

Good Morning and welcome to 'Cycle Instead Bikeweek', an annual event promoting cycling and its benefits in Western Australia.

I acknowledge the Noongar people who are the Traditional Custodians of the Land on which we have gathered today and I pay respect to the Elders both past and present of the Noongar Nation and extend that respect to other Indigenous Australians who are present.

This year's Bikeweek includes more than 80 events to be held across metropolitan and regional Western Australia and coordinated by the Department of Transport's Bikewest and hosted by various community organisations, state and local governments.

This morning's breakfast event is supported by:

- Bikewest;
- the City's TravelSmart Program;
- Cycling WA;
- E Bikes R Us;
- Bike Force Success; and
- Dismantle WA

To start Bikeweek this year, the City of Cockburn entered its first corporate team into the RAC WA Bike Hike for Asthma that was held on Sunday with 18 entrants competing in all 3 categories from 10kms to 70kms.

Well done to all staff who were a part of this particular event.

Today's event is about recognising the efforts of commuting and recreational cyclists and also actively encouraging novice cyclists to have the confidence to get back on their bikes and take advantage of all the benefits that cycling offers.

For staff at the City of Cockburn's administration office, Spearwood Library and the Seniors Centre, there is a new edition to the corporate fleet bicycles – the Uni rider E-bike that will be available via the City's vehicle booking system to be booked by any staff members wanting to commute to local business meetings by bike.

As the E Bikes R Us flyer aptly sums up the Uni-ryder "Commuting? No rego – No Licence – No Parking – No Sweat".

Bikeweek this year sees the launch of a new 'Western Australian Bicycle Network Plan' draft document that is now available for public comment as launched by the Minister for Transport last Tuesday.

The Plan maps the way ahead to service WA's expanding cycling needs, particularly those of riders commuting to work.

Cyclist should read the document and provide comment to the Department of Transport via the online questionnaire by 17<sup>th</sup> June.

The City's TravelSmart program supports keen community members that are advocating for the creation of a Cockburn BUG or Bicycle User Group.

This group aims to:

- promote a safe and healthy local cycling environment;
- network with like minded organisations and community groups;
- provide feedback to the City and Main Roads on cycle ways; and
- promote regular recreational rides for all interested community members.

The City is also proud to support a new Aboriginal Men's Exercise Group that has been formed as part of the CoHealth Program – they are completing an Aus Cycle Program provided by Cycling WA with Dean Wynne as the Co-Health Champion.

I particularly like Dean's statement:

*“Fitness means you’re thinking far further than tomorrow.”*

There’s a message in that statement for us all!

In 2010 the number of cycling trips to and from the Perth CBD increased by 10% - this figure is representative of an upward trend in the number of West Australians who are cycling and reaping the social, environmental and health benefits by doing so.

As part of today’s event, we will be completing a prize draw for 10 cyclists to attend an hour long “Commuter Express” course provided by bike mechanics from Dismantle in Fremantle.

The course will demonstrate the bare essentials for you to commute with confidence, deal with on the spot repairs to ensure you get from A to B on time and also participants will learn a few tricks to keep clean! Remember to complete the Bikeweek Competition Entry form and put it in the prize box.

Bikeweek celebrations will be continuing on 1<sup>st</sup> April with the Coogee Beach Festival that will include a family bike ride.

My thanks to Katy Boschetti, the City’s TravelSmart Officer and others involved in today’s event and to each and every one of you for participating today - happy cycling.

