

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Achieving the set goal.

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

29 er Mountain Bike

## **Where do you like to ride your bike?**

Where there are few if any cars.

## **Why do you like to ride your bike?**

It helps to clear the head.

## **What other sports and activities do you like doing?**

Body surfing, bushwalking.

## **What would you say to anyone thinking about taking part in the Challenge?**

Give it a go!

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

It gets me on my bike and keeping fit

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

Fluid, flat bar road bike

## **Where do you like to ride your bike?**

around centennial park and to and from school

## **Why do you like to ride your bike?**

helps keep me fit and distracts me from school

## **What other sports and activities do you like doing?**

rowing and rugby

## **What would you say to anyone thinking about taking part in the Challenge?**

its good fun so get into it

**What is the best thing about taking part in the NRMA Gold Medal Challenge?**

People get much healthier

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

mountain bike

**Where do you like to ride your bike?**

parks and streets

**Why do you like to ride your bike?**

to exercise and get healthier and fast and not clumsy

**What other sports and activities do you like doing?**

cricket and soccer

**What would you say to anyone thinking about taking part in the Challenge?**

come on join it is fun it might even help your health

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Getting out riding and getting fit and healthy while you have fun

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

Mountain bike

## **Where do you like to ride your bike?**

Local parks and streets

## **Why do you like to ride your bike?**

to either get some where or to simply enjoy a ride

## **What other sports and activities do you like doing?**

A.F.L and water sports i am also into survival things

## **What would you say to anyone thinking about taking part in the Challenge?**

Go for it, it great you get fit and healthy all at the same time as enjoying yourself

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

It keeps you fit and active.

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

Cyclops Glam Slam

## **Where do you like to ride your bike?**

Worranora Heights

## **Why do you like to ride your bike?**

Because it keeps me active and healthy

## **What other sports and activities do you like doing?**

Softball Practice Throw the footy

## **What would you say to anyone thinking about taking part in the Challenge?**

I would tell them to do it because it is fun

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Challenging myself

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

I ride a Repco Aurora

## **Where do you like to ride your bike?**

Around the water front, I hate the main roads.

## **Why do you like to ride your bike?**

Because its fun

## **What other sports and activities do you like doing?**

Soccer,swimming,nippers and indoor sports

## **What would you say to anyone thinking about taking part in the Challenge?**

That its a good opportunity to try something new and that you can spend more time with your friends and family.

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Achieving your goal distance!

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

Road bike

## **Where do you like to ride your bike?**

On quiet, safe roads through the countryside.

## **Why do you like to ride your bike?**

For fitness and the enjoyment of riding with others.

## **What other sports and activities do you like doing?**

Swimming, Dragonboating, gym, walking, and kayaking.

## **What would you say to anyone thinking about taking part in the Challenge?**

Get a group of friends, register and enjoy the time together on the bike while getting fit!

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Riding my bike and adding up how far I ride.

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

An old 'hand me down' heavy BMX bike.

## **Where do you like to ride your bike?**

On the Fernleigh Track.

## **Why do you like to ride your bike?**

It's lots of fun!

## **What other sports and activities do you like doing?**

AFL, table tennis, tennis and reading.

## **What would you say to anyone thinking about taking part in the Challenge?**

Just do it - it is lots of fun.

**What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Riding bikes

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

all, track, road, bmx, mtb

**Where do you like to ride your bike?**

at the park, anywhere

**Why do you like to ride your bike?**

cause it is fun

**What other sports and activities do you like doing?**

swimming, tee ball, fishing

**What would you say to anyone thinking about taking part in the Challenge?**

do it

### **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

This is my 3rd yr in a row and I enjoy counting my kms at the end of my rides. I love the different rides that are on offer though the challenge like the Spring cycle

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

I have a road bike a mountain bike and a track bike.

### **Where do you like to ride your bike?**

I ride on the road, through the bush and at the velodrome

### **Why do you like to ride your bike?**

I can go almost anywhere on my bike and I enjoy new places to ride though

### **What other sports and activities do you like doing?**

I play soccer through the winter season and swimming with my friends

### **What would you say to anyone thinking about taking part in the Challenge?**

Go for it there is different km challengers you can do and its great to get out there and excersie with your parents.

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

It encourages me to ride most days

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

I have a kids racing bike and a mountain bike

## **Where do you like to ride your bike?**

around home and on a bike pathway

## **Why do you like to ride your bike?**

I go with my mum or Dad and it is cool to ride along

## **What other sports and activities do you like doing?**

Athletics, triathlon, gymnastics, swimming, dancing

## **What would you say to anyone thinking about taking part in the Challenge?**

Go for it!

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

I get rewards when a cycle for leisure now!

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

A pretty pink one that gets me around town! <http://www.giant-bicycles.com/en-au/bikes/model/transend.1w/7503/44390/> But that's the actually model except in a rose pink colour.

## **Where do you like to ride your bike?**

On bike tracks, BUT NOT ON ROADS ITS TERRIFYING

## **Why do you like to ride your bike?**

It's a lovely way to travel to places as I am doing exercise and it's free and independent. I don't have to bother my parents with taking me places or pay money for a bus. Cycling is also quite intoxicating as well if you enjoy the outdoors; the sun warming your skin as you cycle outdoors and the cool air rushing past your face while you sweat your way to your destination... Add in some beautiful scenery and you have a new amazing past time.

## **What other sports and activities do you like doing?**

Zumba and Aikido for sports I guess. As for activities, lots of video games and the internet pfft.

## **What would you say to anyone thinking about taking part in the Challenge?**

Do it. It doesn't matter if you reach your goal or not, what's most important is that you can cycle when you want, and you get bonus points too for it!

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

never winning a prize

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

i ride a mountain bike a single speed bike a jump bike a vintage bike a road bike

## **Where do you like to ride your bike?**

over jumps over trail to work and back to school and back

## **Why do you like to ride your bike?**

because i dont have my licence yet

## **What other sports and activities do you like doing?**

cricket afl basketball tennis body boarding

## **What would you say to anyone thinking about taking part in the Challenge?**

they should come apart because you get to a bike

### **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

you get to ride your bike and put it on a log and see how far you've ridden in a year and you can beat your distance each year

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

i ride a mountain bike called Matts Merida

### **Where do you like to ride your bike?**

I like riding on the road, on mountain bike tracks and bmx tracks

### **Why do you like to ride your bike?**

for fun and exercise and to make me keep on being fit

### **What other sports and activities do you like doing?**

i also like playing soccer and just kicking a ball around and playing with a basketball

### **What would you say to anyone thinking about taking part in the Challenge?**

its a fun way to keep fit and have fun with you and friends.

### **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

when i ride my bike it is now going towards my gold medel. It makes me want to ride more. That is making me healthier.

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

mongoose 2010 model

### **Where do you like to ride your bike?**

Around my suburb

### **Why do you like to ride your bike?**

Because it is fun and i get to be outside

### **What other sports and activities do you like doing?**

soccer and scouts

### **What would you say to anyone thinking about taking part in the Challenge?**

It is really easy to get the amount of KM's you need, it's fun and you get a gold medal at the end of it.

### **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

It inspires me to ride around rather than being driven which contributes to helping the environment even if it is just one less car on the road. It also gives me a greater excuse to go out for a bike ride.

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

A mix breed squeak machine. Half of it one bike, half the other, both parts thirty years old.

### **Where do you like to ride your bike?**

I love riding my bike on bike paths either in the bush or next to the water getting the breeze and the sunlight.

### **Why do you like to ride your bike?**

The feeling of the wind against your face is indescribable. It is almost a feeling of flying and freedom.

### **What other sports and activities do you like doing?**

Swimming, tennis, dancing, drama, athletics and cross country

### **What would you say to anyone thinking about taking part in the Challenge?**

If you ever need an excuse to ride, here is your chance. It also helps you look good and feel good after all it is exercise.

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

Encouragement to exercise with your family.

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

Repco

## **Where do you like to ride your bike?**

Up the farm road

## **Why do you like to ride your bike?**

Exercise

## **What other sports and activities do you like doing?**

Tennis and Walking

## **What would you say to anyone thinking about taking part in the Challenge?**

Sign up with a friend and go for it

## **What is the best thing about taking part in the NRMA Gold Medal Challenge?**

It gave me a goal to achieve

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

A Merida road bike and a Specialized mountain bike

## **Where do you like to ride your bike?**

Road, velodrome, and in the bush

## **Why do you like to ride your bike?**

It is challenging and fun and allows me to achieve results

## **What other sports and activities do you like doing?**

playing Aus tag, surfing and palying lego

## **What would you say to anyone thinking about taking part in the Challenge?**

Go for it. It is a great thing to do