MEDIA RELEASE

Thousands of Riders Take Over Sydney Harbour Bridge for Iconic Spring Cycle

Thousands of cyclists have taken over the Sydney Harbour Bridge and streets of Sydney today, as one of Australia's most iconic community cycling events celebrates its 40th anniversary and raises vital funds for Lifeline.

SYDNEY, NSW (11 October 2026) – Sydney's streets were transformed into a sea of cyclists this morning, with over 7000+ riders taking part in Spring Cycle and enjoying the rare opportunity to ride across the Sydney Harbour Bridge on traffic-free roads.

From families to first-time riders, seasoned cyclists and Olympians, participants of all abilities came together for the milestone event while raising vital funds to support Lifeline's life-saving crisis support services.

Powered by Bicycle NSW and proudly supporting Lifeline, Spring Cycle saw riders set off from North Sydney before crossing the Sydney Harbour Bridge and travelling through the heart of the city.

Riders took on either the family-friendly **10km City Ride**, finishing at Pirrama Park in Pyrmont, or the **50km Classic Ride**, which continued through Sydney's Inner West before finishing with a festival celebration at Parramatta Park.

The event marks 40 years of Spring Cycle bringing communities together through cycling and encouraging more Australians to embrace active transport, movement and connection.

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

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

"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."

Spring Cycle Ambassador and Olympic diver Sam Fricker said being part of the event was an opportunity to experience Sydney from an entirely different perspective while supporting an important cause.

"There aren't many opportunities where you get to jump on a bike and ride across the Sydney Harbour Bridge with thousands of other people, so the atmosphere out there this morning was pretty incredible.

"As an athlete, I know how important movement and connection are for both your physical and mental wellbeing, but what makes today even more special is knowing everyone riding is also helping support Lifeline and the incredible work they do for Australians when they need it most.

"It was awesome to see everyone from kids and families through to serious cyclists out there together, and I'm really proud to be an ambassador for an event that brings Sydney together for such an important cause."

Lifeline Australia Chair Professor Steve Moylan said the event highlights the powerful role movement, connection and community can play in supporting mental wellbeing.

"The event 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."

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.

"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."

Transport for NSW Secretary Josh Murray said they are proud to continue supporting one of Australia's most iconic community cycling events.

"We are 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 abilities to get back on a bike and make riding part of everyday life."

Booktopia Head of Sales and Operations Sophie Higgins said supporting Spring Cycle aligns with their mission to support good health and wellbeing.

"Lifeline is an important long-standing partner for Booktopia and we are pleased to support Spring Cycle to help in continuing to provide critical support for Lifeline services. This partnership aligns with our mutual mission in how we can support Australians with looking after their health and wellbeing."

To 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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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 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.

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