



MEDIA RELEASE

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300 cyclists kick off Festival of Cycling

The Canberra Festival of Cycling commenced today with a Ride to Work breakfast attended by 300 cyclists in Civic.

“It was a great morning to ride to work and it was a great way to start the Festival of Cycling,” said Pedal Power spokesman Tony Shields.

Cyclists enjoyed pancakes, fruit, buns, tea and coffee at the Breakfast in Veteran’s Park, Civic which was opened by the Minister for Health, Simon Corbell. Mr Corbell rode in from Weston Creek before cycling off to work at the Legislative Assembly.

“Riding is an ideal way to get around Canberra and riding to work is a tremendously healthy way to start the day”, said Mr Corbell.

Ride to Work Day was also celebrated throughout Victoria in what may lead to be a national event in the future.

The breakfast launched the Canberra Festival of Cycling, which will run through till 28 November 2004. The Festival covers over 50 different events ranging from easier breakfast rides to the more gruelling Fitz’s Challenge and MONT 24 hour race.

Tony Shields said, “Almost 40% of Canberrans cycle at least once a fortnight and with spring in the air, it’s a great opportunity to get on your bike. The Festival of Cycling is another reason to get on your bike.”

The first big event is the MONT 24 hour mountain bike race, this weekend at Kowen Forest. Most people enter in teams but some tough individuals will be doing the race on their own. For those who want to stay on road there is the Rotary Scenic tour which is also this Sunday.

Next up is the Fitz’s Epic (215km), Fitz’s (158km), Tharwa (96km) and Tanners (48km) Challenges which are run in the foothills of the Brindabellas on 31 October. The Fitz’s Challenge includes a ride up the demanding Fitz’s Hill. Entry forms are available at bike shops or at **www.pedalpower.org.au**.

Then there is the Tour de Femme on the 14 November which attracts over 300 female cyclists.

Details of all the Festival events can be found at www.pedalpower.org.au