

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far? 950K's**

**How do you build up your km's each week?/Where do you ride?**

*Riding Bike SA challenge rides, tour down under, weekend rides*

**What major benefits do you find from cycling?**

*Relaxation, fresh air*

**What advice would you give to people who have just started cycling?**

*keep at it.*

**How did you devise your commuting route**

*I try and avoid commuting through heavy traffic by leaving earlier or by taking back streets*

**How far is your commute?**

*approx 16k's each way.*

**What type of bike do you ride?**

*Road, Mountain*

**How many kms have you built up so far? 80**

**How do you build up your km's each week?/Where do you ride?**

*From Thornleigh to Sydney on weekdays, on mountain biking on the weekends*

**What major benefits do you find from cycling?**

*camaraderie*

**What advice would you give to people who have just started cycling?**

*keep going*

**How did you devise your commuting route**

*Via cycle paths where possible*

**How far is your commute?**

*24Km*

### **What type of bike do you ride?**

*Mountain Bike*

**How many kms have you built up so far? 52km**

### **How do you build up your km's each week?/Where do you ride?**

*Ride Silverwater-Rhodes-Silverwater (18km) twice a week through Olympic Park. Ride with family & grand children on weekends (abt 5km)*

### **What major benefits do you find from cycling?**

*Health benefits & fitness. 2 yrs ago I suffered heart failure from a viral infection & was fitted with a defibulator. I now suffer from low blood pressure. As the heart is a muscle & muscles get stronger as the result of exercise I have been able to improve my blood pressure by cycling.*

### **What advice would you give to people who have just started cycling?**

*Start of slow & learn to control your bike*

### **How did you devise your commuting route**

*N/A*

### **How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Road & Mountain Bikes*

### **How many kms have you built up so far?**

*100km*

### **How do you build up your km's each week?/Where do you ride?**

*Ride Telopea-Mt Druitt-Telopea (60km) with some members of Parramatta Cycle Club on Saturday. Ride Silverwater-Rhodes-Silverwater (18km) twice a week with my wife & a friend. Family outings with grand children usually within Olympic Park (5-10km).*

### **What major benefits do you find from cycling?**

*Major health benefits, to myself & wife. Social interaction with fellow riders & friends.*

### **What advice would you give to people who have just started cycling?**

*choose an area to ride which has little traffic & few hills until you learn to control your bike & ride with confidence. Sydney Olympic Park/Bicentennial Park area is ideal, also Sydney's Centennial Park is another area.*

### **How did you devise your commuting route**

*N/A*

### **How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Mountain/Road*

### **How many kms have you built up so far?**

*56*

### **How do you build up your km's each week?/Where do you ride?**

*I ride from my home at Colyton to Mt Druitt train station where I have hired a bike locker to store my bike. Also have planned social rides such as Blue Mountains National Park on Sat 22nd May which is approx 32kms with my Son and will do other rides on weekends.*

### **What major benefits do you find from cycling?**

*Because of the exercise it make my start to the day better. I feel alert and want to start the day at work. It also saves me \$6.60 a day in bus fares and the bike is more reliable then the bus arriving on time to meet my train to work.*

### **What advice would you give to people who have just started cycling?**

*To be aware of cars and keep away from traffic and main roads. Try and use paths, vacant land and quiet roads rather then main roads. Like driving a car be aware of what is around you and keep a good look out at all times.*

### **How did you devise your commuting route**

*It is my normal route to the stations but I am able to keep off main and busy roads.*

### **How far is your commute?**

*3.5 kms each way, total 7 kms daily*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 206**

**How do you build up your km's each week?/Where do you ride?**

*I ride a couple of days before work and on the weekend. I live at Hornsby so Bobbin Head, Berowra-Galston and the Hawkesbury/Mt White are my staple rides*

**What major benefits do you find from cycling?**

*Fitness and sheer pleasure of the open air*

**What advice would you give to people who have just started cycling?**

*First take it easy on fairly flat country away from traffic until you build up confidence*

**How did you devise your commuting route**

*I used to commute but after two broken collar bone incidents I no longer ride to work. Besides the traffic gets worse and worse! Now N/A*

**How far is your commute?**

*Used to be 27 km each way*

### **What type of bike do you ride?**

*Commuting*

### **How many kms have you built up so far?**

*10,000 km every year*

### **How do you build up your km's each week?/Where do you ride?**

*Mostly to work, also some longer rides on weekends, and a long tour about once per year.*

### **What major benefits do you find from cycling?**

*Less stressful than driving to work in car and not being sure I will get there on time.  
SO its all about health.*

### **What advice would you give to people who have just started cycling?**

*Go with a friend who is more experienced. If commuting start in early January when there is less traffic and plenty of light.*

### **How did you devise your commuting route**

*Street directory at first, gradually changed the route over time, as bike paths got built (eg beside airport) and go different ways sometimes for variety.*

### **How far is your commute?**

*Varies, 36-40km per day.*

**What type of bike do you ride?**

*hybrid*

**How many kms have you built up so**

**far? 68**

**How do you build up your km's each week?/Where do you ride?**

*commute mostly*

**What major benefits do you find from cycling?**

*health*

**What advice would you give to people who have just started cycling?**

*when you get tired on a ride dont stop keep going*

**How did you devise your commuting route**

*i live near cooks river cycle way*

**How far is your commute?**

*13 km each way*

**What type of bike do you ride?**

*Mountain Bike*

**How many kms have you built up so far? 75**

**How do you build up your km's each week?/Where do you ride?**

*I ride in Parramatta Park, Sundays mornings*

**What major benefits do you find from cycling?**

*Fitness and entertainment,*

**What advice would you give to people who have just started cycling?**

*Cycling is about having fun and enjoyable time (unless you want to be hardcore cyclist), take it simple!*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*flat bar road bike*

**How many kms have you built up so**

**far? 20.6**

**How do you build up your km's each week?/Where do you ride?**

*To work and back*

**What major benefits do you find from cycling?**

*Cheaper commute than public transport and fitness.*

**What advice would you give to people who have just started cycling?**

*Don't forget to lock your new bike!*

**How did you devise your commuting route**

*Checked the City of Sydney Bike Maps and then tried not to get hit by a Bus on York Street.*

**How far is your commute?**

*3.73km*

**What type of bike do you ride?**

*Brompton fold-up*

**How many kms have you built up so far? 0**

**How do you build up your km's each week?/Where do you ride?**

*Home to the train station, and train station to work*

**What major benefits do you find from cycling?**

*Fitness, cost effective, and quicker than catching the bus*

**What advice would you give to people who have just started cycling?**

*Stick to quiet streets to build up confidence, ride through parks and on cycleways where possible.*

**How did you devise your commuting route**

*Someone at work showed me the route they ride.*

**How far is your commute?**

*2.5*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 174

**How do you build up your km's each week?/Where do you ride?**

*I try and ride to work twice a week from Queenscliff to my workplace in Sydney City (20km per trip) and also do recreational rides around the Northern Beaches on the weekend.*

**What major benefits do you find from cycling?**

*I enjoy cycling as it improves my fitness and muscle tone, is often faster than catching public transport and makes me feel like I am doing my bit to help tackle climate change. it also gives me bragging rights to my husband as the kilometres start to build up!*

**What advice would you give to people who have just started cycling?**

*The more you cycle the more confident you get at negotiating traffic and the easier it becomes. Keep at it!*

**How did you devise your commuting route**

*A combination of internet searching and physical scouting.*

**How far is your commute?**

*approximately 20km*

**What type of bike do you ride?**

*Tourer*

**How many kms have you built up so far? 55**

**How do you build up your km's each week?/Where do you ride?**

*Commuting to work. I ride from St Leonards to Gordon.*

**What major benefits do you find from cycling?**

*Its fun, good for mental and physical health and it saves heaps of money.*

**What advice would you give to people who have just started cycling?**

*Research your route on [www.bikely.com](http://www.bikely.com) to get the easiest route with the least traffic. Allow time so you don't have to rush. And stick with it. After a month, it will get much easier and faster.*

**How did you devise your commuting route**

*I found some great off road paths by exploring my local area. I also used maps from local councils, and the bikely website.*

**How far is your commute?**

*11km*

**What type of bike do you ride?**

*Road + Mountain*

**How many kms have you built up so far? 35.5**

**How do you build up your km's each week?/Where do you ride?**

*Ride to Work Ride with Mates Ride with family*

**What major benefits do you find from cycling?**

*fitness, weight loss, time with friends + family, time "unplugged"*

**What advice would you give to people who have just started cycling?**

*it does become addictive, so set yourself up well and you will get alot out of it*

**How did you devise your commuting route**

*internet mapping tools and experience to devise the least car traffic/most bike lanes*

**How far is your commute?**

*35km round trip*

### **What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far? 100**

### **How do you build up your km's each week?/Where do you ride?**

*I ride to & from work on 4 out of 5 days each week (and walk on the remaining day).*

### **What major benefits do you find from cycling?**

*Improved fitness and overall energy levels, plus giving me some space between work & home - a good way to both warm up to the day and then de-stress on the way home.*

### **What advice would you give to people who have just started cycling?**

*Ride where you are comfortable riding to improve your confidence. Use the street directory and be inventive about finding new cycling routes. Always wear a helmet, indicate with hand-signals, and ring your bell to warn pedestrians on shared pathways.*

### **How did you devise your commuting route**

*I did a practice ride and observed other cyclists along the route, and also checked the street directory to identify the quietest streets to take. Fortunately, most of my journey is on a shared pathway.*

### **How far is your commute?**

*9 km*

**What type of bike do you ride?**

*road, mountain,*

**How many kms have you built up so far?**

*100*

**How do you build up your km's each week?/Where do you ride?**

*m7, local mt druit area, landillo, richmond*

**What major benefits do you find from cycling?**

*fun fitness*

**What advice would you give to people who have just started cycling?**

*enjoy riding, keep safe, be aware of everthing thats going on around you. but most of all have fun.*

**How did you devise your commuting route**

*na*

**How far is your commute?**

*na*

### **What type of bike do you ride?**

*Road, Mountain, Recumbent, Tandem*

### **How many kms have you built up so far?**

*136*

### **How do you build up your km's each week?/Where do you ride?**

*Work-and-back (Balmain - North Sydney) 3 - 4x/wk, recreational rides in the city on weekends*

### **What major benefits do you find from cycling?**

*Outdoor activity, exercise, money-saving, fun*

### **What advice would you give to people who have just started cycling?**

*Don't be foolhardy in traffic, but don't be too timid, either -- we have a right to our bit of road space. Be polite to other road-users. Enjoy the ride.*

### **How did you devise your commuting route**

*Shortest - quickest - least road traffic (there are trade-offs -- I could have far less traffic if I were prepared to cycle quite a bit further)*

### **How far is your commute?**

*8.5 km (one way)*

**What type of bike do you ride?**

*Road & Mountain*

**How many kms have you built up so far? 50**

**How do you build up your km's each week?/Where do you ride?**

*Community and training rides*

**What major benefits do you find from cycling?**

*Fitness*

**What advice would you give to people who have just started cycling?**

*Buy a good bike and join a group*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Mountain, Road*

### **How many kms have you built up so far?**

*142*

### **How do you build up your km's each week?/Where do you ride?**

*Riding to work, for fitness, and commuting.*

### **What major benefits do you find from cycling?**

*Stress relief, health, increased interaction with the community, cheap method of transport.*

### **What advice would you give to people who have just started cycling?**

*Take your time getting used to your bike. Learn how to change and repair a flat tyre. Learn the road rules that apply to cyclists. Yes, it is scary riding on the road. So, practice bike handling skills, and riding on bike paths before riding on roads. If you ride on the road and/or in the dark, you must at least get front and rear flashing lights. A reflective vest/clothing is highly recommended for safety.*

### **How did you devise your commuting route**

*Reviewed bike maps provided by local council and the RTA. Walked and drove around the areas where I would have to ride on the road during the times I would commute. Then did a couple of practice rides on the weekend to get familiar with the route. Where I had to ride on the road, I attempted riding on and off the footpath until I was confident. After actually riding the commute route, I would try alternative routes based on my experience on the ride.*

### **How far is your commute?**

*Approx 16.5km each way.*

**What type of bike do you ride?**

*Hybrid*

**How many kms have you built up so**

**far? 30**

**How do you build up your km's each week?/Where do you ride?**

*Home to Manly Wharf Circular Quay to work and return*

**What major benefits do you find from cycling?**

*fitness socialising fun out and about in the city and in the open air*

**What advice would you give to people who have just started cycling?**

*Take it slowly, build up cycle fitness, get to know how your bike works, then join a BUG to develop*

**How did you devise your commuting route**

*Just followed the bus route*

**How far is your commute?**

*7-8 kms each way*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?**

*140*

**How do you build up your km's each week?/Where do you ride?**

*I ride from the inner west to the CBD commuting weekdays. I aim to ride on the weekend for a recreational ride.*

**What major benefits do you find from cycling?**

*Fitness, mental alertness and weight maintenance*

**What advice would you give to people who have just started cycling?**

*Invest in a good quality bike. Keep it well maintained. Own some lights and hi vis gear.*

**How did you devise your commuting route**

*A combination of trial and error, and google maps. Check [www.bikely.com.au](http://www.bikely.com.au) for popular commutes and rides.*

**How far is your commute?**

*Approx 10.5km*

### **What type of bike do you ride?**

*Flat Bar road/commuting*

### **How many kms have you built up so far?**

*220*

### **How do you build up your km's each week?/Where do you ride?**

*Commuting from Baulkham Hills to work at Liverpool Hospital*

### **What major benefits do you find from cycling?**

*It keeps me fit, reduces petrol, parking and motor vehicle costs and keeps me sane.*

### **What advice would you give to people who have just started cycling?**

*If you commute to work, take the safest route, even if it's a bit longer, make sure you are visible by getting good reflective/bright clothing and good lights. Use puncture resistant tyres but carry 2 spare tubes. Find a reliable bike shop near work. You CAN cycle in winter, just get the right gear. Research your route to work and try it out on a weekend before you start commuting.*

### **How did you devise your commuting route**

*Bikely, RTA cycleway maps and physically getting out there and checking out dead end streets etc*

### **How far is your commute?**

*44 km return*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 1328

**How do you build up your km's each week?/Where do you ride?**

Comuter Challenge started being logged as training for charity ride 'Youth of The Streets' from Sydney to Surfers Paradise. Majority of the logged klms (915) have been completing the ride last week.

**What major benefits do you find from cycling?**

General health

**What advice would you give to people who have just started cycling?**

Be fitted to a bike by a professional and purchase cycle clothing for the conditions you intend to ride in.

**How did you devise your commuting route**

N/A

**How far is your commute?**

N/A

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far?** 73.6

**How do you build up your km's each week?/Where do you ride?**

*Commuting to work from Sutherland to Hurstville and back again.*

**What major benefits do you find from cycling?**

*Health, time to think, environmentally friendly, saves money.*

**What advice would you give to people who have just started cycling?**

*Give yourself time to build up your fitness level. That hill that is at first discouraging might be a satisfying challenge two weeks later and a breeze after a couple of months.*

**How did you devise your commuting route**

*Google maps.*

**How far is your commute?**

*9.2km each way*

### **What type of bike do you ride?**

Hybrid

### **How many kms have you built up so far? 35**

### **How do you build up your km's each week?/Where do you ride?**

*I'm part of a team of 3-5 employees of who meet at the office at 6:30am - three days per week. As we're novices, who prefer not to ride on the roads, we very quickly make our way into Lane Cove National Park, where we have built up to 26 kms with 7 hills for good measure. Our coach (and chief motivator) is Phil, so we call them Phil's Killer Diller Hills. This course has been excellent training for the Sydney to Gong rides in 2008 and 2009 and the 2009 Loop the Lake. Although it is a little chilly in the park at 6:30am in winter, we love our rides in the early morning peace and tranquillity. Although we're not commuters, we're hoping this challenge will encourage us to continue to ride through the winter.*

### **What major benefits do you find from cycling?**

*My cardio vascular fitness is great - which helps my swimming. I work better and think better when I've been for a ride 3 times per week.*

### **What advice would you give to people who have just started cycling?**

*Persist*

### **How did you devise your commuting route**

*n/a*

### **How far is your commute?**

*n/a*

### **What type of bike do you ride?**

*Commuter*

### **How many kms have you built up so far? 0**

### **How do you build up your km's each week?/Where do you ride?**

*To and from work depending on children's extracurricular activities. Riding home after dropping my daughter to work and picking her up again when she was on her Ls. Her 20 minute drive for logbook is my 25 km 80 minute ride. Less chance since she earned her Ps 11 months ago. Son is 16 Friday!!!*

### **What major benefits do you find from cycling?**

*Cardiovascular fitness, fuel savings*

### **What advice would you give to people who have just started cycling?**

*Plan your trip, allow extra time, build up slowly, safety is important so use the best equipment you can afford, be visible*

### **How did you devise your commuting route**

*Went the back way instead of the main road, had heard from others that the back way was a safe cycling route*

### **How far is your commute?**

*24.4km*

**What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far? 85**

**How do you build up your km's each week?/Where do you ride?**

*A couple of times a week i ride to newtown train station, catch the 5.58 to homebush, then have a 6km or a 10km ride to work, depending on how inspired i feel (!! ) and what time my first meeting is.*

**What major benefits do you find from cycling?**

*cycling gives you exercise and fitness, and because i'm integrating it into my trip to work it doesn't take any more time in the day and doesn't really feel like exercise.*

**What advice would you give to people who have just started cycling?**

*buy cool clothes to cycle in - that will inspire/guilt you to get up on those cold mornings*

**How did you devise your commuting route**

*by looking at whereis.com and figuring out the best route with bicycle tracks*

**How far is your commute?**

*6-10kms, depending on the route*

**What type of bike do you ride?**

*road, mountain & Hybrid*

**How many kms have you built up so**

**far? 43**

**How do you build up your km's each week?/Where do you ride?**

*Commute from Blue Mtns to city & training*

**What major benefits do you find from cycling?**

*fitness, social & environmental*

**What advice would you give to people who have just started cycling?**

*keep going & vary to last the distance*

**How did you devise your commuting route**

*friends & trial & error*

**How far is your commute?**

*35 - 50ks depending on route (72 if ride all the way in)*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so**

**far? 316**

**How do you build up your km's each week?/Where do you ride?**

*Ride to and from work at least 3 times per week and do a longer ride with a local group on Sunday mornings.*

**What major benefits do you find from cycling?**

*Keeps me fit and enables me to get to and from work without having to walk to public transport and whilst doing my bit for the environment.*

**What advice would you give to people who have just started cycling?**

*Take it easy and build your confidence with your riding and surrounding environment.*

**How did you devise your commuting route**

*A bit of trial an error at first but I try to use the most direct route utilising bike paths and has minimal traffic*

**How far is your commute?**

*25 kms*

**What type of bike do you ride?**

*Hybrid (Trek 720)*

**How many kms have you built up so**

**far? 64**

**How do you build up your km's each week?/Where do you ride?**

*Commuting only. (Don't really understand the question!)*

**What major benefits do you find from cycling?**

*Fitness/health, car maintenance and petrol costs.*

**What advice would you give to people who have just started cycling?**

*Perseverance. Make it as enjoyable and as safe as possible. Ask for advice. Search the internet for tips (eg. [www.SydneyCyclist.com](http://www.SydneyCyclist.com)). If other cyclists' behaviour looks dangerous or unsafe then don't feel obliged to copy them - be yourself.*

**How did you devise your commuting route**

*Trial and error and near-misses. I vary it sometimes for interest.*

**How far is your commute?**

*16km*

### **What type of bike do you ride?**

*Road bike*

### **How many kms have you built up so far?**

*not really been keeping track*

### **How do you build up your km's each week?/Where do you ride?**

*Commuting to work from Epping/Carlingford and working up to full ride home*

### **What major benefits do you find from cycling?**

*Weight loss, improved strength and most importantly for someone with depression 'Mood Elevation!'*

### **What advice would you give to people who have just started cycling?**

*Start now! Initially set small goals of improvement. You will be amazed at how quickly you improve. Talk to friends who ride. Ride Safe! Be well lit! Obey the road rules, especially red lights, as it is better to arrive a bit late than to not arrive at all. Wave in thanks or mouth 'Thank You' to drivers who respect your right to be on the road. Expect that EVERY driver and pedestrian WILL do the most stupid, most dangerous (for you) and/or least expected thing everytime. Ride on Bike paths if they are there. Be patient. Last but not least acknowledge your fellow cyclists as it may be you I'll have to help !*

### **How did you devise your commuting route**

*Spoke to cycling friends, looked at RTA & Council bike path maps and internet. Bike Forums and sites like [Bikely.com](http://Bikely.com) or [mapmyride.com](http://mapmyride.com) and then tried different options to ride the route that is the best route for me.*

### **How far is your commute?**

*approx 27k each way.*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 100

**How do you build up your km's each week?/Where do you ride?**

*Weekend rides for fitness. Royal National Park. Hornsby, Kuringai, Mt White*

**What major benefits do you find from cycling?**

*Fitness.*

**What advice would you give to people who have just started cycling?**

*keep aware of the surroundings. Make eye contact with drivers at intersections. Move across in lanes early when going around pot holes etc.*

**How did you devise your commuting route**

*Wide shoulders, or a wide left lane for major roads. Smooth surface. Direct route*

**How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Trek 7.5, Hybrid*

### **How many kms have you built up so far? 75**

### **How do you build up your km's each week?/Where do you ride?**

*I do laps on my own around Centennial Park for endurance, and ride with colleagues through Lane Cove River park and surrounds for hill work plus the occasional ride into Observatory hill and back from North Ryde.*

### **What major benefits do you find from cycling?**

*fitness, "alone time" when riding around Centennial Park,*

### **What advice would you give to people who have just started cycling?**

*Keep going! the more you do, the further you want to go. You be surprised how far you can ride after a short while.*

### **How did you devise your commuting route**

*N/A but I if did, I would you the cycle paths to/from North Ryde*

### **How far is your commute?**

*14 km round trip*

**What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far?**

*50.4*

**How do you build up your km's each week?/Where do you ride?**

*Ride to work on average 3 times a week and maybe a social ride on the weekend.*

**What major benefits do you find from cycling?**

*Beating the traffic to work and able to get a "park" outside the office, its a good wake-up method in the morning and also it makes me feel better about myself.*

**What advice would you give to people who have just started cycling?**

*Keep up the good work, because you have already taken the hardest step, now find a good group of cyclist friends to keep you otivated on those cold mornings!*

**How did you devise your commuting route**

*The route which uses the main roads the least - i.e. the bicycle track.*

**How far is your commute?**

*between 8 - 10km*

**What type of bike do you ride?**

*Touring bike*

**How many kms have you built up so far?**

*13 km - started this morning*

**How do you build up your km's each week?/Where do you ride?**

*I intend to commute 3 times a week. Approxiamately 27 km round trip each time.  
Longueville to the City*

**What major benefits do you find from cycling?**

*Exercise - it uses the time I would normally be sitting on or waiting for a bus. Weight loss and general mental well being. Convenient and quick commuting.*

**What advice would you give to people who have just started cycling?**

*Ride confidently in the traffic and dont be afraid to use the whole lane. Get plenty of good lights and reflective clothing /equipment*

**How did you devise your commuting route**

*Trial & Error - trying to avoid the worst of the main roads.*

**How far is your commute?**

*27 km round trip*

### **What type of bike do you ride?**

*Road & Commuter*

### **How many kms have you built up so**

**far?** *in the challenge - 100*

### **How do you build up your km's each week?/Where do you ride?**

*ride to / from work - almost 25km per day plus try to get out for a Saturday ride of about 100km (but I make this only 2 times a month)*

### **What major benefits do you find from cycling?**

*fitness, weight control, social contact, no parking, no second car, no bus, no timetable, beautiful scenery on way to work*

### **What advice would you give to people who have just started cycling?**

*find someone to ride with, make it part of your every day "easy" things to do - if it is too hard then you will avoid it*

### **How did you devise your commuting route**

*Wollongong fortunately has a good North / South cycleway that gets me most of the middle part of the way to work - I just had to find the lowest traffic / easiest route from home to cycleway & cycleway to work*

### **How far is your commute?**

*just under 25 km round trip*

## **What type of bike do you ride?**

*Fiji Tourer*

## **How many kms have you built up so far?**

*274*

## **How do you build up your km's each week?/Where do you ride?**

*I ride to work, from half way up the Blue Mountains to Kingswood, in the western Suburbs of Sydney.*

## **What major benefits do you find from cycling?**

*Fitness, weight loss, and a euphoria when I look out over the mountains to the east and see Sydney, and to the West to see mist clearing in the Valley below. Also keeps my knee arthritis under control and gives me mobility I would not otherwise have.*

## **What advice would you give to people who have just started cycling?**

*stick with it - yes, it can be scary, and sometimes it is harder work than you would like-but it really is worth it. Invest in a good bike, some good clothes, and a good set of lights, and use the lights during the day as well. Try to ride confidently, as if you have been doing it for years - even if you haven't!*

## **How did you devise your commuting route**

*Trial and error. I changed it a couple of times after realising there were parts of it that were far too dangerous to do every day.*

## **How far is your commute?**

*48 klm, undulating but trending down. It is so steep coming back that I don't have the time of the fitness to ride all the way back, so I catch a train at various points up the mountain, depending on how I feel. So total is somewhere between 50 lkm and 60 klm per day around three times a week.*

**What type of bike do you ride?**

Road

**How many kms have you built up so far? 250**

**How do you build up your km's each week?/Where do you ride?**

*I now commute to and from work each day. Have gradually built up to 5 days.*

**What major benefits do you find from cycling?**

*\* Improved fitness \* Improved diet (need to eat right to fuel my body \* Helps with my work/life balance.*

**What advice would you give to people who have just started cycling?**

*\* Gradually build up - take small steps - ride part of the way then jump on the train for the rest of the way. Initially allow plenty of time and pick good weather days only. Ideally find an experienced buddy for the first few trips.*

**How did you devise your commuting route**

*Trial and error, talking to fellow cyclists and asking a lot of questions.*

**How far is your commute?**

25

**What type of bike do you ride?**

*mountain bike*

**How many kms have you built up so far?**

*160km*

**How do you build up your km's each week?/Where do you ride?**

*from mosman via ourimbah rd over the harbour bridge through the city on sussex st to alexandria via george st bike route and bourke st bike lane.*

**What major benefits do you find from cycling?**

*fitness, stress relief, meeting other riders on the bridge.*

**What advice would you give to people who have just started cycling?**

*high vis clothing bell and a good light.*

**How did you devise your commuting route**

*went onto city of sydney website and looked up bike routes it had a map of the bike lanes*

**How far is your commute?**

*20km*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 63

**How do you build up your km's each week?/Where do you ride?**

*Riding to and from work several times a week. I like to try and ride a different way each time*

**What major benefits do you find from cycling?**

*It's good exercise, a great social activity and a faster way to commute than driving*

**What advice would you give to people who have just started cycling?**

*Be safe. Always ride within your means. It's not a race.*

**How did you devise your commuting route**

*By working out the best way to ride avoiding major traffic routes*

**How far is your commute?**

15km

### **What type of bike do you ride?**

*Flat bar comuter / Apollo Everest*

### **How many kms have you built up so far?**

*362 km*

### **How do you build up your km's each week?/Where do you ride?**

*140km /per week which consists of 8 km return trip to work, 5 days and shopping trips plus fitness rides . I work on anaverage 20km a day each day*

### **What major benefits do you find from cycling?**

*increased stamina , weight loss , and generally feeling good*

### **What advice would you give to people who have just started cycling?**

*start with short rides , if possibly ride every day , use bike paths where possible , when using the road be visible (lights reflective vests etc)*

### **How did you devise your commuting route**

*I used the same route I drive to work*

### **How far is your commute?**

*8km return*

**What type of bike do you ride?**

*Road Bike*

**How many kms have you built up so far? 205**

**How do you build up your km's each week?/Where do you ride?**

*Around town and to outlying towns.*

**What major benefits do you find from cycling?**

*Health/fitness. Reduce Carbon Emissions. Make friends.*

**What advice would you give to people who have just started cycling?**

*Just start small. There is nothing wrong with a 5km ride, and never buy a bike from Target (or Kmart or Big W)*

**How did you devise your commuting route**

*Just when the most obvious way.*

**How far is your commute?**

*6km*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 91**

**How do you build up your km's each week?/Where do you ride?**

*Commuting - Petersham to Broadway*

**What major benefits do you find from cycling?**

*Health, environment and cost*

**What advice would you give to people who have just started cycling?**

*Be careful, learn your route, obey the road rules, use lights day and night!*

**How did you devise your commuting route**

*Road in with my husband, who has been commuting for years.*

**How far is your commute?**

*11.3 km return*

**What type of bike do you ride?**

*Flat bar road bike*

**How many kms have you built up so far? 32**

**How do you build up your km's each week?/Where do you ride?**

*Twice per week 32km ride along old Pacific Highway between Moonie Moonie and Calga with a group of six friends*

**What major benefits do you find from cycling?**

*Fitness, weight control, socialisation*

**What advice would you give to people who have just started cycling?**

*Take it slowly and persevere*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Tourer & Mountain Bike*

**How many kms have you built up so far? 550**

**How do you build up your km's each week?/Where do you ride?**

*Tour of the West*

**What major benefits do you find from cycling?**

*Fitness, stress relief, fuel savings, environmental advantages*

**What advice would you give to people who have just started cycling?**

*Do some research, buy the correct bike & make the first ride an enjoyable one.*

**How did you devise your commuting route**

*Studied bike maps, Bikely.com, rode the route on a weekend before commencing commuting.*

**How far is your commute?**

*32Km*

**What type of bike do you ride?**

ROAD

**How many kms have you built up so far?**

15

**How do you build up your km's each week?/Where do you ride?**

RIDE AROUND MY LOCAL AREA AND PARTICIPATE IN ORGANISED RIDES

**What major benefits do you find from cycling?**

FITNESS

**What advice would you give to people who have just started cycling?**

SMALL RIDES ARE GOOD TO START OFF WITH. IT DOESN'T TAKE LONG TO BE ABLE TO DO 60KM.

**How did you devise your commuting route**

N/A

**How far is your commute?**

N/A

### **What type of bike do you ride?**

Road

### **How many kms have you built up so far?**

170

### **How do you build up your km's each week?/Where do you ride?**

*About twice a week, I "commute" from home to home - usually a 30-50 km ride - with friends on the weekend, solo during the week.*

### **What major benefits do you find from cycling?**

*Stress release, fitness, clears the mind, general health, learning mental perseverance and stamina as well.*

### **What advice would you give to people who have just started cycling?**

*Ride on the bike paths to start, while you build your skills, confidence and fitness. Then add the quieter roads and get comfortable on those, before adding the busier ones (ride with friends in a two-abreast group). Be courteous, observe the road rules, and remember you're just as entitled to be there as all the other vehicles.*

### **How did you devise your commuting route**

*Have a destination - a friend's place, a cafe, a beach. I try to include as many national parks, bike paths and quieter roads as possible.*

### **How far is your commute?**

30-50 km

**What type of bike do you ride?**

*mtn and road*

**How many kms have you built up so**

**far? 60**

**How do you build up your km's each week?/Where do you ride?**

*mtn bike trails for work and play*

**What major benefits do you find from cycling?**

*fitness and happiness*

**What advice would you give to people who have just started cycling?**

*keep it up and join in with others*

**How did you devise your commuting route**

*na*

**How far is your commute?**

*na*

## What type of bike do you ride?

Hybrid

## How many kms have you built up so far?

180

## How do you build up your km's each week?/Where do you ride?

120Km commuting each week

## What major benefits do you find from cycling?

The freedom and interdependance. The main benefit for me is its a lot quicker to cycle to work than go by public transport, 40mins as opposed over 1 hour each way! It also helps with my fitness.

## What advice would you give to people who have just started cycling?

Go cycling with someone who has cycled before or go on a cycling course to learn. Learn to cycle on quite routes. A friend of mine is afraid of cycling, so I will take him out to learn to cycle.

## How did you devise your commuting route

When we moved from the Sydney CBD to Parrmatta I looked at the routes on the the Google maps and used the bikely.com to work the route. When I was in the Parramatta at work in the shower and bike area I met a couple of people who cycle from the inner part of Sydney to Parramatta and now we use a email called 'Parramatta Peleton' at work and I send a meeting at each week to see who is cycling and they accept if they are, other uses can also see who is cycling. Now they drop me off at Olympic Park as I am working there for 12 months or so!.

## How far is your commute?

15Km to Olympic Park, 24K to Parramatta

### **What type of bike do you ride?**

*retro road bikes(bikes that i have restored),mountain bike also*

### **How many kms have you built up so far?**

*165*

### **How do you build up your km's each week?/Where do you ride?**

*by commuting to work (55km each day)as many times as i can each week.I also sometimes (atleast 2 a month )do a social ride with frends from work.*

### **What major benefits do you find from cycling?**

*weight control,cardio fitness,helps control blood pressure and pre diabeites sindrome,it also makes you feel younger*

### **What advice would you give to people who have just started cycling?**

*take it slow,learn to use your geers, and spin your legs ,speed and stamina will come.*

### **How did you devise your commuting route**

*safety*

### **How far is your commute?**

*55km round trip*

**What type of bike do you ride?**

*Mountain bike*

**How many kms have you built up so far? 45**

**How do you build up your km's each week?/Where do you ride?**

*ride during my lunch break*

**What major benefits do you find from cycling?**

*keeps me fit*

**What advice would you give to people who have just started cycling?**

*keep at it*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Road, Touring & Mountain (shopping)*

### **How many kms have you built up so far?**

*120*

### **How do you build up your km's each week?/Where do you ride?**

*Saturday ride - around 50km Shopping & local area to CBD fortnightly for Blood Bank*

### **What major benefits do you find from cycling?**

*No parking problems Cross training with running Cheap*

### **What advice would you give to people who have just started cycling?**

*Find a friend of about the same fitness & enthusiasm. Learn how to modify your bike so it fits you. Don't increase distance too quickly.*

### **How did you devise your commuting route**

*Take every possible route and select the best for traffic, hills, road surface. Occasionally, ride a different route if you are not in a hurry.*

### **How far is your commute?**

*N/A*

### **What type of bike do you ride?**

Road

**How many kms have you built up so far?** 170

### **How do you build up your km's each week?/Where do you ride?**

*I ride to work each day from Doonside to work and then to netball practice on Monday and Tuesday, and home the remaining days. I also usually ride to Bible study on Tuesday nights.*

### **What major benefits do you find from cycling?**

*Being ready to start my work day, or stress relief on the way home (I will ride along the M7 on the way home - I will ride longer on a bad day). It also keeps me fit, happy, and saves us a fortune (1 wife / 3 kids / 1 income / 1 car)*

### **What advice would you give to people who have just started cycling?**

*Start in Spring and get an appropriate bike that you enjoy riding. Also go slow and enjoy short rides with friends regularly.*

### **How did you devise your commuting route**

*The shortest safe route, longer is just for pleasure.*

### **How far is your commute?**

*ave 8km*

**What type of bike do you ride?**

*Hybrid*

**How many kms have you built up so far? 350**

**How do you build up your km's each week?/Where do you ride?**

*Bug's rides, Home to Huskisson (20km return)*

**What major benefits do you find from cycling?**

*Social, aerobic fitness*

**What advice would you give to people who have just started cycling?**

*Be patient with yourself and enjoy.*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Road and mountain*

**How many kms have you built up so**

**far? 136 km**

**How do you build up your km's each week?/Where do you ride?**

*From Crowsnest to Darlinghurst t work each day*

**What major benefits do you find from cycling?**

*General fitness*

**What advice would you give to people who have just started cycling?**

*Stay safe , wear a helmet , put lights on your bike*

**How did you devise your commuting route**

*The most direct route*

**How far is your commute?**

*10 km*

**What type of bike do you ride?**

*commuting*

**How many kms have you built up so**

**far? 190**

**How do you build up your km's each week?/Where do you ride?**

*70 per week commute, plus visit friends, shop, etc*

**What major benefits do you find from cycling?**

*Get to where I want to go*

**What advice would you give to people who have just started cycling?**

*Its fun*

**How did you devise your commuting route**

*It varies, hills, traffic, rain etc*

**How far is your commute?**

*14k return*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so**

**far?** *starting today, right now!*

**How do you build up your km's each week?/Where do you ride?**

*I add about 10 mins a week to the Sat ride 2x per month and I race 2x per month (20km) and ride 1x each week for 30 mins*

**What major benefits do you find from cycling?**

*fun, fitness, stress reduction, weight control, can eat more!*

**What advice would you give to people who have just started cycling?**

*have fun, stay alert, use your eyes and ears, don't use your ipod, just enjoy rolling along!*

**How did you devise your commuting route**

*n/a*

**How far is your commute?**

*n/a*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?** 150

**How do you build up your km's each week?/Where do you ride?**

*Commute to work Seaham to Newcastle Pleasure rides at weekend in Williams/Hunter valley*

**What major benefits do you find from cycling?**

*Fitness, Relaxation, cheap transport*

**What advice would you give to people who have just started cycling?**

*Learn to know what is around you in traffic, try and anticipate what other road users might do. Always assume the worst case situation (ie They haven't seen you) and have an escape route. Motorcycle training teaches this very well at moment.*

**How did you devise your commuting route**

*Pick back roads or major roads with breakdown lane or sufficient spare tarmac at edge to provide cycling space. Avoid major junctions if possible.*

**How far is your commute?**

*80km return(40km each way)*

### **What type of bike do you ride?**

*Flat bar road bike*

### **How many kms have you built up so far?**

*159 for this challenge so far*

### **How do you build up your km's each week?/Where do you ride?**

*I try to ride every day. I ride to work 40ks return twice weekly. Social with friends on Sundays and if not working then a quick 30 mins for exercise.*

### **What major benefits do you find from cycling?**

*enjoyment, relaxation, alone time, thinking time, fitness, one less car on the road.*

### **What advice would you give to people who have just started cycling?**

*Your bum will get better quickly. Your fitness will increase quickly. And don't forget to stop at the cafe for a really nice lunch and coffee :-)*

### **How did you devise your commuting route**

*There is not really many choices where I go. I travel from Campbelltown to Camden.*

### **How far is your commute?**

*43ks return*

### **What type of bike do you ride?**

Road

### **How many kms have you built up so far?**

78

### **How do you build up your km's each week?/Where do you ride?**

*Ride to work 2 or 3 days. Most weeks will do a fitness ride along M7 cycleway. Few trips up to the shops*

### **What major benefits do you find from cycling?**

*Like the combination of exercise, time to think and the idea of travelling significant distances, powered only by my body. It seems very natural and a bit primitive. I really like the feeling of riding.*

### **What advice would you give to people who have just started cycling?**

*Take it easy, build up the km slowly and don't feel that you have to buy all the clothing accessories that go with it. Try wearing normal loose clothes - it is good for commuting.*

### **How did you devise your commuting route**

*Many years of trying different routes and searching maps. The advent of the cyclepath along the railway line was great. I also will travel extra km to get a safer route.*

### **How far is your commute?**

*About 36 km return trip*

### **What type of bike do you ride?**

*A bike with those intermediary tyres (smooth in middle with bmx type bit on edge)*

### **How many kms have you built up so far?**

*about 20 from beginning the challenge*

### **How do you build up your km's each week?/Where do you ride?**

*i have the flu now but if i didn't i would just be riding in the afternoons to the creek or go for longer rides on the weekends*

### **What major benefits do you find from cycling?**

*fun, stress release, challenging, social, fitness*

### **What advice would you give to people who have just started cycling?**

*don't give up if you feel like you tire because you will get fitter - make sure you take lots of breaks when starting out and drink lots of water and dont rely on energy drinks*

### **How did you devise your commuting route**

*n/a*

### **How far is your commute?**

*n/a*

**What type of bike do you ride?**

*road, mountain*

**How many kms have you built up so far?**

*86*

**How do you build up your km's each week?/Where do you ride?**

*commute to/from work when i can plus sat morning bunch ride*

**What major benefits do you find from cycling?**

*big fitness improvement, was getting puffed putting bins out! new social group and purely free time*

**What advice would you give to people who have just started cycling?**

*simply enjoy it and learn the cycling road rules. respect the rules and motorists will respect you.*

**How did you devise your commuting route**

*from work to home there is really only 1 way you can travel, regional area, whilst avoiding certain traffic hotspots by taking some side streets*

**How far is your commute?**

*19.60km*

**What type of bike do you ride?**

*Recumbent Trike*

**How many kms have you built up so far? 250**

**How do you build up your km's each week?/Where do you ride?**

*Commuting daily and weekend pleasure rides*

**What major benefits do you find from cycling?**

*Health, fitness, reduced fuel costs, fun, satisfaction*

**What advice would you give to people who have just started cycling?**

*Make sure your cycling is a pleasure, not a chore. That can come from the route you ride, the distance you ride, the reason you ride, or even how you feel about your ride when it is over, or a combination of them all. But if you allow riding to become a chore, it won't last long; that's why the pleasure has to come first.*

**How did you devise your commuting route**

*The route to work is the quickest available, while the route(s) home is whatever takes my fancy.*

**How far is your commute?**

*15km each way, roughly*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so**

**far?** *1005klms*

**How do you build up your km's each week?/Where do you ride?**

*Locally Mount Ousley to Austimer. Mount Ousley to Albion park*

**What major benefits do you find from cycling?**

*Health and Fitness, great for controlling Type 2 Diabetes*

**What advice would you give to people who have just started cycling?**

*When starting out also ways take baby steps at first you will benefit in the long run*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

### **What type of bike do you ride?**

*Mountain Bike*

### **How many kms have you built up so far?**

*210*

### **How do you build up your km's each week?/Where do you ride?**

*My bike takes me on a return trip from home to work, to the shops, doctor appointments, and leisure rides.*

### **What major benefits do you find from cycling?**

*The biggest benefit is confidence. Not only am I constantly amazed by my ability to ride through Sydney City traffic, but I am awed by my bodies ability to take me places so effectively.*

### **What advice would you give to people who have just started cycling?**

*Learn from other cyclist. This includes learning what to do, and especially what not to do! Begin by traveling with someone who has bike experience if you want to ride in the City region. And stay alert, I don't recommend riding if you're feeling tired, sick or physically worn, or after a heavy night.*

### **How did you devise your commuting route**

*With practice. I continue to change my route as I learn from other cyclists. I also have a map picked up from Town Hall opening. It shows all the inner City bike paths.*

### **How far is your commute?**

*25km.*

### **What type of bike do you ride?**

Road

**How many kms have you built up so far?** 158

### **How do you build up your km's each week?/Where do you ride?**

*Mostly riding to work, with a contribution from weekend recreational rides and riding with the kids. Reduced mileage recently due to time off work with new baby...*

### **What major benefits do you find from cycling?**

*Fitness and health (physical and psychological), reduced commuting costs (about \$5k/year cheaper than the car was), more consistent travel time - less affected by traffic congestion etc.*

### **What advice would you give to people who have just started cycling?**

*Be realistic, but don't let yourself off the hook. If you have a longish commute, start by going one way only - take the bike to work on the train & ride home. Once you can do that comfortably, ride both ways. Make yourself ride at least once a week to start with. And if you start in spring, the weather gets better before it gets worse - midwinter commuting can be pretty unpleasant at times.*

### **How did you devise your commuting route**

*Google maps followed by extensive trial & error*

### **How far is your commute?**

*21km or 23km for the scenic (or diverted due to easter show) route*

### **What type of bike do you ride?**

*1 x Road, 1, Hybrid, 1 x Mountain*

### **How many kms have you built up so far?**

*291*

### **How do you build up your km's each week?/Where do you ride?**

*Ride to work 3 to 4 days a week and one ride on the weekend*

### **What major benefits do you find from cycling?**

*Fitness, quite time, fellowship*

### **What advice would you give to people who have just started cycling?**

*Take it easy, build up slowly but keep at it. Ride regularly and have rest days. It can take a while for the initial feeling of fatigue to be overcome, and the sore bum will pass, just give it time !*

### **How did you devise your commuting route**

*road the tip on weekend trying to find a safe route, also talked to other riders*

### **How far is your commute?**

*25.5 each way*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?**

*160km*

**How do you build up your km's each week?/Where do you ride?**

*Commute and weekend recreation rides - home to Kurnell, home to Parramatta.*

**What major benefits do you find from cycling?**

*Fitness, mental health, enjoyment, being outside.*

**What advice would you give to people who have just started cycling?**

*Take it easy and do what you enjoy.*

**How did you devise your commuting route**

*Trying out different ways, following other cyclists.*

**How far is your commute?**

*3.6km one way.*

### **What type of bike do you ride?**

*Mountain bike, with lockable suspension & road tyres*

### **How many kms have you built up so far?**

*about 140*

### **How do you build up your km's each week?/Where do you ride?**

*I ride to work and back most days and occasionally on weekends with my wife and young son for recreation*

### **What major benefits do you find from cycling?**

*Exercise at the beginning and end of the day helps to keep me fit/stops me becoming unfit. The ride to work puts me in a good frame of mind for the day and the ride home helps me unwind. I also like the perspective on the world and contact with nature (even in the city) that you gain perched on a seat looking out over your handle bars.*

### **What advice would you give to people who have just started cycling?**

*Get to know your bike well before commuting. Do recreational rides first on cycleways or country roads. When commuting plan your ride to avoid heavy and fast traffic. Plan a route using back streets and cycleways that's safer even if it's a bit longer. It's less stressful riding into town before 7.30am and leaving for home around 4.30pm. Be a high viz dog. Take the bus if it's raining steadily or if it's got dark. You can ride home tomorrow.*

### **How did you devise your commuting route**

*I developed my current route over time by trying different options. I thought about the geography. I try to choose the longer gentler climbs and to stick to the ridgetops. In the morning when the roads are fairly quiet, I use roads. In the afternoon, when my morning route is busy with car traffic, I make the best use I can of bike paths. Doing a circuit is also satisfying as it provides variety.*

**What type of bike do you ride?**

*road/racing bike and urban bike*

**How many kms have you built up so far?**

*60*

**How do you build up your km's each week?/Where do you ride?**

*training at centennial park ~40km and commuting a day or two a week 20-40kms*

**What major benefits do you find from cycling?**

*fitness*

**What advice would you give to people who have just started cycling?**

*unsure....*

**How did you devise your commuting route**

*google maps, trial and error.*

**How far is your commute?**

*11km one way, 22km return*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

157

**How do you build up your km's each week?/Where do you ride?**

*Mixture of ride to work (28 km return) and local ride. I ride to work two or three days a week, and try to to a local ride in Lane Cove NP (12 km return) three days.*

**What major benefits do you find from cycling?**

*Fitness, relief from depression, flexibility in travel times, reduced use of car*

**What advice would you give to people who have just started cycling?**

*Keep it simple - build up your fitness over a period of a few months.*

**How did you devise your commuting route**

*Initially I used a book that shows cycle paths, quiet back streets etc. Then I experiment a little bit, and watch other cyclists.*

**How far is your commute?**

14.4 km each way

**What type of bike do you ride?**

*flat bar road bike*

**How many kms have you built up so**

**far? 10**

**How do you build up your km's each week?/Where do you ride?**

*Ride to work one day per week. Social ride on weekends.*

**What major benefits do you find from cycling?**

*Fitness Better bum!*

**What advice would you give to people who have just started cycling?**

*Start small and flat then build up slowly*

**How did you devise your commuting route**

*Same as I drive, back street.*

**How far is your commute?**

*Approx 5 km*

**What type of bike do you ride?**

*Mountain bike*

**How many kms have you built up so far? 100**

**How do you build up your km's each week?/Where do you ride?**

*ride with partner towards to uni & return to work. Repeated in the afternoon.*

*Weekends try to fit in some cross country*

**What major benefits do you find from cycling?**

*fitness & health benefits. Have always felt healthier with cycling as part of my life*

**What advice would you give to people who have just started cycling?**

*Don't be put off by traffic. Be courteous! Take it easy and enjoy yourself*

**How did you devise your commuting route**

*For hill training & distance. Tried to replicate commute conditions in Melbourne*

**How far is your commute?**

*depending on extensions 10KMS+ each way*

### **What type of bike do you ride?**

*Road and hybrid*

### **How many kms have you built up so far?**

*215*

### **How do you build up your km's each week?/Where do you ride?**

*two or three days to work 55km round trip fun/social ride on Sunday 50 to 90km Occasional shopping or social weekday trips*

### **What major benefits do you find from cycling?**

*Freedom, fitness, adrenalin rush, environmental brownie points*

### **What advice would you give to people who have just started cycling?**

*Just go for it. Work up your fitness gradually. Ride with more experienced (but sensible) riders to learn road skills. Try to avoid heavy traffic, your lungs will thank you. Research back-street routes and shared paths. A few extra kms are better than breathing fumes. Wear bright clothing and get the best lights you can find.*

### **How did you devise your commuting route**

*Mostly trial and error until I found the quietest, bike friendly route. Researched on Google, looked at local BUG maps, Ride Sydney etc.*

### **How far is your commute?**

*55 round trip*

### **What type of bike do you ride?**

*Giant Hybrid - Innova*

### **How many kms have you built up so far? 329**

### **How do you build up your km's each week?/Where do you ride?**

*We have a 30km ride we do after work - goes towards Hay and then cuts across to meet the Conargo Rd into Deniliquin. We do more on weekends.*

### **What major benefits do you find from cycling?**

*Fitness, relaxation, weight control, enjoyment.*

### **What advice would you give to people who have just started cycling?**

*Start gradually and build up. Get a good seat and a good pair of pants.*

### **How did you devise your commuting route**

*We can just fit in the 30km circuit after work before it gets dark. A circuit is better than riding out and then riding back on same route.*

### **How far is your commute?**

*I don't commute - just ride for leisure*

**What type of bike do you ride?**

*hybrid*

**How many kms have you built up so far?**

*125*

**How do you build up your km's each week?/Where do you ride?**

*i like to ride from wodonga-baranduda about 25kms and i also do a ride from wodonga out to wonga wetlands approx 30kms*

**What major benefits do you find from cycling?**

*riding invigorates me and makes me feel like a kid again!*

**What advice would you give to people who have just started cycling?**

*dont be afraid to ride like a 13yr old on a bmx!! just go nuts it feels great*

**How did you devise your commuting route**

*i use a combination of road and bike paths, i go for the safest route and sometimes the more interesting one.*

**How far is your commute?**

*12kms return*

### **What type of bike do you ride?**

Road & Mountain bikes

**How many kms have you built up so far?** 336

### **How do you build up your km's each week?/Where do you ride?**

mondays 50km with shoalhaven BUG to Berry & back tues 75km with friends to Murrays Beach & back thursdays MTB ride w/ Shoalhaven Bug 40 km Saturdays "roadies ride" w/ Shoalhaven BUG 40km Sundays road race with Nowravelo club 40km

### **What major benefits do you find from cycling?**

Fitness, friendship

### **What advice would you give to people who have just started cycling?**

Keep it up.The more you do, the more you can do and the more that you will enjoy it.Build up gradually and remember that it is an all weather sport.Many good rides have been missed because it was thought to be too windy,cold,hot or wet.

### **How did you devise your commuting route**

N/A

### **How far is your commute?**

N/A

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so**

**far?** *don't know*

**How do you build up your km's each week?/Where do you ride?**

*Commute 4 days week Mostly Sutherland Shire*

**What major benefits do you find from cycling?**

*Fun, health, more enjoyable than other forms of transport*

**What advice would you give to people who have just started cycling?**

*Find fun places and quiet streets to ride*

**How did you devise your commuting route**

*Looked at routes in RTA maps and improved on them*

**How far is your commute?**

*58kms*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

50

**How do you build up your km's each week?/Where do you ride?**

3 times a week to work , about 7km each way =42km and then 10 to 20Km on the weekends if possible.

**What major benefits do you find from cycling?**

*weight management feel great*

**What advice would you give to people who have just started cycling?**

*No rush. It is a sport you can do for many years.*

**How did you devise your commuting route**

*looked at bikely.com and discussed it with cycling friends then did a trial run when I did not have to go to work to see how long it would take me.*

**How far is your commute?**

7Km

**What type of bike do you ride?**

*Road and Mountain*

**How many kms have you built up so far? 44**

**How do you build up your km's each week?/Where do you ride?**

*To work on weekdays Group ride on weekends*

**What major benefits do you find from cycling?**

*Fitness Saving time & money*

**What advice would you give to people who have just started cycling?**

*Keep your pace. Maintain cadence. Be careful vehicles, animals, and people. Watch youtube to learn technical skills.*

**How did you devise your commuting route**

*Randomly follow other cyclists! Ask them!*

**How far is your commute?**

*11km*

**What type of bike do you ride?**

*road*

**How many kms have you built up so**

**far? 186**

**How do you build up your km's each week?/Where do you ride?**

*Ride to work, long rides on weekends*

**What major benefits do you find from cycling?**

*just getting out and about, Having fun with the boys. exercise.*

**What advice would you give to people who have just started cycling?**

*to just get out and enjoy it , have fun .. Pay for a decent bike not one that will give you trouble in a short time*

**How did you devise your commuting route**

*The route i use to go to work is wonderfull it is along a river and on bike paths.*

**How far is your commute?**

*30 klm*

## **What type of bike do you ride?**

Road - 1: 2009 Specialized Tarmac Pro (my most expensive luxury purchase ever!); 2: Felt F95 (for trainer)

## **How many kms have you built up so far?**

519

## **How do you build up your km's each week?/Where do you ride?**

I try to ride every day, and have worked out a number of circuits varying in length from 3km to around 50km which I can mix and match to suit the time I have, my energy levels or the weather. I usually ride either at 6am or 4pm. I began by riding circuits of the town, but now can be found pretty well anywhere in the Tweed Valley.

## **What major benefits do you find from cycling?**

Good health - physical, mental, emotional and spiritual. It gives me time to think, and also extra time during the day because I have higher energy levels and am fitter. I'm also 37 kg lighter than I was last August!

## **What advice would you give to people who have just started cycling?**

Hook up with some like-minded friends. Don't worry that you'll not be as good as others - we all started once! Get the best gear you can afford, especially shoes, knicks and gloves. Don't take yourself too seriously and always remember to have fun.

## **How did you devise your commuting route**

I work in some of the local villages - I am an Anglican priest - so if it's appropriate for me to turn up to something dressed casually, I just take my normal route on the bike. Turns out that most people are intrigued by a lycra-clad vicar! It certainly is a good conversation starter!

**What type of bike do you ride?**

*road bike*

**How many kms have you built up so**

**far?** *not yet*

**How do you build up your km's each week?/Where do you ride?**

*I ride to cronulla or bottany national park from ultimo and back*

**What major benefits do you find from cycling?**

*stress relief*

**What advice would you give to people who have just started cycling?**

*get on the bike and conquer your fears.*

**How did you devise your commuting route**

*I just found some nice cycling paths*

**How far is your commute?**

*40 kms*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 232

**How do you build up your km's each week?/Where do you ride?**

*Riding around the village on errands and fitness rides along the road to Grafton and to the next small village. All my fitness rides are along country roads.*

**What major benefits do you find from cycling?**

*Improved fitness and being able to have morning and afternoon tea without feeling guilty.*

**What advice would you give to people who have just started cycling?**

*Remember that you have to get back home so don't ride too far. Set yourself goals - like riding to the top of the next hill before turning around to go home. Then when you can do that comfortably ride to the top of the next hill. When you go to the top of the hill to turn around you start on a down hill ride back home.*

**How did you devise your commuting route**

N/A

**How far is your commute?**

N/A

### **What type of bike do you ride?**

*Road, Mountain, Dirt Jumper & Cruiser*

### **How many kms have you built up so far?**

*70 (started counting 2 days ago)*

### **How do you build up your km's each week?/Where do you ride?**

*I mountain bike on the weekends on the Central Coast and ride as part of the Sydney Cycling Club on weekdays to La Perouse, Bondi, Watsons Bay etc. And ride a short 2km to work (it's faster!).*

### **What major benefits do you find from cycling?**

*Good exercise, great way to site-see, make and retain friendships, exhilaration of riding fast!*

### **What advice would you give to people who have just started cycling?**

*If mountain biking, just get out there and go for it. If road riding, ride in areas with a small number of cars on the road, or where there's a high number of cyclists so motorists are aware of riders around - or better still - join a cycling club.*

### **How did you devise your commuting route**

*I can ride all the way to work without riding on the road - which means I'm never there during peak traffic.*

### **How far is your commute?**

*2km*

**What type of bike do you ride?**

*Road Bike Mountain Bike*

**How many kms have you built up so far? 211**

**How do you build up your km's each week?/Where do you ride?**

*Commuter and Mountain bike rides*

**What major benefits do you find from cycling?**

*Cut down on petrol use. Lowers blood pressure*

**What advice would you give to people who have just started cycling?**

*Start mountain bike riding before you try the road. Keep alert when riding on the road.*

**How did you devise your commuting route**

*Talking to people and looking at maps*

**How far is your commute?**

*29.6 KM each way*

### **What type of bike do you ride?**

*Road Bike, Flat-bar Road Bike, MTB*

### **How many kms have you built up so far?**

*422*

### **How do you build up your km's each week?/Where do you ride?**

*Various. 2 times per week home to work return + extra some days; Weekend social rides all over Sydney.*

### **What major benefits do you find from cycling?**

*Health. Also qucker and cheaper to ride to work than to drive.*

### **What advice would you give to people who have just started cycling?**

*Ride regularly, preferably with a partner or group for motivation. Add in a coffee stop during or after the ride to reinforce the social nature. Join a club - social or racing, or even both.*

### **How did you devise your commuting route**

*Trade off between Safety (main priority), its hilly nature, and time duration to do the ride. Also later began to add in scenic extensions for fitness in the return trip home. P.S. Harris Park has a superb Cafe with wonderful gelato.*

### **How far is your commute?**

*39km return. (18 in, 20 back)*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

69.9km

**How do you build up your km's each week?/Where do you ride?**

*Leisure riding on road surfaces*

**What major benefits do you find from cycling?**

Exercise

**What advice would you give to people who have just started cycling?**

*You will definitely enjoy it! It is a fantastic way to keep fit and meet new people. Think about what surface you will be riding on before purchasing your bike.*

**How did you devise your commuting route**

NA

**How far is your commute?**

NA

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 16**

**How do you build up your km's each week?/Where do you ride?**

*Commuter riding 2-3 days a week, more if I dont have to take the kids to day care!*

**What major benefits do you find from cycling?**

*General Wellbeing*

**What advice would you give to people who have just started cycling?**

*Be assertive but not aggressive on the road. If you are passive on the road you will get hurt.*

**How did you devise your commuting route**

*Mostly based on bike paths and safety, mostly try to avoid lane sharing with traffic unless necessary*

**How far is your commute?**

*9kms each way*

**What type of bike do you ride?**

*Mountain XC & Road*

**How many kms have you built up so far? 171**

**How do you build up your km's each week?/Where do you ride?**

*on bush walking tracks & fire trails around Mittagong area*

**What major benefits do you find from cycling?**

*I suffer with major depression a ride will lift me more than any pill or relaxation exercize or method*

**What advice would you give to people who have just started cycling?**

*Just start on short rides & build it up dont give the more you ride the you will enjoy it dont say you havn't got time make time it will make you feel Great*

**How did you devise your commuting route**

NA

**How far is your commute?**

NA

**What type of bike do you ride?**

*Road and mountain*

**How many kms have you built up so far? 12**

**How do you build up your km's each week?/Where do you ride?**

*Ride to and from visiting clients. Ride to the local shops. Ride around for recreation.*

**What major benefits do you find from cycling?**

*Better health, cheap transport but most importantly I find it thoroughly fun.*

**What advice would you give to people who have just started cycling?**

*There's no need to be Lance Armstrong to be a happy cyclist.*

**How did you devise your commuting route**

*RTA cycle maps, local cycleway maps, google maps/bikely and a bit of experimentation*

**How far is your commute?**

*6-15km*

### **What type of bike do you ride?**

*1 Road & 1 Mountain*

**How many kms have you built up so far?** 112

### **How do you build up your km's each week?/Where do you ride?**

*Riding to and from work (Commuting). Main roads down Grand Junction rd, North East Rd, Payneham Rd and Fullarton Rd (All in SA)*

### **What major benefits do you find from cycling?**

*Feeling fitter, healthier and stronger. Don't need to purchase a second car and pay for fuel and maintenance. Can exercise and commute at the same time therefore can spend more time with the family after work.*

### **What advice would you give to people who have just started cycling?**

*keep going. It might be hard work to start with but then it gets easier. Learn your balance if you have good balance then it will be hard to fall off. Look out for cars, you don't bounce and the ground is hard.*

### **How did you devise your commuting route**

*Google maps to find shortest route and check 'bikedirect' for bicycle lanes.*

### **How far is your commute?**

*13.7km*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

70kms for the commuter challenge

**How do you build up your km's each week?/Where do you ride?**

*I drive to Woy Woy Station, hop on the train to Hawksbury River with two other riders and we ride from Brooklyn to Pymble/Gordon via the Pacific Highway 2 days a week - Tuesday & Thursday. I ride on weekends with a group called the S.H.I.T Club on the Central Coast, which stands for the St. Huberts Island Tri Club.*

**What major benefits do you find from cycling?**

*Great fitness and a great way to start the day.*

**What advice would you give to people who have just started cycling?**

*Get fitted out for a bike properly and ride in a group if possible.*

**How did you devise your commuting route**

*Discussed with fellow riders the best way to go and also google maps*

**How far is your commute?**

35kms one-way

**What type of bike do you ride?**

*road, mountain, commuter*

**How many kms have you built up so far?**

*120 since Monday*

**How do you build up your km's each week?/Where do you ride?**

*I commute daily, but I ride extra kms because I love it. Usually 30-50 km a day*

**What major benefits do you find from cycling?**

*My cholesterol is under control at last. My heart is strong and I am slim and fit. And I get to eat as much as I want. And I have disposable income because I ditched the car.*

**What advice would you give to people who have just started cycling?**

*It isn't important how fast or how far that matters. It is 'every day' as part of your routine that makes the difference.*

**How did you devise your commuting route**

*I am a cartographer, so of course I consulted a map! I have since produced a map to help staff and students at my Uni to find their way as safely as possible. We have marvelous cycling infrastructure along the river and into the university.*

**How far is your commute?**

*30kms round trip*

### **What type of bike do you ride?**

*Giant Farrago*

### **How many kms have you built up so far?**

*69.46*

### **How do you build up your km's each week?/Where do you ride?**

*3 days a week: Home to Rydalmere Ferry Wharf, then Circular Quay to Forest Lodge Public School, then Sydney Uni; return journey is Sydney Uni to Forest Lodge Public School, then to Darling Harbour Kings Street Wharf, then from Rydalere Ferry Wharf to home.*

### **What major benefits do you find from cycling?**

*healthy heart and circulation, clearer thinking during and for some hours after the ride, cheap, wonderful being on the ferry, great way to spend quality time with my son (who is the second-half of the team on his Burley Piccolo), increased mobility (it's low-impact and non-weight bearing, which is crucial because I have rheumatoid arthritis and so have no cartilage in my left ankle), it teaches my son that exercise is something that can be integrated into everyday life*

### **What advice would you give to people who have just started cycling?**

*Congratulations. Don't be intimidated by motorists. Ride like you know you are entitled to your share of the road and you'll ride more safely; it's the timid and unsure who are most likely to be hit.*

### **How did you devise your commuting route**

*It's self-evident really: almost the line of least distance to the ferry wharf and then up from Circular Quay, although we take Hickson Road and then Pymont Bridge rather than George or King Street to avoid major traffic in tight places.*

**What type of bike do you ride?**

*Mountain Bike*

**How many kms have you built up so far? 15**

**How do you build up your km's each week?/Where do you ride?**

*So far I just ride locally, however, I plan to broaden this during the challenge. Each week I plan to add a few kms to my weekly average.*

**What major benefits do you find from cycling?**

*Increases the heart rate with little pressure on my hips and knees compared to many other exercises.*

**What advice would you give to people who have just started cycling?**

*If you lack motivation, find a cycling buddy. I also have posters and images hanging around my house and work office to keep me motivated.*

**How did you devise your commuting route**

*n/a*

**How far is your commute?**

*n/a*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 35**

**How do you build up your km's each week?/Where do you ride?**

*home to work. Bronte to Chippendale*

**What major benefits do you find from cycling?**

*Improved cardio abilities. Stronger joints and overall fitness benefits.*

**What advice would you give to people who have just started cycling?**

*Find a pattern that suits you. Ride for the benefit of your own health, to reduce your impact on the environment, even to save a few dollars or just for the sheer fun of it. Just find a reason to regularly get on the bike.*

**How did you devise your commuting route**

*After trialing a number of different routes I found the quickest one isn't always the safest yet I continue this same way but keep my senses tuned for close vehicles and pedestrians.*

**How far is your commute?**

*8.5 kms each way*

**What type of bike do you ride?**

*Mountain, Road*

**How many kms have you built up so far? 32**

**How do you build up your km's each week?/Where do you ride?**

*Home to work*

**What major benefits do you find from cycling?**

*Exercise, relaxation, clears the mind*

**What advice would you give to people who have just started cycling?**

*Ride with someone who does it, and stay off the main roads. Enjoy*

**How did you devise your commuting route**

*The first part is the only way from Balmain across the Gladesville Bridge. After that sometimes I go bush, or one of 4 or 5 different ways.*

**How far is your commute?**

*13 to 17 km each way*

**What type of bike do you ride?**

*Commuting (single speed)*

**How many kms have you built up so far?**

*95.15*

**How do you build up your km's each week?/Where do you ride?**

*Daily commute plus a Sat morning ride down the M7.*

**What major benefits do you find from cycling?**

*Fitness, weight loss, avoiding traffic congestion and believe it or not, it takes me the same time to get work cycling and showering than it does just driving.*

**What advice would you give to people who have just started cycling?**

*Be confident on the road if you have to ride on the road. Obey the road rules and cars will respect you a whole lot more. Take the time to chill out and enjoy the commute or cycle on the weekend. It's a great destress activity.*

**How did you devise your commuting route**

*I used Google Maps to lay out a rough route and then got on the bike and just explored until I found the best route. Exploring is what makes cycling so much fun.*

**How far is your commute?**

*10 km each day*

**What type of bike do you ride?**

*Hybrid Commuter*

**How many kms have you built up so far? 75**

**How do you build up your km's each week?/Where do you ride?**

*home-work and odd jobs - shopping etc*

**What major benefits do you find from cycling?**

*-Faster than driving -No parking hassles -it's fun!*

**What advice would you give to people who have just started cycling?**

*TAKE THE LANE! Don't ride in the gutter. Wear bright clothes and use flashing lights. Work out a route on quiet streets*

**How did you devise your commuting route**

*Tried a few different routes and settled on one that was not too busy. Then City of Sydney built separated cycle ways along about 40% of the distance... bonus!*

**How far is your commute?**

*5km each way*

**What type of bike do you ride?**

*Flat Bar Road Bike*

**How many kms have you built up so far?**

*350kms*

**How do you build up your km's each week?/Where do you ride?**

*I cycle with the Shoalhaven BUG's - from Nowra to Berry return(Monday) With a group of friends on WEd. around Callala Bay Village and around home by myself - to Huskisson return as a training ride and Saturday - Nowra to Greenwell Point return and sometimes a social ride on Sunday with BUG's.*

**What major benefits do you find from cycling?**

*fitness, health and stamina, and friendly social BUG's group to coffee with*

**What advice would you give to people who have just started cycling?**

*wear bright clothing - be visible on the road and cycle with safety*

**How did you devise your commuting route**

*local knowledge*

**How far is your commute?**

*20kms*

**What type of bike do you ride?**

*Commuting fold up bike*

**How many kms have you built up**

**so far?** *About 600 before I started the*

*Commuter Challenge*

**How do you build up your km's each week?/Where do you ride?**

*I ride for leisure and mainly go on the Cook's River cycle path; I have explored other cycle paths in Western Sydney*

**What major benefits do you find from cycling?**

*Getting outside in the sunshine and in the beauty of nature; health and fitness*

**What advice would you give to people who have just started cycling?**

*Do it for the enjoyment of it and find safe beautiful places to cycle!*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Commuter*

**How many kms have you built up so far?**

*68*

**How do you build up your km's each week?/Where do you ride?**

*I ride to and from work whenever practicality allows*

**What major benefits do you find from cycling?**

*I keep healthy, it's faster than public transport, and possibly a little cheaper too.*

**What advice would you give to people who have just started cycling?**

*Don't be afraid of commuting because of traffic on the road. There's plenty of good advice for how to deal safely with traffic.*

**How did you devise your commuting route**

*Firstly I looked at the RTA map, which was a help. Later I added some trial and error, but later I spoke to other commuters who I met en route at traffic lights etc and eventually discovered some extra bike lane rat-runs and other places that bikes can cut through which are not on the road (eg for me I can cut through Fox Studios to avoid a busy intersection).*

**How far is your commute?**

*8.5 km*

### **What type of bike do you ride?**

*Road and MTB*

### **How many kms have you built up so far?**

*248*

### **How do you build up your km's each week?/Where do you ride?**

*I commute to work at least 3 days per week, ride at night on my MTB with friends at local XC circuit. club Race on weekends on the Road bike and/or MTB.*

### **What major benefits do you find from cycling?**

*Fitness, freedom, cost saving, social activity*

### **What advice would you give to people who have just started cycling?**

*Enjoy the riding and let your body adapt over time rather than jumping in at the deep end!*

### **How did you devise your commuting route**

*Depending on my training goals I can vary my ride distance between 10km and 70kms.*

### **How far is your commute?**

*between 10-70kms*

**What type of bike do you ride?**

*Flat bar road*

**How many kms have you built up so far? 110**

**How do you build up your km's each week?/Where do you ride?**

*To and from work. Occasional social ride at weekends*

**What major benefits do you find from cycling?**

*Health and wellbeing. Enjoyment of being outdoors, enjoying changing seasons, daily exercise and saving money on petrol and parking*

**What advice would you give to people who have just started cycling?**

*Take your time, use back streets/ cycle paths. Try and be considerate to other road users and ignore the angry ones! ( its their loss)*

**How did you devise your commuting route**

*Trail and error.! Change the route by increments to keep it interesting*

**How far is your commute?**

*22 kms round trip*

## What type of bike do you ride?

Mountain

## How many kms have you built up so far?

42.75

## How do you build up your km's each week?/Where do you ride?

*I ride to and from work. I also ride on the weekend with friends to places like, Balmoral Beach, The Rocks in the Sydney just for fun and to see the sites on the way. When your not driving, going a little slower than a car you see a lot more of town. On a bike, you have access to places cars just can't go.*

## What major benefits do you find from cycling?

*My fitness has improved greatly and since I started riding in February this year I have lost 8kg!! I am type 1 (insulin dependent) diabetic so the improved fitness and weight loss has made controlling my diabetes much easier and I am using less insulin. I am much healthier. I also believe I am also being a good role model for my kids. I am showing them sport is fun and important for their health and has great rewards.*

## What advice would you give to people who have just started cycling?

*When starting to cycle, remember the first time is the hardest. Your body has to adjust and remember how do use its muscles for the activity of peddling. Remember why you are doing it; fitness, health benefits, fresh air, a great activity with family and friends or even saving money. Also remember the road rules, don't rely on drivers, pedestrians or other cyclist seeing you. Be seen or heard.*

## How did you devise your commuting route

*I devised my ride by looking on a map. I am very lucky that most of my ride to work is on bike path so it wasn't hard to work out. I then drove as much of the route as I could. Then on a weekend, I did the ride for the first time. I guess I like to be prepared!*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?** 369

**How do you build up your km's each week?/Where do you ride?**

*Riding about 4 times per week from Coogee to La Perouse and back (22k's) with the occasional extended ride to Centennial Park and about 10 laps there bringing the total to just over 70k's.*

**What major benefits do you find from cycling?**

*Fitness, riding early in the morning when there is no traffic, and commuting.*

**What advice would you give to people who have just started cycling?**

*Be prepared for people in cars and on bikes to do the unexpected.*

**How did you devise your commuting route**

*It's the most direct and practical route.*

**How far is your commute?**

*40k's round trip*

### **What type of bike do you ride?**

*Road bike*

### **How many kms have you built up so far? 118**

### **How do you build up your km's each week?/Where do you ride?**

*The bicycle is my only mode of transport so I build kms frpm Commuting into town for where I live and going for rides on many of the lovely quiet country roads that are within a minute from my place*

### **What major benefits do you find from cycling?**

*Apart from the savings of not having a car. I suffer from Diabetes and I have found from a long history that riding most days and trying to keep it up always heals in my control of my diabetes and it is not helping to lose some weight*

### **What advice would you give to people who have just started cycling?**

*The best piece of advice is to make sure the bike is fitted to you the rider and don't be in a rush to do too much too early*

### **How did you devise your commuting route**

*I looked at the roads around where I lived and where I normally ride and I pick a route along roads that are in good condition and are not through major urban areas unless I need to go into such areas*

### **How far is your commute?**

*can be anywhere from 5 to 20 kms depending on the route I take*

**What type of bike do you ride?**

Road

**How many kms have you built up so far? 85**

**How do you build up your km's each week?/Where do you ride?**

*Every Saturday my husband and I get up early and ride to town. Have a cup of coffee, chat and spend some time together. Then ride home.*

**What major benefits do you find from cycling?**

*Health, fitness and quality time with my husband*

**What advice would you give to people who have just started cycling?**

*Slow and steady. Start by getting a little fitter either in the gym or walk, invest in a cheapy and go from there.*

**How did you devise your commuting route**

*On occasions I have ridden part of the journey to work. I live over 85 kms away. I attempt to stay where there is a cycle path and there is somewhere to park the car. I cycle about 24 kms.*

**How far is your commute?**

*24 or 16 Kms.*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?**

*42*

**How do you build up your km's each week?/Where do you ride?**

*Homebush - one loop from / to my house is 21 kms*

**What major benefits do you find from cycling?**

*General health / fitness*

**What advice would you give to people who have just started cycling?**

*Get into it! Use bike paths as much as possible as the roads are increasingly busy.*

**How did you devise your commuting route**

*Bikely.com initially and then trial and error. My main priority was avoiding Victoria Road so had to go the long way to M2 - which has a fantastic bike path.*

**How far is your commute?**

*25km*

**What type of bike do you ride?**

*Mountain with road tyres*

**How many kms have you built up so far? 117**

**How do you build up your km's each week?/Where do you ride?**

*Commuting from Petersham to the City for work.*

**What major benefits do you find from cycling?**

*Health, environment and speed - a whole lot quicker than the bus!*

**What advice would you give to people who have just started cycling?**

*Obey the road rules ! Do the right thing and keep calm. ALWAYS have your lights on, day or night.*

**How did you devise your commuting route**

*Test road a couple of routes and found the best.*

**How far is your commute?**

*16.8 return*

**What type of bike do you ride?**

*mountain*

**How many kms have you built up so**

**far?** *40 something*

**How do you build up your km's each week?/Where do you ride?**

*Mostly ride for fun or transport to the day to day events. I ride locally around Pennant Hills with the occasional venture to the blue mountains or canberra.*

**What major benefits do you find from cycling?**

*Fitness & fun: I love being out in the bush, its great for the mental, spiritual and physical health.*

**What advice would you give to people who have just started cycling?**

*Be brave and just do it, look for every oportunity to get bum on seat.*

**How did you devise your commuting route**

*N/A but in the past I have cycled to work, it is a challenge finding a safe route around Sydney.*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Road Hybrid*

**How many kms have you built up so far?**

*181.8 Km*

**How do you build up your km's each week?/Where do you ride?**

*Commute from home to work*

**What major benefits do you find from cycling?**

*Fitness + Save money not using public transport + quicker commute than taking public transport*

**What advice would you give to people who have just started cycling?**

*Watch out for the bad drivers on the road and always take care!!!*

**How did you devise your commuting route**

*Trialled different routes before choosing a quick safe route*

**How far is your commute?**

*10.1 km each way*

### **What type of bike do you ride?**

*Road and Mountain*

### **How many kms have you built up so far?**

*30 - just joined*

### **How do you build up your km's each week?/Where do you ride?**

*Ride to work and back twice per week. Its 15 kms each way with a BIG hill in the middle. Recreational mountain bike ride on weekends*

### **What major benefits do you find from cycling?**

*Mostly good physical and mental health but also save some transport money and feel good about running one less car twice per week. Also no parking hassles.*

### **What advice would you give to people who have just started cycling?**

*Plan your route and avoid busy narrow winding roads with no shoulder. Use the bell if on a shared pathway and approaching walkers from behind. Show your appreciation to courteous drivers.*

### **How did you devise your commuting route**

*It is the shortest route. It takes between 38 and 40 mins. Any other route takes well over 50 mins. It includes one very steep hill so I purchased a road bike with a granny gear. I travel early when the traffic is quiet.*

### **How far is your commute?**

*15km each way*

**What type of bike do you ride?**

*Hybrid*

**How many kms have you built up so far? 84**

**How do you build up your km's each week?/Where do you ride?**

*Regular ride in locality once a week with friends, shopping going to volunteer work social rides etc*

**What major benefits do you find from cycling?**

*Increase in general fitness great sense of accomplishment and well being. Fun and sociable. Started by myself small group of similarly retired friends gradually joined now number each week from 2 to 7*

**What advice would you give to people who have just started cycling?**

*Just start at your own ability nice and gently and feel the enjoyment of being in the fresh air dont bother to spend too much money on lycra cleats etc. just enjoy*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*road*

**How many kms have you built up so far?**

*4000 plus*

**How do you build up your km's each week?/Where do you ride?**

*group riding every weekend & organised charity rides*

**What major benefits do you find from cycling?**

*fitness*

**What advice would you give to people who have just started cycling?**

*keep peddling find a social group to ride with*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/a*

### **What type of bike do you ride?**

*Mountain*

### **How many kms have you built up so far?**

*18km (1.5 weeks)*

### **How do you build up your km's each week?/Where do you ride?**

*I mostly ride towing my two son's in a trailer. We take my eldest son to preschool then go to the gym, playground, shopping or anywhere we like. We start from home in Lane Cove but ride to Chatswood, North Sydney, Willoughby, or Macquarie Park. Occasionally on a weekend I get to go for a mountain bike ride somewhere or we do a family ride at Homebush or similar.*

### **What major benefits do you find from cycling?**

*Fitness, reduced cost of use of car, fun & good role modelling for my sons. The eldest has just started riding independently at age 4 and loves it.*

### **What advice would you give to people who have just started cycling?**

*Get a good bike that you are comfortable on, build up your confidence off the road until you are ready but then do not be afraid to ride anywhere, the sky's the limit.*

### **How did you devise your commuting route**

*To take my son to Preschool I studied local on road bike routes and found one that worked.*

### **How far is your commute?**

*3km each way*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 208**

**How do you build up your km's each week?/Where do you ride?**

*Commuting / Freshwater - Surry Hills Leisure / Occasional social ride Freshwater - Warriewood return Occasional Scout activities - wherever*

**What major benefits do you find from cycling?**

*Health, money saver*

**What advice would you give to people who have just started cycling?**

*Learn road rules If you haven't already & obey them. Keep off busy roads until your confidence builds up. Join Bicycle NSW Use gears to keep up a high cadence. Don't slog it or you'll wreck your knees*

**How did you devise your commuting route**

*www.bikely.com together with basic knowledge of the back streets*

**How far is your commute?**

*21km*

**What type of bike do you ride?**

*Airnimal folding touring bike or mtb*

**How many kms have you built up so far? 90**

**How do you build up your km's each week?/Where do you ride?**

*Mainly to and from work and touring*

**What major benefits do you find from cycling?**

*Having more energy and feeling alive*

**What advice would you give to people who have just started cycling?**

*Don't try to do long distances to start with. A little further each time will quickly build up*

**How did you devise your commuting route**

*Started mainly on bike paths and then decided to try the on road cycle lanes. Riding early in the mornings there is not as much traffic. The afternoons are a little busier*

**How far is your commute?**

*Depending which way I go it is between 20 and 25 km each way. So that is between 40 and 50 km a day*

**What type of bike do you ride?**

*Hybrid (commuting)*

**How many kms have you built up so far?**

*96.32Km*

**How do you build up your km's each week?/Where do you ride?**

*By commuting to and/or from work - Cherrybrook to Zetland (35km each way) so don't do it every day!!!*

**What major benefits do you find from cycling?**

*Fitness, relaxation, avoiding traffic, seeing parts of Sydney you'd never discover by car!*

**What advice would you give to people who have just started cycling?**

*Take your time and enjoy! Build it up it will come suprisingly quickly*

**How did you devise your commuting route**

*Through maps (bike paths provided by RTA), google MAP searching, talking to everyone, and a site I can't remember now about sharing cycle routes*

**How far is your commute?**

*35Km*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 73**

**How do you build up your km's each week?/Where do you ride?**

*I commute to and from work some days, and ride recreationally on weekends.*

**What major benefits do you find from cycling?**

*I find I'm more alert and focussed at my job when I ride in to work. I attribute that to the increased oxygen intake from pumping up the inclines!*

**What advice would you give to people who have just started cycling?**

*Persevere until you reach a point where it becomes a natural method of commuting.*

**How did you devise your commuting route**

*Looking up routes on the internet, contributed by other cyclists.*

**How far is your commute?**

*12km*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

60

**How do you build up your km's each week?/Where do you ride?**

*I ride every weekend with a BUG group or with my partner or friends. I ride on and off road. Mainly on road.*

**What major benefits do you find from cycling?**

*keeping fit and being outside and being with people who have the same interest.*

**What advice would you give to people who have just started cycling?**

*Keep cycling because it makes you feel so good.*

**How did you devise your commuting route**

N/A

**How far is your commute?**

N/A

### **What type of bike do you ride?**

*Road and Mountain*

### **How many kms have you built up so far? 78**

### **How do you build up your km's each week?/Where do you ride?**

*Generally a group ride on the weekends plus an occasional dirt road ride on the Mountain Bike. I am only going to count my commuter trips for the challenge.*

### **What major benefits do you find from cycling?**

*Social exercise that is relatively easy on the body.*

### **What advice would you give to people who have just started cycling?**

*Try to ride as often as possible to get your body (bum) use to going for longer distances or times. Set a goal.*

### **How did you devise your commuting route**

*Generally most direct with an opportunity to avoid a steep climb on the homebound trip.*

### **How far is your commute?**

*Distance of 39km mostly rural 100km/h road.*

**What type of bike do you ride?**

*Road, Mountain*

**How many kms have you built up so far? 80**

**How do you build up your km's each week?/Where do you ride?**

*30k mountain bike ride weekends, try to do 20k commute a day a week cant always find a day though*

**What major benefits do you find from cycling?**

*Less fuel, some fitness, and a bit of quiet time on the commute, and some fun on the mountain bike*

**What advice would you give to people who have just started cycling?**

*Find a group that you are comfortable to ride with, you will be less motivated on your own*

**How did you devise your commuting route**

*Bikely, then trial and error once I got into the traffic*

**How far is your commute?**

*20k ea way now, was Emu Plains to Chipping Norton 45k ea way*

**What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far? 345**

**How do you build up your km's each week?/Where do you ride?**

*To and from home in Westleigh to my work in the rocks, I either ride or drive down to Fullers Bridge and then paddle down to work.*

**What major benefits do you find from cycling?**

*Well apart from helping me keep fit it is really social, chatting to other cyclists as we wait at crossings and saying good morning and thank you to pedestrians as I pass.*

**What advice would you give to people who have just started cycling?**

*Have fun ,stay cool with the drivers, always be polite to pedestrians.*

**How did you devise your commuting route**

*Looked at Google and tried a few options, talked to other commuters*

**How far is your commute?**

*About 30 km each way*

**What type of bike do you ride?**

*Road & Mountain*

**How many kms have you built up so far? 216**

**How do you build up your km's each week?/Where do you ride?**

*Commute to work, training I ride around Homebush, Blue Mountains*

**What major benefits do you find from cycling?**

*Helath, Fitness - general well being*

**What advice would you give to people who have just started cycling?**

*Never stop! Get into a routine, find a friend to ride with and never look back*

**How did you devise your commuting route**

*Google maps, bikely.com and picked the safest route - not always the most direct.*

**How far is your commute?**

*70kms each way. Commute once - but aim for twice a week dependant on workload*

### **What type of bike do you ride?**

*Cargo bike - Gazelle Cabby*

**How many kms have you built up so far? 258**

### **How do you build up your km's each week?/Where do you ride?**

*My cargo bike is a car substitute, I use it whenever I need to go anywhere with the boy (11 months) - shopping, playgroup (St Peters to Balmain via Glebe Point), to the park, whatever. We pretty much cover a lot of the inner west each week. My son and I also accompany my wife into her work in the CBD and home again each day. I also work 2-3 nights per week in various locations around the inner city/eastern suburbs and I always ride my (other) bike, then 4am commute home is always pleasant and traffic free.*

### **What major benefits do you find from cycling?**

*No parking/petrol hassles, cheaper and a lot less stress than a car in the inner city. My son enjoys riding around in it and waving to everyone. I get to spend extra time with my wife as we commute to her work together. Fitness benefits are a plus.*

### **What advice would you give to people who have just started cycling?**

*Stick with it. Don't be afraid of the traffic, always take as much of the lane as you want.*

### **How did you devise your commuting route**

*By allowing extra time to explore on the way home, or checking out potential new routes with Google Maps.*

### **How far is your commute?**

*12.47km loop TWICE A DAY*

## What type of bike do you ride?

Hybrid

## How many kms have you built up so far?

200

## How do you build up your km's each week?/Where do you ride?

2-3 times per week doing 30-50km rides either with a social group or alone

## What major benefits do you find from cycling?

*I really enjoy it and the social side as well. I was initially surprised at how friendly other cyclists are - a friendly wave, offers to help when in need, or just a chat at the coffee shop. I now find the old bogey of hills is not really a problem after all - a better bike, clip-ons, better fitness and confidence make a huge difference. A great benefit I have living in Kiama and riding in the South Coast is the great scenery.*

## What advice would you give to people who have just started cycling?

*Don't give up. Talk to experienced staff in the Bike shops - they do have a lot to offer and aren't just trying to make a sale or upsell. Talk to other riders (usually found outside coffee shops around mid am - they are friendly and will tell you about groups. I was not keen on groups at first as I thought I would not fit in - how wrong was I. There are so many groups, in my case a social group of like minded riders. Most Bike shops( or on internet) have lists of groups, or organise groups. My wife and I spent 5 days at Port Stephens and rode everyday finding areas we never knew were there when using the car.*

## How did you devise your commuting route

NA

## How far is your commute?

NA

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 85**

**How do you build up your km's each week?/Where do you ride?**

*To/from work.*

**What major benefits do you find from cycling?**

*Not using a car. Fitness (when I can keep cycling regularly).*

**What advice would you give to people who have just started cycling?**

*Pedestrians have absolute right of way. Keep to the road rules, it helps stop drivers being upset with the rest of us. Be very explicit with your hand signals.*

**How did you devise your commuting route**

*Safety, safety, safety - then expand routes with safest alternatives to get distance up.*

**How far is your commute?**

*10 to 11km*

### **What type of bike do you ride?**

*Mountain Bike and Road Bike*

### **How many kms have you built up so far?**

*212kms*

### **How do you build up your km's each week?/Where do you ride?**

*My commute to work is about 20ks so i ride there one day and ride back home the next. I also supplment this with weekend ride with my friends.. often along popular bike paths or trail riding.*

### **What major benefits do you find from cycling?**

*My heart and lungs feel much stronger and mentally i know i can push my self up that next hill*

### **What advice would you give to people who have just started cycling?**

*start small and have modest goals and find a group of friends to ride with. You'll be surprised at how quickly you improve*

### **How did you devise your commuting route**

*A mixture of asking guys at work, google maps and bikely. its continually evolving.*

### **How far is your commute?**

*about 20kms*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?**

*0 just joined*

**How do you build up your km's each week?/Where do you ride?**

*to work - 10 ks weekend - 40 ks*

**What major benefits do you find from cycling?**

*fitness, enjoyment*

**What advice would you give to people who have just started cycling?**

*use quiet back roads, be car aware, try riding 5 days a week*

**How did you devise your commuting route**

*bike maps*

**How far is your commute?**

*5 km*

**What type of bike do you ride?**

*MTB - GIANT XTC1*

**How many kms have you built up so far? 92**

**How do you build up your km's each week?/Where do you ride?**

*I RIDE TO WORK 2 OR 3 TIMES AND I GO OFF ROAD AT THE WEEKEND.*

**What major benefits do you find from cycling?**

*CHEAPER THAN THE TRAIN AND TAKES LESS TIME. OFF ROAD KEEPS ME FIT AND GETS ME OUT OF THE CITY.*

**What advice would you give to people who have just started cycling?**

*WATCH OUT FOR TRAFFIC!*

**How did you devise your commuting route**

*ITS THE SHORTEST ROUTE FROM HOME TO WORK USING AS MANY QUIET / BACK ROADS AS POSSIBLE.*

**How far is your commute?**

*BETWEEN 8 AND 15KMS DEPENDING ON HOW I FEEL*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far?**

*55.65*

**How do you build up your km's each week?/Where do you ride?**

*Ride around Kogarah and occasionally cycle to Cronulla.*

**What major benefits do you find from cycling?**

*Fitness - am recovering from an injury so cycling is the best form of fitness at this time.*

**What advice would you give to people who have just started cycling?**

*Get a nice bike, take it slow and get involved in events that use the bicycle (Spring Cycle, Gong Ride).*

**How did you devise your commuting route**

*From weekend bicycle rides.*

**How far is your commute?**

*28kms return trip*

**What type of bike do you ride?**

*commuting*

**How many kms have you built up so**

**far? 26km**

**How do you build up your km's each week?/Where do you ride?**

*Mainly by commuting to work*

**What major benefits do you find from cycling?**

*maintain basic fitness at no extra time (similar time to bus trip). Save on bus fare.*

**What advice would you give to people who have just started cycling?**

*Join a bike bus if you are not very confident with riding in traffic yet. It's worth the time to find a cycling friendly route.*

**How did you devise your commuting route**

*Locate cyclepaths / quiet roads from the map and link them together.*

**How far is your commute?**

*6.5 km one way*

### **What type of bike do you ride?**

*Road and Mountain*

### **How many kms have you built up so far?**

*114km*

### **How do you build up your km's each week?/Where do you ride?**

*I ride to and from work on Friday only. I also ride socially most Sunday mornings with a mate.*

### **What major benefits do you find from cycling?**

*I enjoy the fitness aspect of cycling. I prefer to actually get out on the bike to build fitness by going somewhere instead of sitting in a gym.*

### **What advice would you give to people who have just started cycling?**

*Find someone else who is interested to ride with. Set a time to meet them and stick to it. If you try to get started on your own, you will find the snooze button more appealing than the thought of a cool morning ride.*

### **How did you devise your commuting route**

*Local knowledge of the roads that would allow me to get to work on the fastest route avoiding 'cyclist-unfriendly' roads/ highways. I then marked it out on Google Maps.*

### **How far is your commute?**

*19.2km each way.*

**What type of bike do you ride?**

*Road and Mountain*

**How many kms have you built up so far?**

*210.26*

**How do you build up your km's each week?/Where do you ride?**

*Commuting to work and group rides on week-ends*

**What major benefits do you find from cycling?**

*Fitness, fun and socialising with friends*

**What advice would you give to people who have just started cycling?**

*Frist and foremost, Have fun, then start with short easy rides and slowly build up the distances as you fitter and stronger.*

**How did you devise your commuting route**

*I try and look for routes that will keep a a decent ride into work and one that keeps me off majority of main roads.*

**How far is your commute?**

*Varies in distances between 10-23km's*

**What type of bike do you ride?**

*Road, MTB and folding*

**How many kms have you built up so**

**far? 21**

**How do you build up your km's each week?/Where do you ride?**

*by riding all the way to work: 17km from home to work in Sydney CBD*

**What major benefits do you find from cycling?**

*fitness, feeling of happiness from a fun activity, feeling of freedom, saving commuting time*

**What advice would you give to people who have just started cycling?**

*dress in highly visible clothing, obey traffic rules, ride defensively and ride in a group if possible*

**How did you devise your commuting route**

*local knowledge*

**How far is your commute?**

*6 km (10 km from June)*

## **What type of bike do you ride?**

*Mountain*

## **How many kms have you built up so far?**

*227.2kms (from April 24 to May 7,*

*2010)*

## **How do you build up your km's each week?/Where do you ride?**

*From home at Innes Rd, Greenwich to the Faculty of Architecture at City Rd, University of Sydney where I'm temporarily employed as a Research Associate*

## **What major benefits do you find from cycling?**

*The biggest benefit is the sense of freedom and the meditative tranquility that riding feeds my mind with. Other obvious benefits are an improvement in stamina, saving money, and feeling good about not polluting*

## **What advice would you give to people who have just started cycling?**

*1. Don't give up. It gets easier (especially hills) the more you ride. 2. assert yourself on narrow roads, and occupy the whole lane (but if its a really long road, make way for cars) 3. Clean and oil your chain regularly 4. Participate in cool initiatives such as the Nunnery Community Bike Workshop (google it!)*

## **How did you devise your commuting route**

*partly using council bike maps, and partly using google maps or suggestions from other riders*

## **How far is your commute?**

*21.2 kms (to and fro)*

### **What type of bike do you ride?**

*Dutch style town bike - Pashley Princess*

Sovereign

**How many kms have you built up so**

**far?** *57km since monday*

### **How do you build up your km's each week?/Where do you ride?**

*Commuting to and from work each day - Erskineville to City. Also around Newtown and surrounds on the weekend when time permits*

### **What major benefits do you find from cycling?**

*On top of the obvious fitness benefits - pure pride and joy from riding such a beautiful looking bike. Save money too no longer buying a train ticket each week*

### **What advice would you give to people who have just started cycling?**

*Get hold of a cycling map and plan your route - Don't just go the way you'd drive. Take a free cycling safety course to learn how to ride safely on the roads and build up your confidence. Riding doesn't have to be all lycra and sweat - there are some great looking bikes around that you'll be proud to make an entrance on.*

### **How did you devise your commuting route**

*I joined an established Bike Bus - and asked advise on the best way to ride home solo*

### **How far is your commute?**

*11.4km round trip*

**What type of bike do you ride?**

*2x road bikes and 1 tourer*

**How many kms have you built up so far? 198**

**How do you build up your km's each week?/Where do you ride?**

*To and from work, grocery shopping and weekend rides with social group.*

**What major benefits do you find from cycling?**

*Feeling very healthy and contributing to a cleaner environment.*

**What advice would you give to people who have just started cycling?**

*Hang in there...it takes a little while to get used to balance and steering! Then you have to get used to riding in traffic, but it will get better as you ride.*

**How did you devise your commuting route**

*Studying the road map and some useful riding books from bicycle NSW. We now cycle all over Sydney and lead riders on group rides to different places in and out of Sydney.*

**How far is your commute?**

*7kms each way*

**What type of bike do you ride?**

*Mountain hybrid*

**How many kms have you built up so far? 56**

**How do you build up your km's each week?/Where do you ride?**

*Riding to and from work each Friday. The route takes me from Mosman, across the bridge to Moore Park*

**What major benefits do you find from cycling?**

*Health, financial, less pollution*

**What advice would you give to people who have just started cycling?**

*Ride carefully and be aware of everything that is going on around you. Assume people can't see you. Build up the distances you ride slowly. Fitness will come, but it can put you off to try tough distances or terrains without building up your fitness first.*

**How did you devise your commuting route**

*I asked around and also looked at [bikekey.com.au](http://bikekey.com.au)*

**How far is your commute?**

*14 kms each way*

**What type of bike do you ride?**

*Road and Mountain*

**How many kms have you built up so far? 26**

**How do you build up your km's each week?/Where do you ride?**

*To and from work - Mosman to North Ryde.*

**What major benefits do you find from cycling?**

*Fun, fitness, saving money, smaller carbon footprint, less road congestion.*

**What advice would you give to people who have just started cycling?**

*In a month you are going to love it 10x as much as you do know.*

**How did you devise your commuting route**

*Bikely.com*

**How far is your commute?**

*13km*

### **What type of bike do you ride?**

*Dahon Folding bike for commuting*

### **How many kms have you built up**

**so far?** *Not many yet... but I broke my*

*chainring a few days ago. Get the bike back this afternoon. Yay!!*

### **How do you build up your km's each week?/Where do you ride?**

*To and from work (with husband and son as my support team), shopping and local jaunts on weekends (husband has the cargo bike to carry son and shopping),*

### **What major benefits do you find from cycling?**

*Feeling of wellbeing at work, the pleasure of spending time in the fresh air, taking my own leisurely time - the complete opposite of being wedged in a peakhour train or queued up in traffic on a bus.*

### **What advice would you give to people who have just started cycling?**

*Helmet, High Visibility and CLAIM the lane!!*

### **How did you devise your commuting route**

*online maps then trial and error*

### **How far is your commute?**

*about 6km*

### **What type of bike do you ride?**

*Road, Mountain and Hybrid*

### **How many kms have you built up so far?**

*172*

### **How do you build up your km's each week?/Where do you ride?**

*Usually ride to work on Mondays and Wednesday and then go for rides such as to the kids sports while their Mum drives them.*

### **What major benefits do you find from cycling?**

*Pleasant way to get to work, reduce carbon footprint and I have lost 6kg since the end of Feb and lowered resting heart rate from 72 to 60 which has to be good*

### **What advice would you give to people who have just started cycling?**

*Do some short rides in quiet areas and build up from there. Organised rides such as the tour de Hills etc are good fun and allow you to ride a bit further with back up (sag wagon) if you cant make it. Have fun*

### **How did you devise your commuting route**

*Found the shortest way to work that followed as many safe roads as possible. Drove it first and then did it on the weekend.*

### **How far is your commute?**

*21km*

**What type of bike do you ride?**

*Road and MTB*

**How many kms have you built up so far? 177**

**How do you build up your km's each week?/Where do you ride?**

*Commute to city once or twice a week, leisure MTB rides in blue mountains and around manly dam.*

**What major benefits do you find from cycling?**

*Fitness, ecology, fun*

**What advice would you give to people who have just started cycling?**

*Keep with it. Your fitness will improve rapidly even if you cycle only once or twice a week.*

**How did you devise your commuting route**

*from knowledge of car route and observation of bicycle path signs*

**How far is your commute?**

*20km to city, 21km return*

**What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far? 198.7**

**How do you build up your km's each week?/Where do you ride?**

*Commuting Monday to Friday amounts to 102kms. On weekends I ride to the gym and/or the shops and/or do recreational rides.*

**What major benefits do you find from cycling?**

*Weight loss and improved fitness. I've lost 22 Kgs since starting to cycle commute 7 months ago.*

**What advice would you give to people who have just started cycling?**

*Just Do It!*

**How did you devise your commuting route**

*With some help from [bikely.com](http://bikely.com).*

**How far is your commute?**

*10.2 Kms (each way, per day)*

### **What type of bike do you ride?**

*Oppy A2 (Malvern Star) road bike, MTB*

### **How many kms have you built up so far?**

*145*

### **How do you build up your km's each week?/Where do you ride?**

*I ride to and from work also I do training and pleasure rides around Homebush. and a little relaxing single trail bash around manly Dam every now and then, to relieve the stress*

### **What major benefits do you find from cycling?**

*the usual Fitness increases, weight loss ( so far I have lost 8kg only 20 odd to go), but mainly I just like the wind in my hair and going places*

### **What advice would you give to people who have just started cycling?**

*Keep at it, don't make the mistake so many people do, spend a fortune on a bike and gear, then expect to ride like Lance Armstrong. Most people put the bike in the shed after they realise it takes a little effort. Keep at it, do a little each day and set small achievable goals and you'll be amazed at how quickly your fitness and stamina builds up.*

### **How did you devise your commuting route**

*I use google earth. I draw a straight line between home and destination, then map out a route as close to that line as possible.*

### **How far is your commute?**

*22kms one way*

### **What type of bike do you ride?**

*Road and MTB*

### **How many kms have you built up so far? 150**

### **How do you build up your km's each week?/Where do you ride?**

*Ride to and from work x 2 (Mount Colah to City) and usually at least one weekend ride - recently training on MTB for Dirtworks 100km Classic at St Albans*

### **What major benefits do you find from cycling?**

*Health, fitness, friendship*

### **What advice would you give to people who have just started cycling?**

*Find companions if possible - it makes it safer, more fun and a bigger incentive as the mornings are starting to get colder*

### **How did you devise your commuting route**

*The bike group I joined already had 2 or 3 back road routes*

### **How far is your commute?**

*37km in 28km home*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

67

**How do you build up your km's each week?/Where do you ride?**

1. Sutherland Shire Cyling TracK 2. Royal National Park - Sutherland 3. Ride from Sutherland to Wollongong and return

**What major benefits do you find from cycling?**

very social. Meet lots of new people. Lots laughter. De-stresses - feel fantastic when you finish (better than any drugs).

**What advice would you give to people who have just started cycling?**

1. the most important thing is to learn bike skills and also know your road rules - relax and have fun. Dont talk too much (listen) and always be aware of what is happening around you.

**How did you devise your commuting route**

n/a

**How far is your commute?**

n/a

**What type of bike do you ride?**

*Old 80's Road Bike*

**How many kms have you built up so far? 137**

**How do you build up your km's each week?/Where do you ride?**

*I cycle from Helensburgh to the City once a week (62km)*

**What major benefits do you find from cycling?**

*a good workout, and an enjoyable journey*

**What advice would you give to people who have just started cycling?**

*keep it up - you will lose a few pounds. I have!*

**How did you devise your commuting route**

*I spoke to the City of Sydney's cycling planner, and other bicycle commuters on part of the route.*

**How far is your commute?**

*62 kms one way - i have to say i take the train home as i havent got any lights on my bnike yet*

### **What type of bike do you ride?**

*flat bar road bike*

### **How many kms have you built up so far? 44**

### **How do you build up your km's each week?/Where do you ride?**

*by commuting to and from work 2-3 days and a weekend family ride; monthly longer leisure ride/ mostly along Prospect Canal and nearby paths in Smithfield and Greystanes. On holidays we ride every day at Forster and I'll easily do 100km in a week when up there.*

### **What major benefits do you find from cycling?**

*fitness and relaxation, family activity that is fun, healthy and low cost ( once you own the bikes that is )*

### **What advice would you give to people who have just started cycling?**

*Do whatever it is that you enjoy most, and don't force yourself to ride on a particular day if you don't feel like it*

### **How did you devise your commuting route**

*First work out how to cross the biggest obstacles, then connect these crossing spots with low stress low traffic routes by either bike path or quiet streets*

### **How far is your commute?**

*6 km each way if I go direct, but usually I take a short detour on the way home to make it 10 km home, I find just the 12 km a day isn't enough to stay fit for a decent 50km weekend ride that I occasionally do*

### **What type of bike do you ride?**

*I think it's a mountain bike!*

### **How many kms have you built up so far?**

*28.2*

### **How do you build up your km's each week?/Where do you ride?**

*I don't have enough sight to drive a car, so it's my transport, otherwise I walk or taxi everywhere. My 'normal' rides are to and from work 1 day a week and to and from school for the kids once a week. I often jump on my bike other times just for fun. We also do the M7 every now and then for fun too. Did I mention the BMX track at Olympic Park? That's another favorite of everyone in our family.*

### **What major benefits do you find from cycling?**

*Getting places faster than walking! Independence, I can get around without the need of anyone's help. Love the exercise and setting a health example to my kids. Parking is also bliss at the local shops. Cheaper than a taxi and a lot more reliable than public transport.*

### **What advice would you give to people who have just started cycling?**

*You can do it. I've only just started to wear a high vis jacket and depending on where you ride, is a good idea. If you've got small kids who can't ride yet and are looking at a buggy, make sure it's quick release, so you can at any time, still buzz off by yourself without the buggy tagging behind.*

### **How did you devise your commuting route**

*I had walked it previously. As I have walked (what feels like) everywhere close to home, I know where the safe cycle/footpaths are. I often look for new routes, based on safe access when we're driving around.*

### **How far is your commute?**

### **What type of bike do you ride?**

*Mountain bike with Chariot trailer*

### **How many kms have you built up so far?**

*16!!*

### **How do you build up your km's each week?/Where do you ride?**

*I regularly take my almost-3-year-old daughter to childcare in our Chariot trailer. We also enjoy riding on the M7 cycle path, and around Newington/Olympic Park. I'd like to try riding right round the Sydney Harbour foreshore, but I'm not sure if that's actually possible!*

### **What major benefits do you find from cycling?**

*Fitness - it's one of the few forms of exercise I can do with my daughter in tow. It's a great way to teach my daughter about road-skills and navigation. I also like the 'green' aspects of cycling.*

### **What advice would you give to people who have just started cycling?**

*The first time you ride a route is always the hardest. Once you've done it the first time, and don't have to worry about navigation, it suddenly gets easier and more enjoyable. Far from being boring, the routine of riding the same route often allows you to relax and fall into a rhythm: you'll soon be cheerily greeting the cyclists you see riding the opposite way every day!*

### **How did you devise your commuting route**

*n/a*

### **How far is your commute?**

*n/a*

**What type of bike do you ride?**

*Flat Bar*

**How many kms have you built up so**

**far? 80km**

**How do you build up your km's each week?/Where do you ride?**

*To / From work, To city*

**What major benefits do you find from cycling?**

*Health and eco friendliness!*

**What advice would you give to people who have just started cycling?**

*Get to know the back roads and devise alternative routes for different time of day.*

*Ride with a group to gather confidence familiarising with roads.*

**How did you devise your commuting route**

*By driving around to get to know the backstreets, asking and riding with those who are familiar with the area and looking at bike maps.*

**How far is your commute?**

*16km*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far?**

*0 only started yesterday*

**How do you build up your km's each week?/Where do you ride?**

*Ride to work from Sutherland to City*

**What major benefits do you find from cycling?**

*Fitness*

**What advice would you give to people who have just started cycling?**

*Enjoy it. It is not how fast you can get there but how safe. Please follow the road rules. It is a matter of mutual respect with motorists. Smile.*

**How did you devise your commuting route**

*Train from Helensburgh to Sutherland then I found a route to the Sydney city on Bikley.com*

**How far is your commute?**

*30km each way*

### **What type of bike do you ride?**

*Commuter and Road bikes*

**How many kms have you built up so far? 54**

### **How do you build up your km's each week?/Where do you ride?**

*I ride to work 3-4 days per week in Surry Hills, then I aim to go for a longer ride on the weekends with a mate - normally 50km+*

### **What major benefits do you find from cycling?**

*Weight loss, cardio fitness, car/public transport expenses*

### **What advice would you give to people who have just started cycling?**

*Find a good, relatively car-free route, and get used to that initially. But that route should have some on road components so you get comfortable with traffic.*

### **How did you devise your commuting route**

*Trial and error. And taking note of bike route signage around my area. Also the OpenStreetMao resource on an iphone app I downloaded.*

### **How far is your commute?**

*7.5km to work; 8.5km to home*

### **What type of bike do you ride?**

*2 x road, 2 x mountain and commuter, a penny farthing and a dragster*

### **How many kms have you built up so far?**

*450*

### **How do you build up your km's each week?/Where do you ride?**

*I love to ride - I ride to work when I can, ride with a local club and/or with friends on the weekends. It's a great mode of transport and a wonderful social thing too!*

### **What major benefits do you find from cycling?**

*Freedom! </braveheart> When I ride to work I notice I arrive really happy (and hungry), and my energy levels are up all day. Riding across the harbour bridge on a sunny morning, the sun rising over the harbour, I have to pinch myself. Could this be the best commute on earth?*

### **What advice would you give to people who have just started cycling?**

*Forget the rules about what to wear - just find somewhere quiet and nice to get your fitness up and HAVE FUN! Remember, the more you ride, the fitter you will get and the better you will feel - the more fun you'll have!*

### **How did you devise your commuting route**

*mix of experimenting and talking with other riders.*

### **How far is your commute?**

*38km with a few detours :)*

**What type of bike do you ride?**

*Road & very neglected MTB*

**How many kms have you built up so**

**far? 150**

**How do you build up your km's each week?/Where do you ride?**

*Ride numerous times three times a week around an Olympic Park circuit then longer rides within Metropolitan Sydney on weekends.*

**What major benefits do you find from cycling?**

*Helps maintain cardiac and respiratory fitness without being too hard on my joints!*

**What advice would you give to people who have just started cycling?**

*Initially take it slowly and keep it interesting by varying cycling route.*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?** 317.5

**How do you build up your km's each week?/Where do you ride?**

*Inner West of Sydney (Strathfield, Concord, Five Dock, Iron Cove, Haberfield, Leichhardt) Sydney Olympic Park Kurnell Waterfall Royal National Park*

**What major benefits do you find from cycling?**

*Fitness Stress relief*

**What advice would you give to people who have just started cycling?**

*Ride for enjoyment and then build on that. Use riding to discover where you live.*

**How did you devise your commuting route**

*Safety and distance*

**How far is your commute?**

*50 km's*

**What type of bike do you ride?**

*Hybrid (commuting)*

**How many kms have you built up so far?**

*50*

**How do you build up your km's each week?/Where do you ride?**

*I ride to and from work (Coogee Beach to Circular Quay) three days a week.*

**What major benefits do you find from cycling?**

*faster than the bus! Cheaper too! And it gives me an energy boost for the rest of the day. It's a nice mental break between work and home.*

**What advice would you give to people who have just started cycling?**

*Build up your distance and go slow in urban areas until you're comfortable with indicating and looking back without riding off the road!*

**How did you devise your commuting route**

*I look for the safest route with the least interface with heavy traffic.*

**How far is your commute?**

*10 kms*

### **What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far?** 99.9

### **How do you build up your km's each week?/Where do you ride?**

*To and from Woy Woy station on weekdays, to and from the beachside cafe on weekends.*

### **What major benefits do you find from cycling?**

*The bike locker at Woy Woy station makes it much more convenient than trying to find a parking spot. Plus it helps keep me fit.*

### **What advice would you give to people who have just started cycling?**

*Be prepared for cars to cut you off at intersections, expect cycle lanes to be frequently blocked by parked cars, and watch out for magpies in early spring.*

### **How did you devise your commuting route**

*Finding the footbridge over Kahibah Creek (cuts about 1km off the road route) and avoiding the worst of the main roads.*

### **How far is your commute?**

*5.7km*

**What type of bike do you ride?**

*Flat Bar Road Bike GT Hardtail mtb*

**How many kms have you built up so**

**far? 60**

**How do you build up your km's each week?/Where do you ride?**

*Commuter to work*

**What major benefits do you find from cycling?**

*Fitness and Cost.*

**What advice would you give to people who have just started cycling?**

*Get into a routine and stick to it.*

**How did you devise your commuting route**

*Cycle routes run right near my place.*

**How far is your commute?**

*25kms or 50kms round trip.*

**What type of bike do you ride?**

Road

**How many kms have you built up so far?**

1800

**How do you build up your km's each week?/Where do you ride?**

*I ride everywhere. I ride to work, ride when I go to the movies, the pub, parties, visit clients, whatever.*

**What major benefits do you find from cycling?**

*Cost, convenience, reliability and it helps to stop me from being an fat pig.*

**What advice would you give to people who have just started cycling?**

*Keep riding and don't be intimidated by the carlubbers. The more you do it, the easier it gets.*

**How did you devise your commuting route**

*I used ride up Enmore Road (which is OK) but I switched to cutting across Erko because it's more pleasant (fewer carlubbers).*

**How far is your commute?**

*10 km each way.*

**What type of bike do you ride?**

Road

**How many kms have you built up so far? 5**

**How do you build up your km's each week?/Where do you ride?**

*For almost 2 months or so I've been riding bike from Chippendale to 447 Kent Street. It has been pleasure trip as always because it is not only allowing me to reduce my fat but also to reach to the office fast. So instead of just watching people in the train, bus, or during walk, I'd prefer to challenge myself for riding on the hill :)*

**What major benefits do you find from cycling?**

#NAME?

**What advice would you give to people who have just started cycling?**

*Just do it... there is nothing to loose.*

**How did you devise your commuting route**

*I prefer less traffic places. It does matter if it is a bit long.*

**How far is your commute?**

3 km?

**What type of bike do you ride?**

*road and mountain*

**How many kms have you built up so far?**

*308*

**How do you build up your km's each week?/Where do you ride?**

*on my trainer at home im getting ready for alice springs 5 day race on monday!*

**What major benefits do you find from cycling?**

*i love it! great workout*

**What advice would you give to people who have just started cycling?**

*be very careful on the road and just try to enjoy the ride*

**How did you devise your commuting route**

*n/a*

**How far is your commute?**

*7kms*

## **What type of bike do you ride?**

*Scott Aspect 50*

## **How many kms have you built up so far?**

*Since Jan 1 have ridden 1659km's. Between Nov 2008 and Dec 2009 I rode about 2500Km's but during 2010 I'm hoping to do a lot more.*

## **How do you build up your km's each week?/Where do you ride?**

*I built up my Km's by alternating the circuit or going a bit further during my rides. My regular 42Km circuit takes me from Dundas, past Rydlamere ferry wharf, over Silverwater bridge, along the river, through the parkway along Newington, around Homebush, past Rhodes, past Putney ferry wharf, along the river back to Dundas.*

## **What major benefits do you find from cycling?**

*Feel healthier and better in myself. I also really enjoy the early mornings although in winter it can be a bit of a challenge to get up at 4:30am.*

## **What advice would you give to people who have just started cycling?**

*Start with small distances and then build up but most importantly, enjoy it and have fun.*

## **How did you devise your commuting route**

*N/A*

## **How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Hybrid (Flat bar road bike)*

**How many kms have you built up so**

**far? 20**

**How do you build up your km's each week?/Where do you ride?**

*To work and for leisure*

**What major benefits do you find from cycling?**

*Fitness, save money & good for the environment. Also social.*

**What advice would you give to people who have just started cycling?**

*Relax and have fun. Do not worry if you are not as skilled as other riders, it will come.*

**How did you devise your commuting route**

*I figured out the shortest route using the street directory and then fine tuned it as I rode. I still make small adjustments when there are changes to pedestrian crossings & traffic lights etc.*

**How far is your commute?**

*10.7 km each way*

**What type of bike do you ride?**

*Road and Mountain and Hybrid*

**How many kms have you built up so far? >200**

**How do you build up your km's each week?/Where do you ride?**

*Ride home to work (Gosford to Greenacre) once every set of shifts (8 days)*

**What major benefits do you find from cycling?**

*fitness*

**What advice would you give to people who have just started cycling?**

*Do it! Check out classic rides both urban and trail at places like bikely.com*

**How did you devise your commuting route**

*Minimise exposure to heavy traffic by a combination of old highway instead of freeway, back streets and cyclepaths.*

**How far is your commute?**

*95 km*

**What type of bike do you ride?**

*Commuting - Kona Dew*

**How many kms have you built up so**

**far?** *62.1 since last week of april*

**How do you build up your km's each week?/Where do you ride?**

*Commuting to and from work*

**What major benefits do you find from cycling?**

*Avoid traffic, help environment, save money, exercise*

**What advice would you give to people who have just started cycling?**

*It is worth the money to invest in a decent bike -- good bikes make riding easier and thus more fun.*

**How did you devise your commuting route**

*trial & error plus google maps.*

**How far is your commute?**

*6.9 kms*

**What type of bike do you ride?**

*Road and Mountain*

**How many kms have you built up so far? 30**

**How do you build up your km's each week?/Where do you ride?**

*to and from work once or twice per week - Wahroonga to North Ryde mountain biking on weekends in Ku-Ring- Gai NP in the garage on the bike trainer in the cold dark winter evenings*

**What major benefits do you find from cycling?**

*fitness avoiding road rage on drive to work*

**What advice would you give to people who have just started cycling?**

*just do lots of little rides in the park etc to start with - get used to it, build up a little fitness, then slowly build up confidence to go further*

**How did you devise your commuting route**

*talking to friends, searching for bike paths and then spending a day cycling around to find the best way*

**How far is your commute?**

*19kms each way*

### **What type of bike do you ride?**

*Old MTB with big reverse tread tyres*

### **How many kms have you built up so far? 69**

### **How do you build up your km's each week?/Where do you ride?**

*Weekly MTB ride with friends on the weekend. Due to car troubles, I finally have the motivation to ride the 19km to the station (for my 80 minute train leg).*

### **What major benefits do you find from cycling?**

*Fun. Better self esteem. Will lose some weight. Maintains or improves fitness depending on amount of riding...*

### **What advice would you give to people who have just started cycling?**

*Enjoy yourself. Get a bike that suits you and your style of riding. Wear bright and reflective clothing and assert your right to be on the road but use common sense.*

### **How did you devise your commuting route**

*Trial and error. Shorter option has a massive and demoralising climb in both directions. Other route is 4km longer but less painful.*

### **How far is your commute?**

*Google Maps says that it is 19.2km one way, iphone app says 20km*

### **What type of bike do you ride?**

*1 Road, 1 Hybrid + 1 Mountain*

### **How many kms have you built up so far?**

*166*

### **How do you build up your km's each week?/Where do you ride?**

*Commuting to work (Bondi to City), Sunday Riding-Variou*

### **What major benefits do you find from cycling?**

*Fitness, weightloss, faster than driving to work, low impact exercise, so less injury*

### **What advice would you give to people who have just started cycling?**

*Assume that all drivers find you invisible.*

### **How did you devise your commuting route**

*Most direct, with combination of Bus/Bike lane in Oxford St, but not using marked cycle path to climb out of Bondi, as it has too much broken glass (Briirga Rd), so I use Footpath on old south haed road to climb the steepest bits in morning traffic.*

### **How far is your commute?**

*8.4 km each way*

### **What type of bike do you ride?**

*Mountain & road*

### **How many kms have you built up so**

**far? 40**

### **How do you build up your km's each week?/Where do you ride?**

*Manly Dam & selected MTB races. Road loop out M2 from Nth Syd to Penno rd or Windsor Rd.*

### **What major benefits do you find from cycling?**

*Fitness, but also a great way of switching off from daily life and clearing the head. Coming back from a ride physically tired but mentally refreshed is a fantastic combination.*

### **What advice would you give to people who have just started cycling?**

*Buy the best helmet you can afford, you've only got one head! Also if riding on the road, remember that the speed differentials between car/truck/bus & bicycle are great & it should be in your mind to try and stay out of the way as best possible. Be careful.*

### **How did you devise your commuting route**

*The days I do commute I ride 10km past my office turn around and come back so I've done about 20k before I get in.*

### **How far is your commute?**

*20k*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 7**

**How do you build up your km's each week?/Where do you ride?**

*Just started but plan to commute once a week. Also recreational rides in Centennial Park with a mate and Parramatta Park.*

**What major benefits do you find from cycling?**

*Fitness, social, in future I'll hopefully be saving money on car running costs*

**What advice would you give to people who have just started cycling?**

*Just get out and try. I am.*

**How did you devise your commuting route**

*whereis.com.au for starters, then talking to mates about safest routes and alternatives.. plan to modify it once i've done the first few rides to look for safest and/or more direct routes with less traffic*

**How far is your commute?**

*~35kms*

### **What type of bike do you ride?**

*Mountain bike for commuting, Zigo Leader with tag-along to take all three kids for family rides*

### **How many kms have you built up so far?**

103

### **How do you build up your km's each week?/Where do you ride?**

*Commuting to work and family rides*

### **What major benefits do you find from cycling?**

*Fitness mainly, and also cut my commuting time compared to buses and don't need to buy and run a car to get to work. Also spend a bit more time with the family on our rides who also get the fitness benefits*

### **What advice would you give to people who have just started cycling?**

*Take it slowly and easily (I started by catching a ferry on my return trips from work so that I did not get too tired or sore)*

### **How did you devise your commuting route**

*Consulted street directories and books on ride maps (by Bruce Ashley). Also hooked up with a few cyclists on the way in and got some of their ideas*

### **How far is your commute?**

*12.5 km (one way)*

**What type of bike do you ride?**

*mountain*

**How many kms have you built up so**

**far? 75**

**How do you build up your km's each week?/Where do you ride?**

*Riding to & from work, or with friends on a weekend*

**What major benefits do you find from cycling?**

*the wind rushing in my hair gets the adrenalin pumping the scenery on the cycleways cycling is like a natural high*

**What advice would you give to people who have just started cycling?**

*stick to the cycleways! or wear high visibility clothing if you have to go on the road or footpath*

**How did you devise your commuting route**

*by looking on a road map asking other people at work trial rides*

**How far is your commute?**

*12.5km each way*

**What type of bike do you ride?**

*MOUNTAIN*

**How many kms have you built up so far?**

*61.3KMS*

**How do you build up your km's each week?/Where do you ride?**

*Riding to work, leisure rides on the weekends*

**What major benefits do you find from cycling?**

*Exercise, improved fitness, communing with fellow enthusiasts*

**What advice would you give to people who have just started cycling?**

*ALWAYS wear a helmet, always check around you for traffic, be assertive but always courteous, and ALWAYS obey the road rules*

**How did you devise your commuting route**

*Direct route to work, measured using Google maps. I only live about 3kms from work*

**How far is your commute?**

*only about 3kms*

## What type of bike do you ride?

Road bike (flat bar)

## How many kms have you built up so far?

Just in the challenge? About 100ish

## How do you build up your km's each week?/Where do you ride?

Work/uni and a bit of fitness

## What major benefits do you find from cycling?

Stress relief, weight loss/fitness, saves money, feel more connected with "nature" (i.e. I don't feel like I'm stuck in an office all day! I actually get to experience the weather, can predict the weather better etc)

## What advice would you give to people who have just started cycling?

1) You DO forget how to ride a bike! Don't rely on having ridden one all day when you were a kid. Take it slow and only do stuff you feel comfortable with - just because that show off kid jumped it up the gutter, doesn't mean you should! 2) If you're on the road be courteous and predictable - try not to weave in and out of parked cars (drivers don't know how to treat you when you do that and you're more likely to be cleaned up). Follow the road rules, that's part of the predictability thing. 3) And WEAR A HELMET!!! It's not a matter of if, but WHEN you fall off and a helmet will save you lots of problems 4) Be ALERT! Don't have your I-pod in your ears, you need to be listening as well as looking for traffic, random dogs, kiddies coming round a corner etc.

## How did you devise your commuting route

Luckily we have a great intercity cycleway most of the way between home and work/uni. When I have to get off it, I chose a route that was light on traffic and as direct as possible to my destination. I chose mostly through checking a map, but also some guidance from other cyclists.

**What type of bike do you ride?**

*Commuting & mountain*

**How many kms have you built up so far?**

*1,640kms in 2010*

**How do you build up your km's each week?/Where do you ride?**

*Commuting to & from work. Revesby to the CBD*

**What major benefits do you find from cycling?**

*fitness, save money on transport, clearer head & more energy*

**What advice would you give to people who have just started cycling?**

*Take it easy at first, until a level of confidence & fitness is built up. If commuting, find a route that eliminates major roads as much as possible.*

**How did you devise your commuting route**

*Bikely.com initially. route has been refined & changed with a little exploration & the help of Bike It Sydney (awesome little book) & other bike forums*

**How far is your commute?**

*28kms*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far? 10**

**How do you build up your km's each week?/Where do you ride?**

*I ride partway to and from work, as well as a few laps of Centennial Park on the weekend and occasionally to and from my baseball games.*

**What major benefits do you find from cycling?**

*Getting fit and breaking up my journey to and from work*

**What advice would you give to people who have just started cycling?**

*Persevere and push through that first couple of weeks, it's worth it.*

**How did you devise your commuting route**

*Google maps*

**How far is your commute?**

*8km*

**What type of bike do you ride?**

*Mountain with road tyres*

**How many kms have you built up so far? 100**

**How do you build up your km's each week?/Where do you ride?**

*Ride to work 2 or 3 times a week and a Saturday ride to the Adora chocolate shop on the Cooks River*

**What major benefits do you find from cycling?**

*Allows me to sort out my thoughts on the way home from work.*

**What advice would you give to people who have just started cycling?**

*Have fun. Build up your skills. Think like a motorist.*

**How did you devise your commuting route**

*I mix my route up a little, but one Lilyfield Rd became safe it was obvious.*

**How far is your commute?**

*13 kms*

### **What type of bike do you ride?**

*1 x road (occasional commuter/weekender), 1 x cyclocross (main commuter), 1 x single-speed road (backup/wet-weather commuter)*

### **How many kms have you built up so far?**

*2010 - 4900km, Total since starting to ride in Oct 2007 - over 28000km*

### **How do you build up your km's each week?/Where do you ride?**

*Commuting 5 days a week from home in Castle Hill to work in St Leonards is a given 250km base. Ride one day over the weekend usually anywhere from 50km to 200km ride (don't often do the major length rides though). Weekend rides can be up Old Northern Rd, across to Pitt Town and back home, or M7 cycleway (etc).*

### **What major benefits do you find from cycling?**

*Staying fit, keeping weight off, less cost for commuting vs petrol/tolls/stress.*

### **What advice would you give to people who have just started cycling?**

*Keep going. Don't let the 1% of idiot drivers on the road put you off cycling. When petrol is \$5 per litre and you're cycling past stationery traffic on the way to work you'll have the last laugh.*

### **How did you devise your commuting route**

*Generally most direct route each way on the M2 motorway, although in the morning I ride out to Baulkham Hills and add a few more kilometres to the route. It's faster and less hilly.*

### **How far is your commute?**

*27.4km inbound, 23.5km outbound*

### **What type of bike do you ride?**

*Mountain*

### **How many kms have you built up so far? 44**

### **How do you build up your km's each week?/Where do you ride?**

*Riding my son to childcare in his Burley Solo trailer, then riding on to work. I ride back from work to pick him up at the end of the day. We do the ride twice each week, on the two days he attends childcare.*

### **What major benefits do you find from cycling?**

*My son loves riding in his trailer - and it's a real conversation starter with other parents and kids. Economical transport. Time efficient for the distances we ride to work/childcare.*

### **What advice would you give to people who have just started cycling?**

*Start with small goals. Aim to ride shorter distances on a regular basis (i.e., make riding a habit) rather than aiming for huge distance riding in the early days.*

### **How did you devise your commuting route**

*Walked the areas to discover the most bicycle friendly routes. Tried them on the bike without my son first, then we've fine-tuned parts of the route (across Macquarie University campus) since we've started riding regularly together.*

### **How far is your commute?**

*About 5.5km, but this includes the detour for childcare*

**What type of bike do you ride?**

*Road and mountain*

**How many kms have you built up so far?**

*nearly 250km*

**How do you build up your km's each week?/Where do you ride?**

*With a group of road cyclists every Saturday morning from one of the local cycle shops.*

**What major benefits do you find from cycling?**

*Fitness, weight management, fresh air, friendship, fun, social*

**What advice would you give to people who have just started cycling?**

*Stick with it! Find a group to ride with and ride when the sun is shining. Take the family with you for a Sunday ride around a park, get them all involved. Find a group close to you that caters for all levels and join them for rides. Have fun!*

**How did you devise your commuting route**

*n/a - work from home!*

**How far is your commute?**

*n/a*

### **What type of bike do you ride?**

*road*

### **How many kms have you built up so far?**

*Never count the km. I ride to work every day since 2006.*

### **How do you build up your km's each week?/Where do you ride?**

*Just ride to work and back home every day. Sometimes over the weekend with my children. It is always from Westmead to Rydalmere.*

### **What major benefits do you find from cycling?**

*Improve my fitness and save money on transportation. Very important - reduce the air pollution.*

### **What advice would you give to people who have just started cycling?**

*Take it easy. Find the bike suitable for you.*

### **How did you devise your commuting route**

*I drop my daughter to school in the morning, then go through Parramatta Park. Once I am on the main road, I ride in the footpath. ( You must be very careful not to bump into any people and always give way to who ever wants to get ahead of you.) I found that it is very dangerous riding on the main road, such as Victoria Road. The motorist is not always slow down when passing you.*

### **How far is your commute?**

*about 9km every day.*

### **What type of bike do you ride?**

*Road bike (flat bar)*

### **How many kms have you built up so far?**

*Just in the challenge? About 100ish*

### **How do you build up your km's each week?/Where do you ride?**

*Work/uni and a bit of fitness*

### **What major benefits do you find from cycling?**

*Stress relief, weight loss/fitness, saves money, feel more connected with "nature" (i.e. I don't feel like I'm stuck in an office all day! I actually get to experience the weather, can predict the weather better etc)*

### **What advice would you give to people who have just started cycling?**

*1) You DO forget how to ride a bike! Don't rely on having ridden one all day when you were a kid. Take it slow and only do stuff you feel comfortable with - just because that show off kid jumped it up the gutter, doesn't mean you should! 2) If you're on the road be courteous and predictable - try not to weave in and out of parked cars (drivers don't know how to treat you when you do that and you're more likely to be cleaned up). Follow the road rules, that's part of the predictability thing. 3) And WEAR A HELMET!!! It's not a matter of if, but WHEN you fall off and a helmet will save you lots of problems 4) Be ALERT! Don't have your I-pod in your ears, you need to be listening as well as looking for traffic, random dogs, kiddies coming round a corner etc.*

### **How did you devise your commuting route**

*Luckily we have a great intercity cycleway most of the way between home and work/uni. When I have to get off it, I chose a route that was light on traffic and as direct as possible to my destination. I chose mostly through checking a map, but also some guidance from other cyclists.*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far? 173**

**How do you build up your km's each week?/Where do you ride?**

*ride at lunch for about an hour, ride with group on Sat morns, and some afternoons*

**What major benefits do you find from cycling?**

*non-impact fitness. social activity.*

**What advice would you give to people who have just started cycling?**

*ride with a friend, or a group. It is then harder to take the easy path of riding 'tomorrow' instead.*

**How did you devise your commuting route**

*No problem living in a country city. Just took the main route, with a bit of a detour along a shared cycle path for extra distance.*

**How far is your commute?**

*6km*

**What type of bike do you ride?**

*road*

**How many kms have you built up so**

**far? 200**

**How do you build up your km's each week?/Where do you ride?**

*work, train and everywhere else*

**What major benefits do you find from cycling?**

*Enjoyment, exercise, environmental, saving time and frustration, health ...*

**What advice would you give to people who have just started cycling?**

*Keep at it it becomes easier. In the beginning I would think I should ride but I'll just jump in the car today. Now its the opposite I want to ride regardless of weather and getting in a car is a chore.*

**How did you devise your commuting route**

*trial and error and bit of google maps*

**How far is your commute?**

*10km*

**What type of bike do you ride?**

*Commuting*

**How many kms have you built up so far?**

*156*

**How do you build up your km's each week?/Where do you ride?**

*Commute from Ashfield to CBD*

**What major benefits do you find from cycling?**

*I have a rheumatoid condition and it stops me from becoming a cripple! Also keeps me fit and lets me see the views and I save money and don't have to sit in overcrowded trains and busses getting everyone elses germs!*

**What advice would you give to people who have just started cycling?**

*Do a learn to cycle course to familiarise yourself with riding in traffic then go for it! Make sure you obey ALL the road rules and keep an eye on the cars and you can't go too far wrong.*

**How did you devise your commuting route**

*A little bit of trial and error but as I've been commuting to the City so long it's pretty easy.*

**How far is your commute?**

*9.6km*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 38**

**How do you build up your km's each week?/Where do you ride?**

*As part of our education we ride twice a week with the students on tracks built around the campus.*

**What major benefits do you find from cycling?**

*feel fitter*

**What advice would you give to people who have just started cycling?**

*get some tips from experienced people who know how to do the tricky stuff. keep it up regularly and you'll notice the benefits. get a group of friends together and go for drinks afterwards.*

**How did you devise your commuting route**

*n/a*

**How far is your commute?**

*n/a*

**What type of bike do you ride?**

*Road and two Mountain bikes*

**How many kms have you built up so far? 140**

**How do you build up your km's each week?/Where do you ride?**

*Too the gym 4 or 5 times a week and try and do a 30 - 60km ride on the weekend*

**What major benefits do you find from cycling?**

*Keeping fit, quick way to get around the inner city area with no woorries about parking*

**What advice would you give to people who have just started cycling?**

*Remeber to use your gears and change down to a lower gear*

**How did you devise your commuting route**

*Look for quiet streets or wide foot paths mainly and bus lanes that i can ride in*

**How far is your commute?**

*8km to the gym*

**What type of bike do you ride?**

*BIANCHI ROAD BIKE*

**How many kms have you built up so**

**far? 53**

**How do you build up your km's each week?/Where do you ride?**

*I ride the Fernleigh Track a couple of times a week (round trip about 25kms) i also ride to work most days. which is about 3kms (Merewether to Newcastle CBD) Each sunday some friends and i play bicycle polo at a park.*

**What major benefits do you find from cycling?**

*free and fun fitness! oh so much cheaper than driving..*

**What advice would you give to people who have just started cycling?**

*ignore the abuse youre bound to encounter from ignorant poeple in cars!*

**How did you devise your commuting route**

*quickest back streets to work (safer in peal hour)*

**How far is your commute?**

*3km*

### **What type of bike do you ride?**

Road (plus motor bike :-) oops doesnt

count

### **How many kms have you built up so**

**far?** 80

### **How do you build up your km's each week?/Where do you ride?**

Generally local riding first thing in the morning, a perfect way to start the day plus there's less wind. Sometimes I punish the kids and we do a big ride in the National Park or with a BUGS group

### **What major benefits do you find from cycling?**

Fitness Stress relief Outdoor activity

### **What advice would you give to people who have just started cycling?**

Safety first, get the right gear and make sure you're visable. Slowly build your fitness up Join a group, great for motivation and socialising Get the family to join in Make it a lifestyle change

### **How did you devise your commuting route**

n/a unfortunately, but I did do the 'ride to work day' 2009 and earned lunch from the boss

### **How far is your commute?**

n/a

**What type of bike do you ride?**

*mountain*

**How many kms have you built up so far?**

*101km*

**How do you build up your km's each week?/Where do you ride?**

*commuting to and from work mountain biking in national park Centennial park*

**What major benefits do you find from cycling?**

*exercise*

**What advice would you give to people who have just started cycling?**

*get good nicks*

**How did you devise your commuting route**

*council bike path maps and internet*

**How far is your commute?**

*16km*

**What type of bike do you ride?**

*road*

**How many kms have you built up so far?**

*40km*

**How do you build up your km's each week?/Where do you ride?**

*At the regatta centre in penrith or the m7 bike path Am trying to do 3 rides per week, at 20km per ride*

**What major benefits do you find from cycling?**

*increased fitness levels, also it increases my mental toughness as I find riding challenging every time I go out, so I get a sense of achievement each time I complete my set km's*

**What advice would you give to people who have just started cycling?**

*Get some really comfortable bike shorts-the benefits far outweigh the initial feelings of embarassment!*

**How did you devise your commuting route**

*n/a*

**How far is your commute?**

*n/a*

**What type of bike do you ride?**

*commuting*

**How many kms have you built up so**

**far? 42**

**How do you build up your km's each week?/Where do you ride?**

*Ride to and from work about 2 or 3 times per week*

**What major benefits do you find from cycling?**

*fitter, faster, easier*

**What advice would you give to people who have just started cycling?**

*Do a course - city of Sydney free courses are invaluable for beginners; wear a helmet and bright colours, make sure your bike is in good condition; be patient and realise that you are a commuter, stopping at lights is OK; be kind to pedestrians and vehicle drivers.*

**How did you devise your commuting route**

*Worked out the flattest and most bike-friendly streets.*

**How far is your commute?**

*9 km*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 118**

**How do you build up your km's each week?/Where do you ride?**

*Mostly commuting to and from work*

**What major benefits do you find from cycling?**

*Fitness, fresh air and saving dollars on transport*

**What advice would you give to people who have just started cycling?**

*First and foremost - make yourself as visible as possible and wear your helmet. Start slowly and ask advice from people who cycle regularly.*

**How did you devise your commuting route**

*Tried a few options until I found a route that provides the greatest safety when cycling near traffic.*

**How far is your commute?**

*12.8km in the morning and 7.4km in the afternoon*

**What type of bike do you ride?**

*road*

**How many kms have you built up so far?**

*22.5*

**How do you build up your km's each week?/Where do you ride?**

*I ride to and from work as much as possible, and try to have a social ride on the weekend with my partner*

**What major benefits do you find from cycling?**

*Incidental exercise, avoid traffic, fun*

**What advice would you give to people who have just started cycling?**

*Build it into you everyday routine, as a means of transport. its so much fun and just as quick when travelling in congested areas. Stay SAFE!!*

**How did you devise your commuting route**

*I walked it first. I had been walking home a lot so knew the best route.*

**How far is your commute?**

*About 7.5 ks*

**What type of bike do you ride?**

*Hybrid*

**How many kms have you built up so far?**

*101*

**How do you build up your km's each week?/Where do you ride?**

*I do recreational trips in different places, e.g. Southern Highlands, South Coast.*

**What major benefits do you find from cycling?**

*Fun, stress relief, fitness, enjoy being in the outdoors*

**What advice would you give to people who have just started cycling?**

*Avoid the scary main roads*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far?**

*61.8*

**How do you build up your km's each week?/Where do you ride?**

*From Home (Gladesville) to work (CBD) everyday (20.6km round trip)*

**What major benefits do you find from cycling?**

*Exercise plus savings on transport costs*

**What advice would you give to people who have just started cycling?**

*Keep it up.*

**How did you devise your commuting route**

*Followed the signs and then made adjustments over time as my experience increased.*

**How far is your commute?**

*20.6 km round trip*

**What type of bike do you ride?**

*Mountain*

**How many kms have you built up so far? 10**

**How do you build up your km's each week?/Where do you ride?**

*Every Wednesday - Glenbrook Station to the End of the Oaks Fire Trail 20km*

*Saturday night - Woodford to Glenbrook Oaks Trail*

**What major benefits do you find from cycling?**

*fitness and enjoyment*

**What advice would you give to people who have just started cycling?**

*start with easy rides and build it up and try to ride regular.*

**How did you devise your commuting route**

*N/A*

**How far is your commute?**

*N/A*

**What type of bike do you ride?**

*Road*

**How many kms have you built up so far? 100**

**How do you build up your km's each week?/Where do you ride?**

*To/from work*

**What major benefits do you find from cycling?**

*Fitness and enjoyment*

**What advice would you give to people who have just started cycling?**

*Ride when ever you want and don't consider distance as an obstical.*

**How did you devise your commuting route**

*Google maps to start off with, and then trying new routes when commuting to find the best way.*

**How far is your commute?**

*25km's each way/*