



THE KING'S SCHOOL

Media Release

Cadel Evans opens a new mountain bike facility at The King's School in Parramatta

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Describing the new mountain biking facilities at the Kings School in Parramatta as 'fantastic', Cadel Evans said that such a well-built and professionally constructed course was something that, 'I didn't get to experience much of, as mountain biking has developed so much in Australia since I raced.'

Opening the course at the inaugural King's School Mountain Bike Classic on Sunday, the winner of the 2011 Tour de France, said, 'my career started at a race like this many years ago back in 1991.'

'I started in mountain biking riding in the forest and living out in the country. I went to an event just like this in Melbourne and I started racing and that's how I got into competitive cycling,' Cadel said.

'I think that facilities and opportunities like this allow people to have an experience and get a taste for the sport. If someone likes cycling well this is a great introduction to it. There's a long way you can go in the world with cycling,' Cadel said.

As he presented awards to race winners, Cadel said that sport was a great way of learning life lessons because it pushes us to our limits. 'If we lose the race today or the cricket match tomorrow, or whatever, it's not that costly, the point is to learn those lessons and move on.'

Cadel Evans also suggested that sports such as mountain biking can work to help tackle problems of obesity in young Australians with rates as high as 25%.

'We are having some problems with a lack of activity in younger generations and I'm all for cycling and I'm all for sport in general.'

'I don't want to push people into competitive cycling but just using cycling as a form of transportation is a good start whether it's riding to school or enjoying activities on the weekend,' Cadel Evans said.

In excess of 100 riders competed in the King's Mountain Bike Classic, which was held over 3.4 kilometres in a time period of two hours. The event saw Old Boys from the school competing in teams with their sons and brothers.

Old Boy Richard Todhunter who was competing in a team with his son Ben, said, 'It's a challenging course, with a couple of good climbs in there to really get the legs and lungs going.'

Ends

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