

HEART FOUNDATION



# gear up girl



## 2017 RIDE GUIDE

Presented by



Charity partner

#WOMENSHEARTS  
INVISIBLE  
VISIBLE



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WELCOME TO HEART FOUNDATION

# GEAR UP GIRL RIDE

GEAR UP GIRL was founded in 2008 and has expanded into a mass community bike ride from Sydney Olympic Park to Cronulla, showing woman and children where the best bike paths and routes are so they can revisit them whenever they want!

Research shows that only 26% percent of riders in NSW are women (2016 Bicycle NSW Bike Riders Survey), a statistic we want to drastically shake up through Gear Up Girl. In 2017, the ride will attract 1,500 + women who will enjoy either the 20km Beach Ride, the 40km Classic Ride or 60km ride Coast Ride. Our three key communication messages to promote Gear Up Girl are:

- In celebration of International Women's Day (8 March), Gear Up Girl will take place on Sunday 12 March to encourage all women to get on their bike.
- Help us set a new world record for the 'largest women's community bike ride'.
- Bicycle NSW and the Heart Foundation are on a mission to communicate some hard hitting facts about Heart Disease and the importance of exercise.

# BICYCLE NEW SOUTH WALES

The Heart Foundation Gear Up Girl is presented by Bicycle NSW. We are the peak cycling advocacy body for New South Wales. Since 1976, we have been working on behalf of our members to improve conditions and to create a better and safer environment for cycling in New South Wales.

Bicycle NSW is a not for profit, member based organisation with our membership fees put to work on important issues that matter to all bicycle riders. Bicycle NSW has a dedicated team that love cycling and are committed to making cycling an easier, safer and (even) more enjoyable activity.

Whether you ride a bike for fun or fitness, to get where you need to be or to explore somewhere you've never been before - you're covered with a Bicycle NSW membership which includes personal accident and third party liability insurances. If you ride a bike - you're with us!





FINISH

Heart Foundation

Go Red for Women

ear up girl

KASK

KASK

SPRING CYCLE

DLY SUPPORTED BY Transport for NSW

bicycle NSW

# RIDE OPTIONS

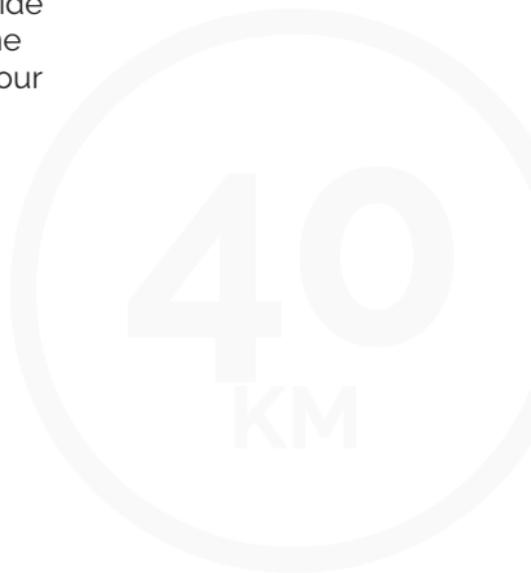
## THE SUTHERLAND SHIRE COUNCIL 20KM BEACH RIDE



The aim of the 20km Beach ride is to encourage novice riders to dust off their bike and take to the cycleways and/or mums and kids to have a fantastic day out discover the joys of riding. We aim to promote bike riding as a healthy, safe, enjoyable leisure and transport choice and we want all our participants to regularly use the cycling infrastructure that we show them. The route leads riders along a the flat idyllic separated cycle path, an easy ride suitable for all ages and skill levels. The 20km Beach Ride begins at Cahill Park, Wolli Creek and follows the cycleway out onto the beach front at Kyeemagh. Riders will experience a beautiful beach ride along a shared pedestrian/cycleway path all the way to Sans Souci. From there riders will go over the Taren Point Bridge and traversing over to a festival finish at Cronulla.

## THE 40KM CLASSIC RIDE

This is a comfortable, leisurely ride ideal for all ages and abilities, the novice and experienced rider. Your adventure starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River cycleway. Showcasing some of the best of Sydney's cycling infrastructure, the route makes its way south to the beautiful beaches and a festival finish at Cronulla.



## THE 60KM COAST RIDE

The 60km Coast Ride is for those looking for a challenge. This route starts in beautiful Bicentennial Park at Sydney Olympic Park and heads south along the Cooks River cycleway. Showcasing some of the best of Sydney's cycling infrastructure, the route makes its way south to the iconic beaches of Cronulla. Your adventure continues out from Cronulla along dedicated cycle lanes to picturesque Kurnell. Enjoy a bit of Australian history, some breathtaking coastline of Sydney's south and a festival finish at Cronulla.



60  
KM



# RIDE DAY READY

## THE SUTHERLAND SHIRE COUNCIL 20KM BEACH RIDE

20  
KM

WAVE STARTS BETWEEN 8:00AM - 9:30AM  
(riders pre-register for start times). Make sure you  
arrive 10 minutes prior.

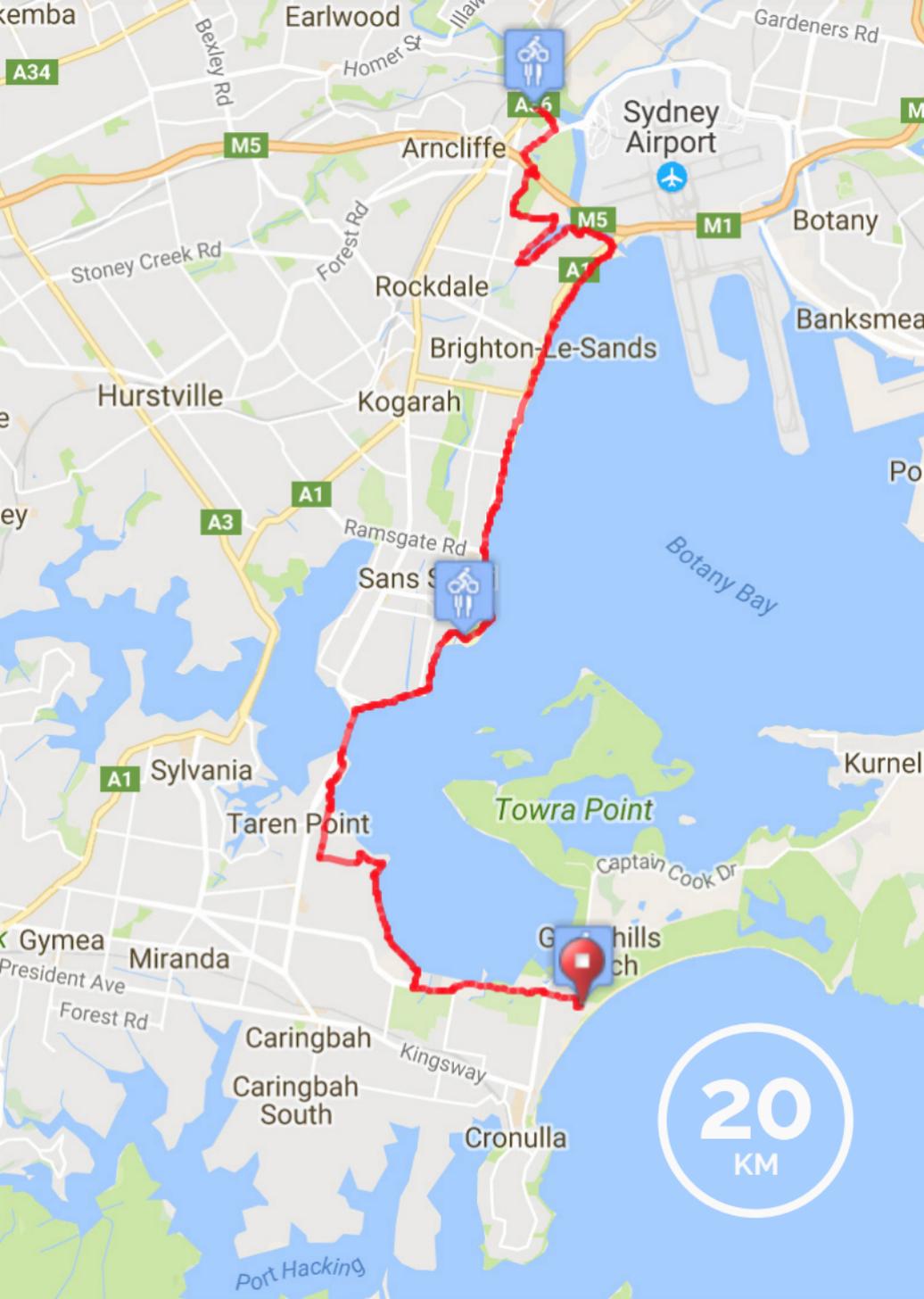
START LOCATION: Cahill Park, Wolli Creek

AGE LIMIT: 8yrs and older, children under 16 children  
MUST ride with paying adult.

### CUT OFF TIMES

9:30am	Cahill Park, Wolli Creek	Start Site
12:00pm	Peter Depena Reserve, Sandringham	Rest Stop
2:00pm	Don Lucas Reserve, Cronulla	Finish Site

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.



Earlwood  
Homer St  
Gardiners Rd  
Sydney Airport  
Botany  
Banksmead  
Kurnell  
Towra Point  
Captain Cook Dr  
Gurrumbidgee Hills  
Cronulla  
Kingsway  
Caringbah South  
Caringbah  
Miranda  
Forest Rd  
President Ave  
GyMEA  
Taren Point  
Sylvania  
A1  
Sanson  
Ramsgate Rd  
Kogarah  
Brighton-Le-Sands  
Rockdale  
Forest Rd  
Stoney Creek Rd  
M5  
A1  
A3  
A6  
M5  
M1  
A1  
A3  
A6  
A34  
Bexley Rd  
Sydney Airport  
Botany  
Banksmead  
Kurnell  
Towra Point  
Captain Cook Dr  
Gurrumbidgee Hills  
Cronulla  
Kingsway  
Caringbah South  
Caringbah  
Miranda  
Forest Rd  
President Ave  
GyMEA  
Taren Point  
Sylvania  
A1  
Sanson  
Ramsgate Rd  
Kogarah  
Brighton-Le-Sands  
Rockdale  
Forest Rd  
Stoney Creek Rd  
M5  
A1  
A3  
A6  
M5  
M1  
A1  
A3  
A6  
A34  
Bexley Rd

20  
KM

# THE 40KM CLASSIC RIDE



START TIME: 7:30am

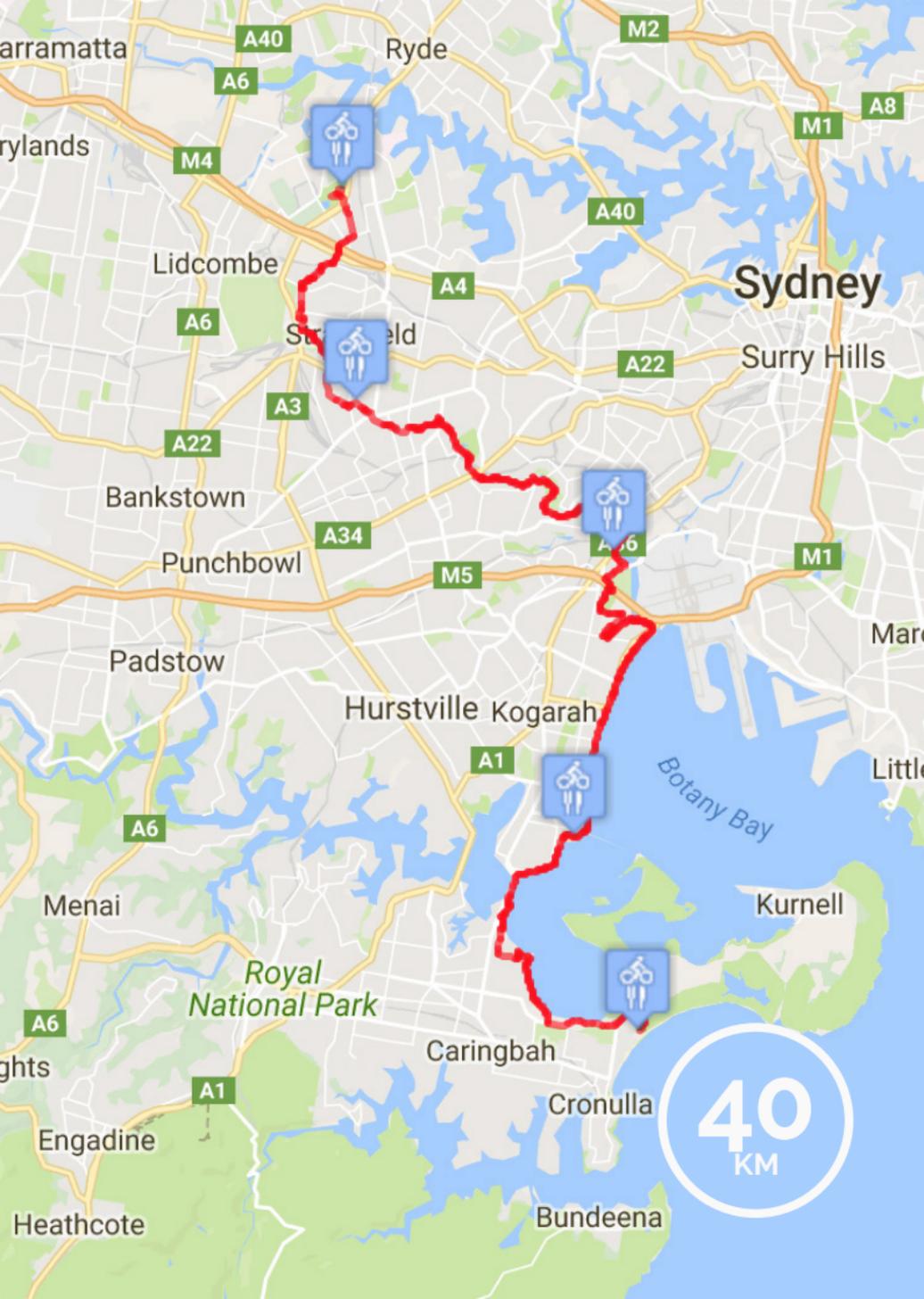
START LOCATION: Bicentennial Park, Sydney  
Olympic Park

AGE LIMIT: 10yrs and older, children under 16 children  
MUST ride with paying adult.

## CUT OFF TIMES

8:00am	Bicentennial Park, Sydney Olympic Park	Start Site
9:00am	Ford Park, South Strathfield	Rest Stop
10:15am	Cahill Park, Wolli Creek	Rest Stop
11:15am	Peter Depena Reserve, Sandringham	Rest Stop
12:15Pm	Don Lucas Reserve, Cronulla	Finish Site

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.



40  
KM

# THE 60KM COAST RIDE



START TIME: 7:00am

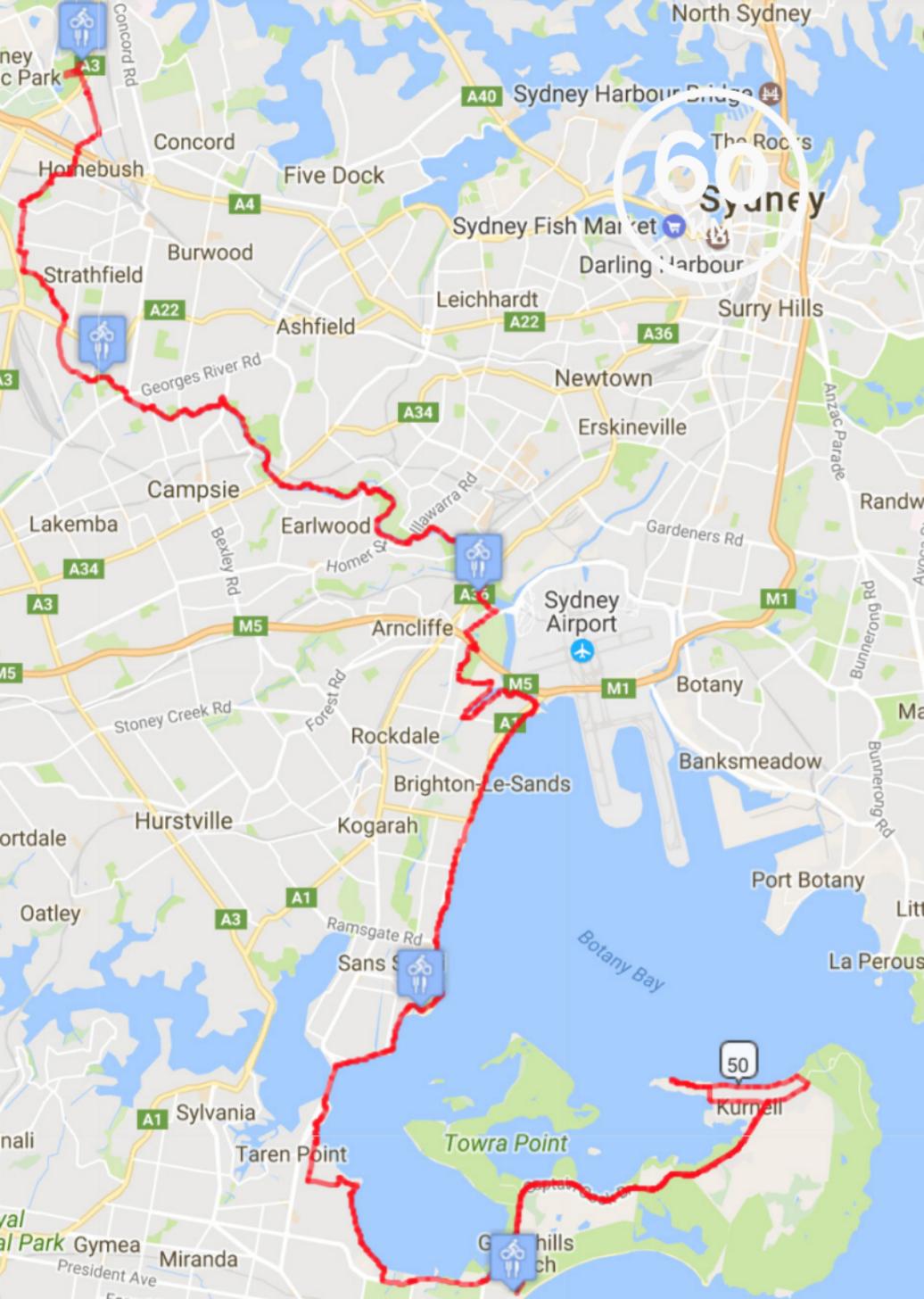
START LOCATION: Bicentennial Park, Sydney  
Olympic Park

AGE LIMIT: 12yrs and older, children under 16 children  
MUST ride with paying adult.

## CUT OFF TIMES

7:20am	Bicentennial Park, Sydney Olympic Park	Start Site
8:30am	Ford Park, South Strathfield	Rest Stop
9:45am	Cahill Park, Wolli Creek	Rest Stop
10:45am	Peter Depena Reserve, Sandringham	Rest Stop
12:45pm	Bonna Point Reserve, Kurnell	Rest Stop
1:45pm	Don Lucas Reserve, Cronulla	Finish Site

If you have not passed these points within the specified time, you will not be able to complete the ride under event conditions.



# Sydney

A40 Sydney Harbour Bridge

Concord Five Dock

Burwood Strathfield

Ashfield

Campsie

Lakemba

M5

Hurstville

Oatley

A1 Sylvania

Taren Point

Miranda

Sydney Fish Market

Leichhardt

Newtown

Erskineville

Earlwood

Arncliffe

Sydney Airport

Rockdale

Brighton-Le-Sands

Kogarah

Sans Souci

Towra Point

Glen Hills

North Sydney

The Rocks

Darling Harbour

Surry Hills

Botany

Banksmeadow

Port Botany

La Perouse

Kurnell

50

# GETTING THERE

## START SITE FOR 40KM CLASSIC RIDE AND 60KM COAST RIDE: SYDNEY OLYMPIC PARK

MEETING POINT: Egret Pavilion Bicentennial Park, Sydney Olympic Park (Concord West Entrance).

GETTING THERE BY BICYCLE: If you are up for a bit of a warm up before you ride Gear up Girl why not cycle to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at [rms.nsw.gov.au/roads/usingroads/bicycles/cyclewayfinder](https://rms.nsw.gov.au/roads/usingroads/bicycles/cyclewayfinder)

GETTING THERE BY PUBLIC TRANSPORT: Sydney Olympic Park Station is the closest train station. There is track work scheduled and therefore there are no trains getting into Concord West. Please make sure to leave enough time to change trains at Lidcombe station to board the train to Sydney Olympic Park. View the latest train timetable and find the best way to get to Sydney Olympic Park at [sydneytrains.info](http://sydneytrains.info).

GETTING THERE BY CAR: Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the start, check the GEAR UP GIRL website for information about parking.

## START SITE FOR THE 20KM BEACH RIDE: CAHILL PARK

**MEETING POINT:** Princes Highway Entrance to Cahill Park, Wolli Creek. (Nearest intersection: Princes Hwy and Brodie Spark Drive).

**GETTING THERE BY BICYCLE:** If you are up for a bit of a warm up before you ride Gear up Girl why not cycle to the start? To find a safe route to the start check out the mapping resources provided by Transport for NSW at <http://www.rms.nsw.gov.au/roads/bicycles/cycleway-finder.html>

**GETTING THERE BY PUBLIC TRANSPORT:** Wolli Creek Train Station is the closest train station. View the latest train timetable and find the best way to the start at [sydneytrains.info](http://sydneytrains.info)

**GETTING THERE BY CAR:** Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the start, there is on street parking on Arncliffe Street near Wolli Creek Station.



# TRANSPORT

Public transport is the best way for you and your bike to travel to and from Gear Up Girl. Thanks to our partners, Transport for NSW, all Sydney Trains and NSW TrainLink intercity services and Sydney Ferries are FREE for Gear Up Girl participants. Sydney Buses are also FREE for Gear Up Girl volunteers only.

Plan your trip and find important tips about travelling with bicycles at [transportnsw.info](http://transportnsw.info), or visit [transport.nsw.gov.au/cycling](http://transport.nsw.gov.au/cycling) for cycling advice.

To access FREE public transport on March 12, ensure your Gear Up Girl rider number or volunteer ID are on show. Transport for NSW thanks you for your co-operation. Enjoy your rides!

Free travel is on Sydney Trains, NSW TrainLink Intercity services and Sydney Ferries on Sunday 12 March 2017. Note: GatePass purchase required at Domestic Airport and International Airport Stations. Bicycles are only permitted on ferries at the discretion of the crew.

# RIDER SUPPORT

## SWEEP BUS

A sweep bus will follow each ride to ensure that any riders who have difficulty completing each ride are given assistance. If necessary, the Sweep Bus can transport riders to a nearby train station.

## BIKE MECHANICS

It is highly recommended to have your bike checked by a bicycle mechanic before hopping on your bike to enjoy the Gear Up Girl. However, if you do find yourself with a flat tyre or get into some technical difficulty during the ride, there will be mobile mechanics along the route and located at the start, rest and finish sites.

## FIRST AID

First Aid Officers will be available both at the start sites and finish site and also as mobile help throughout the ride.

## VOLUNTEER ROUTE MARSHALS

Look out for the friendly and knowledgeable volunteer route marshals at key junctions and turns who are there to make sure that you are always on target to successfully complete your ride. Note that the volunteer route marshals are not permitted to direct traffic, so take care at intersections and roundabouts.

OFFICIAL GEAR UP GIRL

# JERSEY AND KNICKS

Every year a brand new jersey design is released. In 2017, Bicycle NSW has teamed up with SCODY, our official Jersey Partner, to create the latest Gear Up Girl jersey and knicks. We are excited to offer this limited edition traditional cycling jersey designed in Australia.

Made in Australia, this jersey and knicks uses Coolmax fabric for optimal thermoregulation meaning it looks good, and also feels great. Therefore, not only makes this them a great memento, it's also high quality and made right here in Australia. Unsure about Jersey sizes? Check your best t on the sizing charts on the Gear Up Girl website.

You can order your jersey now online. Go to the Gear Up Girl website and find the post event shop under Event Gear.



# FINISH FESTIVAL

## WHAT'S ON

Don Lucas Reserve is a fantastic open grass area with a gorgeous ocean backdrop, perfect for a festival finish for all your friends and family.

To celebrate your ride, the Bicycle NSW team have organised a fantastic 'post' ride day of fun and celebration.

Riders will be able to park their bike for free, refuel with some delicious food and beverages, enjoy music, market stalls, bike mechanics, and more. There'll also be prizes and giveaways on the day!



## WHAT'S ON GEAR UP GIRL FESTIVAL FINISH, DON LUCAS PARK CRONULLA

- Great giveaways
- Inspirational messages and insights from our Gear Up Girl Ambassadors on the main stage
- Membership lounge – so make sure to become a part of the Bicycle NSW community!
- Great products and services to review at the vendor stalls
- Food trucks onsite

And to make sure you get to the finish line there'll be places to refuel along the way!



# AMBASSADORS

ORGANISATION: CBA WOMEN IN FOCUS

RIDERS: THE CBA WOMEN IN FOCUS TEAM



About: CommBank's Women in Focus is a vibrant community of women doing extraordinary things. Since 2010 Women in Focus has been supporting the success of women in business across Australia. They do this by running face-to-face events program across Australia, via their online and social channels and through partnerships with the Telstra Business Women's Awards and Business Chicks.

-  CBAWomeninFocus
-  CBAWomeninFocus
-  [womeninfocus.com.au](http://womeninfocus.com.au)



## RIDER: NICOLA BARR

About: Nicola Barr was selected as the number one draft pick by Greater Western Sydney in the inaugural 2017 AFL Women's League Draft. This historic competition kicked off on February drawing amazing attention across the country. Nicola uses her bike as an easy and fun way to get from one place to another – such as to uni and to training sessions. "I love riding my bike because not only are you doing your part for the environment by taking at least one car off the road, but you are also able to stay active throughout your day in an efficient way! I also love the fact that you don't have to worry about traffic or parking like you have to when you're using your car as a mode of transport."

 [\\_nicolabarr](#)

 [\\_nicolabarr](#)

## ORGANISATION: WOMEN ON BOARDS

### RIDER: RUTH MEDD – EXECUTIVE CHAIR, WOMEN ON BOARDS

About: Ruth is a Certified Practising Accountant and former IT professional who has been pursuing a career as a non executive director since 2000. She is immediate past chair of Australian

Ethical Superannuation, a director on the National Foundation for Australian Women and a former director of the NSW Casino Control Authority and the Infants Home at Ashfield. Prior executive roles include executive director of the Australian Association of National Advertisers and senior positions with Telstra, the Australian Broadcasting Tribunal and the Federal Government.



 WomenOnBoards  
 WomenOnBoards  
 [womenonboards.net](http://womenonboards.net)



## RIDER: GEMMA FIGTREE

About: Gemma Figtree is a Professor in Medicine at the University of Sydney, an interventional cardiologist at Royal North Shore Hospital and a mother of 2 beautiful boys Henry (5) and Alex (2). She completed her DPhil at Oxford University in 2002 supported by a Rhodes Scholarship and is committed to improving care for patients suffering heart attack to improve their survival and quality of life. She is currently co-funded by a NHMRC and Heart Foundation Future Leader Fellowship. Gemma is a great advocate for promoting a healthy lifestyle to prevent heart disease.

RIDER: SARAH IMM

ORGANISATION: FOUNDER OF THE LIFESTYLE BRAND  
VÉLO-À-PORTER

Which distance will you ride? I'm planning to ride the 40km in dress and sandals on my e-bike. I believe that it's a great way to show people how it's possible to extend your range. The e-bike makes it possible to dress with style and in every day clothing.

Why do you ride? I ride primarily for transport. It's how I commute into the Sydney CBD and the Inner-West for work. I take my children to music lessons in the city and Paddington by cargo bicycle every Monday. It's the most efficient way to get around without parking or traffic issues. And we are very rarely late because we don't contend with traffic! I also ride for fun and exercise on my road and mountain bikes. It's a great way to stay fit, helps to keep my weight down and my mood positive.

Why ride Gear Up Girl? I believe Gear Up Girl is one of the best ways for women to start riding or to feel empowered to ride more. The best way to practice the skills necessary for bicycling is to spend time in the saddle, especially with others. Riding with others also improves confidence, is inherently social, and helps

 [veloaporter2015](#)  
 [veloaporter](#)  
 [veloaporter.com](mailto:veloaporter.com)  
 [veloaporter](#)



# GETTING HOME

**GETTING HOME BY BICYCLE:** If you still have the energy to ride home, we advise that you choose a route that avoids riding against the other 1,000 riders still in the Gear Up Girl event. Please also make sure to remove your rider number before leaving the finish site in Cronulla. To find a safe route home check out the mapping resources provide by Transport for NSW at [rms.nsw.gov.au/roads/bicycles/cycleway-finder.html](https://rms.nsw.gov.au/roads/bicycles/cycleway-finder.html)

**GETTING HOME BY PUBLIC TRANSPORT:** Cronulla Train Station is the closest train station. View the latest train timetable and find the best way to the start at [sydneytrains.info](https://sydneytrains.info)

**GETTING HOME BY CAR:** Parking is limited and we recommend you leave the car at home. However if you do plan to drive and leave the car at the finish, check the Gear Up Girl website for information about parking.



# BIKE SHOPS

Be sure your bike is ready for the Gear Up Girl. If you have any doubts as to the condition of your bike, check in with one of the Gear Up Girl bike shops before Sunday 12 March 2017 and receive 10% off in store. All you need to take with you is confirmation of your ride entry.

PARK BIKES



ASHFIELD CYCLES



NIXECYCLES



MC CYCLERY



WHEELY CONVENIENT



# Park Bikes

@ SYDNEY OLYMPIC PARK PTY LTD



Tuned for Life

**FREE**  
tune  
for every  
purchase



# FOR YOUR SAFETY

To ensure that you and your fellow riders have an enjoyable and safe Gear Up Girl, please adopt safe, courteous riding at all times by following these basic principles:

- \* Obey instructions by police and event staff
- \* Please start with your ride start time and follow route signage
- \* Not all roads are closed for the event
- \* Stop at red traffic lights
- \* Stop at pedestrians crossing
- \* Be mindful of motorists!
- \* Riders not obeying road rules will be asked to leave the event by Police or Event staff
- \* Ride on the left hand side of the road at all times
- \* Give hand signals when turning or stopping
- \* Look around you, remember if you STOP you do not have a brake light! Call "stopping"
- \* Call "passing" when passing another rider
- \* Watch your speed, it's not a race – it's a community bike ride

There are Steep Descents and Sharp Turns!

Watch your speed when going downhill! Look after the people around AT ALL TIMES.

Follow the direction of Police, event marshals and event staff to ensure your safety.

Take Care! Enjoy your ride, thank the friendly volunteers you pass along the way and look out for your fellow cyclists.

BE SAFE – HAVE FUN – SEE YOU AT THE FINISH



# CYCLING ETIQUETTE

## ON SHARED PATHS

- Give way to pedestrians at all times
- Move off the path if you need to stop
- Be courteous and always show mutual respect to other path users
- Slow down near children, playgrounds, shops etc.
- Ring your bell to warn others you are approaching
- Give clear hand signals
- Keep left where possible
- Be predictable. Indicate hazards to other riders. For example, a bollard that they may not see because you're in front

## ON ROADS

- You will be mixing with traffic at times, let our marshals guide you.
- Be courteous and show mutual respect to all other road users
- Constantly scan the road ahead and the surrounding environment
- Avoid riding in driver's blind spots. If you cannot see the driver, the driver cannot see you

- Do not hold onto vehicles
- Keep left, when not overtaking, where practicable
- Do not ride more than two abreast
- Use the road shoulder or left-hand lane to avoid obstructing other road users
- Avoid riding too close to parked cars to reduce the chance of colliding with pedestrians or the opening of car doors
- If riding uphill in a group, be considerate of other road users and ride in single file
- Give clear hand signals
- Be predictable
- Do not use your phone or listen to music while riding. I
- ndicate hazards to other riders
- Use bicycle lanes where available
- Red lights, stop and give way signs must be obeyed

# Keeping Women's Hearts Healthy



**Heart disease is the single biggest killer of Australian men and women.**



**3 times as many women die of heart disease compared with breast cancer.**



**Heart disease currently claims the lives of 24 Australian women per day.**

The Gear up Girl event is an ideal opportunity to encourage Australian women and girls to get on their bikes and get active. Physical inactivity is a major risk for heart disease with 60% of women not being sufficiently active for health.

It can be hard to find time for exercise, but there are many opportunities to be active in our day to day lives. Bike riding is an activity that can be a transport option as well as being a fun and healthy recreational activity enjoyed alone or with family and friends.

Female participation rates in cycling are approximately half that of males, with confidence, safety and transporting children often noted as barriers.

Encouraging women to get on their bikes through Gear up Girl helps to break down some of the barriers expressed by women. Since 2008, Gear up Girl has provided women and girls with an enjoyable, safe and social ride as well as building women's confidence and skills.

The Heart Foundation congratulates the women and girls who will get on their bike in 2017 - we hope you enjoy the ride!

#WOMENSHEARTS  
**INVISIBLE  
VISIBLE**



**We are committed to protecting the heart health of Australian women.**

**Here's what you can do to help:**

- Spread the word to your mothers, sisters, daughters and friends
- Get active! Just 30 minutes of physical activity each day can reduce the risk of heart disease by as much as 30-50 percent
- Take time to care for your heart - get a heart health check today 
- Help us raise awareness of heart disease in women  
Participate in **Making the Invisible Visible** in June  
[www.invisiblevisible.org.au](http://www.invisiblevisible.org.au)
- Donate today

[www.heartfoundation.org.au](http://www.heartfoundation.org.au)

   @HeartAust #womenshearts