

# Central Coast Community Cycling Challenge

FREE

## Come on Coasties - Get back on your bike!

### WHO:

Over 18 and haven't been on a bike for a while ... or ever? The Cycling Challenge is for you!

### WHY:

Cycling is: a great way to get around; great for your health & hip pocket; great for your community; great for the environment; ... & above all, great fun!

### WHAT:

The Central Coast has loads of free, easy & fun ways for you to 'Get back on your bike!' Your challenge is to simply try some. **Just tick off 5 boxes from the amazing choices in the categories following and you've met the challenge. At least 2 of your choices must be from the 'I'm Riding' category (green).**

### WHEN:

Spring is a sensational time for cycling so get out there & enjoy it. Tick off 5 boxes by the end of November 2011 and send in your completed Challenge form by 5 December 2011 **to go in the draw to win one of 100 cycling packs** (back pack, high vis vest, water bottle, bumper sticker, cycling guide, healthy cookbook ... & much more).



*Ticking 5 boxes should be easy. You might even be able to tick 10?*



### Conditions:

- Open to all Central Coast residents 18 years and over. One entry per person.
- Post completed entry forms to: Community Cycling Challenge, Central Coast Health Promotion, PO Box 361, Gosford 2250
- OR fax completed entry forms to: 4349 4866

## Gathering Info / Getting Motivated

*Check out some of these wonderful web sites:*

- [cyclingpromotion.com.au](http://cyclingpromotion.com.au)  
- how to get into, get more from, & benefit from cycling
- [bicycleinfo.nsw.gov.au](http://bicycleinfo.nsw.gov.au)  
- the NSW Government's new 'one stop' bicycle info website
- [gosford.nsw.gov.au/road\\_safety/cycleways](http://gosford.nsw.gov.au/road_safety/cycleways)  
- Gosford City Council's Road Safety & Cycleways website
- [wyong.nsw.gov.au/discover-wyong-shire/cycleway-and-footpaths/](http://wyong.nsw.gov.au/discover-wyong-shire/cycleway-and-footpaths/)  
- Wyong Shire Council's cycleways & footpaths website
- [gosford.nsw.gov.au/cyclingguide](http://gosford.nsw.gov.au/cyclingguide) - The Central Coast Cycling Guide
- Get psyched to go cycling by attending Gosford City Council's FREE Bike Week Film Festival** on Friday eve 23/9 at Avoca Beach Picture Theatre.
- Calculate your vehicle's carbon footprint and see how much of a difference you could make by riding a bike** - Look up RTA Drive Green on the web

*If you can, just grab your bike, give it a quick check, pump up the tyres, strap on a helmet and ride! Feel free to skip to the 'I'm Riding!' category for some ideas. But if you need some extra information, motivation or preparation you can try some of the things listed here.*

## Getting Prepared

- Get a bike and/or helmet.** Bike shops offer fitting, servicing and good value. Family or friends may also be able to help.
- Get your bike serviced & helmet checked** at a local bike shop.
- Enrol in a local cycling skills & bike maintenance training course. FREE courses are scheduled for both weekends of NSW Bike Week (Sat 17<sup>th</sup>, Sun 18<sup>th</sup>, Sat 24<sup>th</sup> & Sun 25<sup>th</sup> September)** Contact your local AustCycle provider, Finesse Cycling, on 0414 210 926 for details of these & other courses.



## I'm Riding!

*This is the most important category. You must try at least 2 things from here.*

*Try out some of the Coast's newest/best cycling infrastructure:*

- Gosford City Council's newest section of the NSW Coastline Cycleway.** Starting at Fishermans Wharf, Woy Woy, take a ride on shared pathway alongside the water to McMasters Road, Woy Woy ... & soon to continue to Ettalong.
- Wyong Shire Council's best section of shared pathway.** Start at The Entrance or Chittaway Bay (or anywhere in between) & enjoy a scenic ride around Tuggerah Lake foreshore.
- Gosford City Council's newest section of shared path.** Starting at Broadwater Park (Seabreeze Ave), Kincumber or Saratoga Oval (Willaroo Rd), meander around the foreshore on shared paths, raised boardwalks & quiet roads.
- Mt. Penang Parklands, Kariong** - A great place to ride on very quiet roads in parkland surroundings.
- Bouddi National Park or Brisbane Water National Park mountain bike trails.** For maps & more info, visit the NSW National Parks & Wildlife Service website.
- Borrow the tandem bike from Woy Woy Library** & go for a spin along the cycleway with family or friends.
- Hire a bike locker located at one of many train stations** - call Transport Info 131 500 and follow the prompts
- Take a ride on your local &/or favourite cycleway, shared path etc.** Please tell us which one it is .....

*Participate in an organised ride:*

- Join the community in Gosford City Council's 'Park To Park' Ride from 10am-12pm on Sunday 25/9** - a fitting finish to NSW Bike Week 2011. A guided & leisurely ride around Brisbane Water, along the cycleway from Lions Park (North Burge Road) Woy Woy to Lions Park (Masons Parade) Gosford. There will be information stalls and a mechanic on hand to ensure your bike is in good shape for the ride!
- Try one of Gosford City Council's Sunday Cycle rides - on the 1<sup>st</sup> Sunday of every month.** Social cycling at its best anytime of the day along an idyllic waterfront route between Gosford & Woy Woy. Anyone can join in! No start/finish times. Just turn up and cycle - for more info, check out [gosford.nsw.gov.au/road\\_safety/cycleways](http://gosford.nsw.gov.au/road_safety/cycleways)
- Try one of the Central Coast Touring Cycle Club's easy 'First Sunday of the month' rides** - about 30 km on level bike paths with a stop for coffee midway. For more info, see [cctcc.org.au](http://cctcc.org.au) or phone 4324 2486
- Try one of the Toukley & District Cycle Club's 'eazy rides'** - all rides easy to medium in pace & difficulty. For more info, see [toukleycycleclub.org.au/eazyrides](http://toukleycycleclub.org.au/eazyrides) or phone 4396 5173
- Ride to work on National Ride to Work Day - Wednesday 12/10.** Join the commuter revolution! See [ride2work.com.au](http://ride2work.com.au)
- Enter the Bicycle NSW Spring Cycle (16km City Ride - NEW for 2011!) - On Sunday 16/10.** This is the ideal intro to the event for families, occasional riders and those new to bike riding. Ride over the Harbour Bridge and take in views of iconic City landmarks. See [bicyclensw.org.au](http://bicyclensw.org.au)

## Keeping it going!

*Try to make cycling part of everyday life by ticking some things from here!*

*Become a Swapper*

- Swap short car trips for a bike ride at every opportunity
- Swap a car trip to work for a bike ride once a week, a fortnight or even a month
- Swap your second car for an electric bike - you'll be amazed at how much more riding you do!

*See [swapit.gov.au](http://swapit.gov.au)*

- Ride regularly\* - ride for transport or recreation one or more times per week**

*Get connected with your community*

- Join Bicycle NSW's Online Community** at [community.bicyclensw.org.au](http://community.bicyclensw.org.au). Also, check out the major benefits & minor costs of becoming a BNSW member at [bicyclensw.org.au](http://bicyclensw.org.au)
- Join the Central Coast Touring Cycle Club Inc.** - a group of easy-going, sociable people who meet each Sunday morning for recreational bicycle rides. Not a racing club. See [cctcc.org.au](http://cctcc.org.au) or phone 4324 2486.
- Join the Toukley & District Cycle Club Inc.** - recreational cycling in a social and friendly environment. Many members are aged from their mid-forties to well into their seventies. See [toukleycycleclub.org.au](http://toukleycycleclub.org.au)
- Follow 'CC\_Cycleways' on Twitter &/or 'Central Coast Cycleways' on Facebook** for the latest updates about Council's cycling related activities and news stories.
- Try cycle touring for your next holiday.** Cycle touring is a great way to actively see other regions of NSW, Australia or even the world.

*\* Increase your frequency and distance gradually.*



Mr  
Mrs  
Ms  
Title: ..... Name: .....

Age  18-54  55+

Suburb: .....

*For the purpose of contacting prize winners please provide:*

Email: .....

and/or Phone Number: .....

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