

Pedal with Purpose

*Spring Cycle returns in 2025 with all funds raised supporting Lifeline
Registrations now open for Sydney's most iconic cycling event*



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On **Sunday 12 October 2025**, the streets of Sydney will be transformed into a moving celebration of community, connection and wellbeing as the annual Spring Cycle takes over the city.

Spring Cycle has a long and proud history in Sydney, with the very first event taking place 42 years ago in 1983. After a four year hiatus due to the impacts of COVID, this family-friendly event makes a long-awaited return as the only charity ride over the Sydney Harbour Bridge and through the heart of the CBD and Inner West on car-free roads.

This year also marks a significant milestone, as [Lifeline](#) joins Spring Cycle as its national charity partner. In 2025, Lifeline is experiencing unprecedented demand and every 24 seconds, someone will reach out to Lifeline in crisis. Every dollar raised through Spring Cycle will help Lifeline answer more calls, support more communities, and reach more Australians in the ways that work best for them during their toughest moments.



Spring Cycle is made possible with the generous support of [Bicycle NSW](#), [Blackmores](#), [City of Sydney](#) and [Transport for NSW](#), whose shared commitment to community, health, sustainability and safer roads is helping shape a more connected and resilient community.

Cyclists of all ages and abilities are being invited to register from today for the **Classic 50km Ride** or the **10km City Ride** to help raise vital funds for mental health.

- **The 10km City Ride** is perfect for families, beginners and leisure riders who want to experience the thrill of riding over the Harbour Bridge and past some of Sydney's most iconic landmarks including the Sydney Opera House and the historic Rocks area. The ride will finish at Pirrama Park, in a celebration of community with riders coming together to enjoy a welcoming, family-friendly environment. Including a playground for the kids, along with breakfast options and coffee carts to kick start and fuel your morning.
- **The 50km Classic Ride** is for intermediate cyclists and adventure-seekers. It takes in the best of the 10km Ride - over the spectacular Harbour Bridge, past the Opera House and The Rocks, before exploring the diverse Inner West. This ride will culminate in a festival finish at Sydney Olympic Park, with food trucks and live music.

Bicycle NSW CEO Peter McLean says: *"Spring Cycle is more than just a ride - it's a celebration of community, connection and the joy of cycling through one of the most vibrant cities in the world. Whether you're crossing the Harbour Bridge for the first time or riding through the Inner West, it's a powerful reminder of how vital it is to share our roads safely and respectfully."*

Lifeline Australia Chair, Professor Steve Moylan says: *"We're delighted to be partnering with Spring Cycle for this fantastic event. Outdoor activities are so great for recharging our bodies and minds, and what's more, community events like this can also help us feel less alone and more connected. Every dollar raised ensures Lifeline can be there 24/7, across phone and digital services, whenever you're struggling or simply looking for someone to listen and offer non-judgemental support."*

Lifeline Harbour to Hawkesbury CEO and Event Committee Chair Elizabeth Lovell says: *"This year's Spring Cycle is a powerful example of how communities and partners collaborate to create iconic experiences which generate joy on the day and change lives in the days to come. Collective efforts with the community, volunteers, and our fantastic partners, are among the most important mechanisms with which we can strengthen wellbeing and reduce suicides. The more we support Lifeline, the more people we can help and build the underpinning resilience of our communities across Australia."*

Transport for NSW Secretary Josh Murray says *Transport for NSW is proud to support the Spring Cycle event in October. Since first partnering with Bicycle NSW in 2012, we've seen this iconic celebration of active transport grow into a vibrant community event that welcomes riders of all ages and experience levels. Spring Cycle offers a safe and inclusive environment for families and new cyclists to build confidence and discover the joy of cycling."*



SPRING CYCLE KEY DATES

- Launch Entry Price: 6 July - 31 July - 35% off
- Super Keen Price: 1 August - 31 August - 25% off
- Early Bird Price: 1 September - 30 September - 15% off
- Standard Entry: 1 October - 12 October

To register for the 10km or 50km Spring Cycle rides, visit: <https://springcycle.com.au>

Available for interview

- **Professor Steve Moylan, Lifeline Chair**
- **Peter McLean, CEO Bicycle NSW**
- **Elizabeth Lovell, Lifeline Harbour to Hawkesbury CEO and Event Committee Chair**

For all Spring Cycle media enquiries, please contact Alice Dodge

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NOTES TO EDITORS

If you, or someone you know are feeling distressed or overwhelmed, we encourage you to connect with Lifeline in the way you feel most comfortable.

You can phone Lifeline to speak to a Crisis Supporter on 13 11 14, text 0477 131 114, chat to Lifeline online or access the Support Toolkit to self-manage what you're going through with our Support Toolkit at toolkit.lifeline.org.au (all services are available 24/7).

About Lifeline

For over 60 years, Lifeline has been connecting with Australians, offering free and confidential one-to-one crisis support for people who are feeling overwhelmed or having difficulty coping. Trained Crisis Supporters listen without judgement 24 hours a day, 7 days a week.

As well as operating the 13 11 14 telephone line within 43 Centres around the nation, the organisation also delivers 24/7 crisis text, webchat and a Support Toolkit. Lifeline expects to respond to over 1.4 million requests for support this year, creating an average of 120 safety plans a day to keep a person experiencing suicidal ideation safe.



About Bicycle NSW

Established in 1976, Bicycle NSW is the peak advocacy body for recreational and transport cycling in New South Wales. For nearly five decades, Bicycle NSW has championed safer, more accessible riding conditions for every kind of cyclist - whether commuting, exercising, or riding for leisure. With a mission to create a better environment for all bicycle users, Bicycle NSW works collaboratively with government, industry, and community partners to shape infrastructure, influence policy, and support events like Spring Cycle, which connect people through the joy of riding. In 2025 and beyond, Bicycle NSW remains committed to making cycling an everyday part of a healthier, more sustainable, and more connected future across the state. For more information, visit: <https://bicyclensw.org.au>

About Blackmores

With a heritage spanning more than 90 years, Blackmores continues to set the benchmark in quality vitamins, minerals, and nutritional supplements. In 2025, Blackmores remains at the forefront of innovation in the wellness industry, offering science-backed formulations, personalised health solutions, and sustainable sourcing practices. The company's product portfolio and services are trusted by consumers across Asia-Pacific and beyond, supported by a deep commitment to education, research, and ethical standards. As part of its global vision for a healthier world, Blackmores empowers individuals and communities to live healthier, happier lives—while championing environmental responsibility and community wellbeing. For more information, visit <https://www.blackmores.com.au>

About TfNSW

Transport for NSW (TfNSW) is the lead agency responsible for delivering safe, integrated, and sustainable transport solutions across New South Wales. Through collaboration with communities, industry, and government, TfNSW shapes the movement of people and goods—keeping the economy moving and the public connected. In 2025, TfNSW continues to drive innovation across the transport network with a strong focus on decarbonisation, inclusive design, and digital transformation. From expanding active transport infrastructure to modernising public transport services and integrating new mobility technologies, TfNSW is committed to building a safer, greener, and more accessible network for everyone. For more information, visit <https://www.transport.nsw.gov.au>