Her Ride addresses three things. Skills, confidence and connection. So, we provide courses for women to improve their confidence, skills to ride their bike more often and we do that on a road bike and in a mountain bike environment. The connection's really important as well after every session we go for a coffee and we drive relationships for these ladies to make new friends to continue to ride after they finish the program. I wanted to get more confidence in my riding especially on my road bike and I wanted to do it in a female environment. It's very comforting that I'm within my skill ability and I don’t feel put down, I feel very encouraged in my skills. Early days we're learning how to corner we're learning all our hand movements, emergency braking, how to clip in. I need to look at getting clip-in pedals too, so it's going to be a good learner for me doing this. Cars scare me I don't like riding on the road, so if I can get more confidence in that I'll be much happier.

So the Her Ride program is incredibly popular and we’re really looking to continue this momentum going forward to get more women to ride more often. We know that's really important because Mums often make decisions about what their kids do and we’d love to see more kids being active as well.