

More women cycling

Cycling is becoming increasingly popular for women and is a great way for them to stay fit and keep up with regular exercise. Chain Reaction Training (CRT) Nationally Accredited CycleSkill coach Lindsay Davies-Moore says more women are now cycling, so it encourages even more women to take up the sport and is no longer male dominated.

"Cycling is the new corporate golf," Lindsay says. "Starting a regular exercise program is difficult for any newcomer but much of the cycling in Perth is done in groups of similar ability."

"There is nothing that motivates you more than knowing your girlfriends are all waiting on the corner for the morning ride and the obligatory coffee at your favourite cafe."

"Cycling provides a great challenge and many newcomers surprise themselves with how quickly they get fit enough to start riding longer distances."

Lindsay says cycling brings many benefits to women. They can lose weight and get fit; it provides a very social and non-impact



way of starting a regular exercise program they can easily start at their own pace; they can cycle by themselves when they have time or with others; and it's very time efficient – just get on the bike and ride from home.

"Women can cycle with already established cycling and training groups like CRT or their partner or family to and from work," she says. "Many use www.crtwa.com.au for specific training or just to meet, network and socialise with other female riders."