

This Girl Can

Angela Hird

I've only been cycling for ten years and had some epic rides and firsts in that time. First hill climb - nearly killed my thighs, first descent – hairy at 40kph down, first smell of pine trees - the crisp air in my lungs, first ride in a pelaton - the trust from the kids around me, and the first time I passed the sign - 'you've now ridden 500km' - sheer elation. I've been a footy netball nut forever. But sometimes the court is hard on your body and people hard on your soul, so I've turned to my bike to heal both.

Cycling is a sport that is low impact on your body, gives you as easy or tough workout as you like and is social or private as you like too. I'd encourage any women out there looking for more fitness or adventure to take up cycling. Even if you think it's just to ride to the shops, you too could become an adventure junkie!

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