



Cycling and Gear up Girl – Something that our politicians agree about!

Bicycle NSW is committed to creating a better environment for cycling and we are excited to have support and involvement from all levels of Government across the political spectrum for the Gear up Girl Ride on Sunday 3 March.

Gear up Girl has received endorsement from Prime Minister Julia Gillard, Deputy Opposition Leader Julie Bishop, NSW Minister for Transport Gladys Berejiklian and Deputy Leader of the NSW Opposition Linda Burney all highlighting one of our key messages for this initiative; cycling is for everyone!

Leading women from all walks of life have already signed up for the March 3rd ride and numbers are growing as the event date nears. Those already on board include Margie Abbott, Federal Greens Senator Lee Rhiannon, Federal MP Julie Owens and Shadow NSW Minister for Transport Penny Sharpe. Their involvement clearly demonstrates that Gear up Girl is an initiative all levels of Government agree is a positive step towards creating a better environment for cycling. The transport, health and social benefits of this for all Australians including cyclists, motorists, cycling fans and commuters are beginning to be realised.

Love Your Ride! – Gear up Girl is a feast of female cycling, with workshops for bikes and maintenance skills and three fantastic ride options on **Sunday 3 March 2013!** - Registration is now open www.gearupgirl.com.au

Now in its 8th year, Gear up Girl will showcase the cycling facilities and infrastructure of Western Sydney by providing three ride options, all finishing at Sydney Olympic Park. All three rides take in the sights and sounds in and around Sydney Olympic Park with the Challenge and River Rides extending to showcase the cycle ways along the Parramatta River.

“Gear up Girl provides rides for women that are social, fun and accessible for all abilities”. Says Bicycle NSW’s Events Coordinator Samantha Johnson “and we’re very proud to have such great support from across the community. We’re also excited to have The Kids Cancer Project and TAD Disability’s Freedom Wheels Program as the Gear up Girl event partner charities. This year we hope to raise over \$50,000 for each charity, so we encourage all women to get on their bikes and join us on Sunday 3rd March”.

Gear up Girl is a concept that creates a better environment for cycling by providing opportunities for women to participate in rides, educational talks and workshops as well as, to share information and their experiences. The concept is about social inclusion and removing the barriers that often prevent women from participating in recreational cycling.

Are you keen to get back on the bike but need a little more confidence before riding on the open road? Or do you already ride a bike and want to share the fun and health benefits with your friends? Gear up Girl is the perfect opportunity to ride a bike in a fun, social and safe environment. Join us for Gear up Girl Sydney Sunday 3rd March and Love Your Ride - www.gearupgirl.com.au

For further information, content, pictures or interviews please contact

Name: Samantha Johnson, Events Coordinator

Tel: (02) 9704 0806

Email: samanthaj@bicyclensw.org.au

Event Details

Event Name: Gear up Girl

Date: Sunday 3 March 2013

Location: Sydney Olympic Park to Parramatta – Loop Ride

Time: 7:30am

Website: www.gearupgirl.com.au

Email: info@gearupgirl.com.au

Tel: (02) 9704 0801











[Proudly supported by]





Gear up Girl Government Support & Involvement





For profiles and complete statement go to <http://gearupgirl.com.au/category/gear-up-girl-women/>

Supporting Gear up Girl	
	Prime Minister Julia Gillard - <i>"The Gear up Girl Ride sends a great message that cycling is for everyone – it's accessible and enjoyable; a great way to get fit and catch up with friends."</i>
	Deputy Opposition Leader Julie Bishop - <i>"Congratulations on your involvement in this fantastic initiative and support of the Kids' Cancer Project and TAD Disability Services. I am a great advocate of the benefits of regular outdoor exercise for women."</i>
	NSW Minister for Transport Gladys Berejiklian - <i>"As Minister for transport, it is great to see events such as Gear up Girl promoting the benefits of cycling and how it can be included in everyday life."</i>
	Deputy Leader of the NSW Opposition Linda Burney - <i>"Gear up Girl provides an opportunity for women to have a go in a safe and supportive environment. I hope that it encourages more women to get into cycling as part of a healthy and active lifestyle."</i>
Riding Gear up Girl	
	Margie Abbott - <i>"Gear Up Girl will be my first real test on the bike – I haven't been cycling long so it will test my fitness and stamina but it will also be a great way to spend some time with friends who are also enjoying the challenges of cycling!"</i>
	Federal MP Julie Owens
	Greens Senator Lee Rhiannon
	Shadow NSW Transport Minister Penny Sharpe

[Proudly supported by]





	<p>Kate Bates Former Olympic and World Champion cyclist and Board Member of Bicycle NSW - <i>“Cycling is a beautiful way of life – and sharing it with the community, particularly with woman, is a hugely rewarding thing.”</i></p>
	<p>Carolyn New Cycling Advocate and Board Member of Bicycle NSW – <i>“Empowering more women to take up their right to ride their bikes wherever they need..... not to mention, a really great ride”</i></p>
	<p>Jayme Richardson TAD Ambassador & Paralympic Cyclist</p>
	<p>Rachael de Zylva Cycling Advocate, creator and founder of BikeGal.com – <i>“Being on a bike is so much more lovely than being cooped up on a bus or a train. And the time on a bike at the end of the work day also helps you to leave your work behind you as you cycle home.”</i></p>

[Proudly supported by]

