

MEDIA RELEASE

Join Australia's Most Iconic Ride Across the Sydney Harbour Bridge

Thousands of riders will take over Sydney this October as Spring Cycle returns to raise vital funds for Lifeline.

SYDNEY, NSW (12 August 2026) – Spring Cycle is celebrating its 40th anniversary this year, with thousands of riders set to take over Sydney's streets on **Sunday 11 October** as registrations open for the city's most iconic ride across the Sydney Harbour Bridge.

From young families and first-time riders to seasoned cyclists, Spring Cycle welcomes riders of all abilities and bike types to experience Sydney from a completely different perspective. Participants will enjoy the rare opportunity to cycle across the Sydney Harbour Bridge and through the heart of the city before celebrating at vibrant finish festivals.

Celebrating four decades of bringing people together through cycling, Spring Cycle is powered by Bicycle NSW and proudly supports Lifeline, raising vital funds to help ensure more Australians can access life-changing suicide prevention and crisis support when they need it most, in the ways that best suits them in the moment.

Spring Cycle is made possible through the generous support of our Principal Partner, Blackmores, and our Major Partners, City of Sydney and Transport for NSW, whose shared commitment to community, health, sustainability and safer roads continues to help shape a more connected and resilient community. Spring Cycle 2026 is also proudly supported by Community Partner, Booktopia.

Cyclists can choose from two ride options.

The 10km City Ride is perfect for families, beginners and leisure riders wanting to experience the thrill of riding across the Sydney Harbour Bridge before taking in some of Sydney's most iconic landmarks, including the Sydney Opera House and The Rocks. The ride finishes at Pirrama Park, Pyrmont, where riders can celebrate with family-friendly entertainment, food and activities.

The 50km Classic Ride is designed for intermediate cyclists and adventure seekers, taking in the best of the 10km route before exploring Sydney's Inner West and finishing with a festival celebration at Parramatta Park.

Bicycle NSW CEO Peter McLean said Spring Cycle continues to bring people together through a shared love of cycling.

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"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. It's also a celebration of the record uptake in bicycle riding across NSW and the growing investment in safer, more connected places where people of all ages can ride with confidence. It's a powerful reminder of how vital it is to share our roads safely and respectfully."

Lifeline Australia CEO Graham Strong said the event highlights the powerful role movement, connection and community can play in supporting mental wellbeing.

"Spring Cycle is a powerful reminder that simple actions like getting outside, moving together and connecting with others can make a real difference to our mental wellbeing. We're grateful to every rider and supporter helping Lifeline be there for anyone who needs us, 24 hours a day, seven days a week across our phone, text and chat services."

Lifeline Harbour to Hawkesbury Sydney CEO and Event Committee Chair Elizabeth Lovell said Spring Cycle demonstrates the power of community coming together for a common purpose.

"This year's Spring Cycle is a fantastic 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 said Transport for NSW is proud to continue supporting one of Australia's most iconic community cycling events.

"Transport for NSW is proud to support Spring Cycle and encourage more people to experience the benefits of bike riding. Whether it's for recreation, exercise or everyday travel, riding a bike is a fun, healthy and reliable way to get around. Spring Cycle showcases some of Sydney's most iconic streets and inspires people of all ages and abilities to get back on a bike and make riding part of everyday life."

Blackmores Head of Marketing for ANZ, Juliet Glynn, said supporting Spring Cycle is part of the company's commitment to creating healthier, more connected communities.

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"Spring Cycle is a wonderful example of how movement can bring people together. Whether it's riding with family, friends or colleagues, being active outdoors is good for both body and mind. We're proud to support an event that encourages healthy habits and community connection."

To register or learn more, visit springcycle.com.au

Lifeline is committed to supporting any Australian through their toughest moments and providing them with the most appropriate support.

If you, or someone you know are feeling 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, or chat to Lifeline online (all services are available 24/7).

If you're struggling to know where to turn, Lifeline's Support Toolkit at lifeline.org.au/toolkit can help you find the right support at the right time.

For Indigenous or Torres Strait Islander peoples: If you, or someone you know, are feeling worried or no good, you can connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander crisis supporter.

For more information, visit: lifeline.org.au

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Media contact:

Nicole Streete

0447 146 001

Nicole.streete@havasred.com

About Spring Cycle

Established in 1983, Spring Cycle is Australia's largest and most iconic community bike ride and a cherished Sydney tradition. Powered by Bicycle NSW and proudly supporting Lifeline, the event is the only ride that gives participants the rare opportunity to cycle across the Sydney Harbour Bridge and through the heart of Sydney on traffic-free roads.

Welcoming riders of all ages, abilities and bike types, Spring Cycle celebrates the joy of cycling while encouraging healthier, more connected communities. Participants can choose from the family-friendly 10km City Ride, finishing at Pirrama Park, or the 50km

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Classic Ride, which continues through Sydney's Inner West before culminating in a festival finish at Parramatta Park.

Each year, thousands of riders come together to experience Sydney from a unique perspective while raising vital funds to help Lifeline continue providing life-saving crisis support to Australians in need. For more information, visit: springcycle.com.au

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. For more information, visit: lifeline.org.au

About Bicycle NSW

Celebrating 50 years in 2026, Bicycle NSW is the peak advocacy body for recreational and transport cycling in New South Wales.

Since 1976, 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.

As it marks five decades of advocacy, 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: bicyclensw.org.au

About Blackmores

Blackmores is partnering with Spring Cycle to inspire more Australians to embrace movement, connect with their community and experience the benefits of active living for long-term wellbeing.

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With a heritage spanning more than 90 years, Blackmores continues to set the benchmark in quality vitamins, minerals, and nutritional supplements.

In 2026, Blackmores remains at the forefront of innovation in the wellness industry, offering science-backed formulations, 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:

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 2026, 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: transport.nsw.gov.au

About Booktopia

Booktopia is Australia's home of books, serving as an independent, Australian owned and operated bookstore that serves Australian readers nationwide.

Booktopia provides an unrivalled choice of books at affordable prices with fast shipping from its advanced Sydney customer fulfilment centre. From bestsellers to new releases and hidden gems, Booktopia offers a huge range of books across all genres, making it the perfect place for book lovers to discover their next great read and in a variety of formats; however you like to read, Booktopia has you covered.

The company collaborates with a wide network of Australian philanthropic and industry partners as part of its long-standing ethos to give back to the community it serves. These partnerships span a range of charitable causes and initiatives designed to

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support Australian literacy and community wellbeing. For more information, visit:
booktopia.com.au