



MEDIA RELEASE

**** Embargo: Monday March 6 ****

Start a cycling career on Ride2School Day

Cycling Victoria is backing this month's national Ride2School initiative and reminding students to prepare carefully, particularly if they are riding for the first time.

The nation-wide event on Friday, March 17 will see more than 350,000 students attending about 2500 schools riding their bikes from home, many of them in Victoria.

Cycling Victoria chief executive Kipp Kaufmann said Ride2School was an opportunity for children to be more adventurous on their bikes.

Among those taking part on March 17 will be Newport sisters Sienna (14) and Scarlet (12) who will be riding the 3km from their home to school in Williamstown.

"I love riding my bike to and from school," said Sienna. "I can just get on my bike and go. I don't have to wait for Mum."

Williamstown High School actively encourages its students to ride and there's much competition for the best spots in the packed bike shed.

Mr Kaufmann said that riding to school was when many children first discovered freedom and independence.

"It's when they and their parents may consider joining a cycling club to learn more about riding in a secure and controlled environment," he said. "It could be the start of a sporting career or just a life-long love of cycling."

This year Cycling Victoria released "[10 Tips for Safe-to-School Cycling](#)", a simple start-up guide for those students riding to school for the first time.

Mr Kaufmann encouraged keen student cyclists to visit the Cycling Victoria website to find [a nearby club](#). Family membership in most cases includes insurance for all cyclists in the family.

Additionally he recommended schools and parents wanting to encourage children to ride could enrol in the national junior riding program designed by Cycling Australia, [Let's Ride](#). The program teaches children to ride safely by developing their knowledge, skills and confidence – giving parents peace of mind.

Register for Ride2School [here](#).

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More information:

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Attention editors:

Attached pictures for general use:

1. *Sienna (white helmet) and Scarlet (pink helmet) ride in to school at Williamstown.*
2. *Williamstown High School students claim their bikes for the ride home.*

See attached graphic: *10 Tips for Safe-to-School Cycling*

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