



## Get into cycling for fun, fitness and fundraising

PEDAL power is all the rage at the Cockburn Youth Centre, after the City of Cockburn purchased 10 new mountain bikes to help keep young people fit and active.

Youth Development Officer Steve Atherton said the new bikes would be used for programs throughout the year, including Cycle for Fun. "The Cycle for Fun program is based on gaining fitness, skills and having fun," Mr Atherton said.

"The fun bike program will leave the Youth Centre on Wednesday at 4pm during

school term. Helmets are provided, so all (participants) need is appropriate clothing and footwear."

Young people aged between 12 and 25 who love a challenge are being sought to get involved with the HBF Bike Hike.

WA's largest cycling event, the hike is a 30km ride which, in 2010, had more than 8500 participants and raised \$113,000 for the Asthma Foundation.

Call 9411 3884 or 0418 907 942 or email [youth@cockburn.wa.gov.au](mailto:youth@cockburn.wa.gov.au)