place and gives me the courage to set and achieve new goals in life.
I went from a reluctant commuter, who rode only for the sake of convenience, to a keen cyclist in a very short period of time. I was bitten by the bike bug and not even a tragically broken ankle was going to change that. Despite the adversity I faced in 2017, I now feel fitter and stronger now than I ever have in my life and I have cycling to thank for that.

LISA DARMANIN
My name is Lisa Darmanin, I am 26 years old and I won a Silver Medal at the 2016 Olympic Games in Sailing.
I travel the world with the Australian Sailing Team and so many of my teammates take their bikes on the World Tour for fitness and cross-training. I was so afraid I wouldn’t be good enough to ride or I might hurt myself. However this year after not riding a bike for over a decade, I decided I would stop being afraid and committed to buying a road bike so I could ride with my brothers, with my friends, meet new people and explore nature – and now I’m hooked!

KELLY MCMANUS
I am relatively new to cycling having bought my roadie in July 2016 in order to take up triathlons. I come from a swimming and running background, so when I started riding I loved the experience of being a newbie.
In the past 18 months I have been slowly and steadily building up my confidence through training for and participating in triathlons and I can’t wait to share the road with you in this amazing, female-only event. As a teacher at a girls’ school, I am passionate about involving girls and women in sport.
MEG GIBSON
My Dad has long inspired me to cycle – riding tandem with a blind friend for over 30 years.
Now a busy mum with three kids and having lost 40 kgs, I can be seen cycling to school drop offs and playdates with my four-person bike-bus (an electric cargo trike with tag-along). My tribe and I adore riding, we can often be found with our friends, cycling at a local park or spreading smiles as we ride the bike bus, singing and waving in the local area.
I find that riding with my kids allows me time to get some blood pumping as well as offering quality time together.

MELANIE CARROLL
Hi, I’m happy to be here to cheer you on – but especially those of you who, like me, are rediscovering the joys of cycling after a long break. In the last couple of months a few different people have inspired me to get back on my bike, and I’m so glad I did.
I hope that you will really enjoy this year’s ride, but that you will also find friends to ride with before and after the race too, whether you ride on the road, on a trail, or on a trainer in your own home.

MELISSA APPLEBY
I’m a cyclist and a type 1 diabetic, but I try not to let that slow me down! Juggling the highs and lows of diabetes can be challenging, but thankfully staying active helps me manage my blood glucose levels.
I’m really passionate about creating awareness for invisible illnesses like heart disease and diabetes. I truly believe in the importance of getting more girls and women involved in sport and exercise.

MELISSA ALDERTON
I got my first “proper” bike at 21, helped by my then boyfriend (now husband), a keen rider.
Motherhood got in the way, and riding took a bit of a back seat. About 6 years ago, I took up triathlon after losing weight and rediscovered my love of cycling.
With a family history of heart disease, I find cycling is a great way to de-stress, exercise and meet great people. I am so excited about being able to share my love of cycling, and encourage all women to give cycling a go.
RACHAEL NICHOLLS
The Cycling bug hit when I was 9. I discovered a new event called the Great Cycle Challenge where I raised money for Children’s Cancer Research and got to challenge myself to how many km’s I could ride throughout October. In the five years I have raised over $5000 and ridden over 2850 km.

Now, at the age of 13 I’m a member of Parklife Cycling Club and the Western Sydney Academy of Sport Cycling Squad. I am learning how to race both on the road and velodrome. I hope one day this will enable me to become a professional bike rider and mentor other new riders.

RACHEL LEACH
I fell in love with cycling as a pathway back to health after being diagnosed with Addison’s Disease in 2013. It’s a fun, social way to exercise and can be as hard or easy, long or short, hilly or flat as you choose it to be!

I’m also passionate about heart health following my (then) 28 year old brother’s heart transplant a few years ago, so Gear Up Girl is the perfect event for me.

SHAE TYE
With almost 40 years of avoiding any kind of exercise… my excess weight started to form. I finally realised the only way to loose the kilos was to MOVE!

Giving myself a one year goal to loose 23kgs before my 40th, I set out on the footpath each morning, walking 5kms, which then built up to a jog, then running by the 4th month. Both of my parents have had triple bi-passes, so the hereditary heart issues have me at high risk. The impact of running didn’t suit me, so I bought my first hybrid bike in March 2014. After completing an 8 week ‘how to ride’ course, my confidence grew, and I was riding safely on the roads, and making a new network of bike friends every Saturday morning as I joined local shop & club rides!

SHAZ SHAHNIA
My mum taught me how to ride a bike when I was younger, it was something she cherished in her younger years. Growing up was different, living in a country like Iran you don’t have that much freedom to ride bikes.

So I picked up riding again when I moved over to Australia when I was 18. I started making documentaries on Fixed Gear bikes in Sydney and met a lot of interesting and encouraging people so I started with basic group rides on my commuter and gradually built a serious passion for it. I was selected to be part of the Liv Ambassador program and kicked off my racing journey about a year ago. I recently have been elected as a member of women’s commission at Cycling New South Wales.
SUE DEVLIN

Riding is my happy place, it’s where I can get away from day to day stuff, enjoy the fresh air, the scenery, turn the legs over and forget about the dramas of the day. Or even better, ride with a friend and solve the world’s problems. Cycling is not only about physical exercise for me, it’s also good for my mental health.

Since participating in Gear Up Girl 2015, I’ve had the confidence to go from a hybrid to a road bike and join a cycle club where I regularly participate in group rides. It’s given me the confidence to get on a bike in many places around the world while on holiday. You see a whole new world while out on the bike and I’ve enjoyed being part of the cycling culture in The Netherlands, Germany and Italy.

TANIA MULVEY

Having started triathlon in 2012, I have been lucky enough to travel and race around Europe & Australia. Since moving from the UK to Sydney I have had a real appreciation for cycling, the adventures and the new roads the bike has allowed me to explore.

The rise in women’s participation is amazing. It’s great to see a focus on women’s development in local clubs as well as an increased participation in bunch rides and racing across Sydney. Gear up Girl is a great opportunity for like minded women to encourage one another, whether you are just starting out, have a fitness challenge or simply enjoy meeting new friends on the bike.

TRISH TAYLOR

In June 2012, I was diagnosed with Breast Cancer and underwent a bilateral mastectomy with 18 months of treatment. Then I was diagnosed with sarcoma in my left thigh.

Exercise after breast cancer especially is so important for wellbeing and heart health particularly.

In 1988 I cycled 1100kms Melbourne to Sydney for the Bicentenary Bike Ride.

This year I got back on my bike after a long break between kids. I love cycling because all levels of fitness can have a go. In October I rode almost 700kms in six days for Tour De Oroc a local fundraising cycle across western NSW. I am so excited to be associated with Gear Up Girl encouraging and inspiring women to cycle, to have the satisfaction of knowing that together we may have made a difference in someone else’s life.