



Laverton Cycling Program 6th – 13th July

Scope

The program covered multiple aspects relating to cycling including, maintenance of bicycles, exercise excursions, personal fitness testing, group training, and reconnaissance of cycling trails in the region.

The program was aimed at youths in the area, via the Laverton Youth Centre, and also toward adult populations for people who were exercisers and non-exercisers alike. The purpose of a youth/adult approach to exercise training was around providing access to cycling as a modality of exercise, health, participation as a form of social enterprise.

Cycling does not discriminate between age, gender, race, socio-economic demographics and so on. Rather cyclists of similar fitness can participate together in cycling related programs.

This program held during the school holidays provided an opportunity to showcase the need for a longer term cycling program, eventually utilising local champions to run and inevitably manage a cycling program in Laverton for youths and adults alike.

Participation

Each day we serviced between 15-30 participants through different cycling mechanisms. Ranging in age from primary school attendee's upwards to adults of 50yrs+.

Youths were mentored through through mechanical servicing of bikes; skills training on the bike; and cross country cycling around the Laverton area.

Adults underwent a personal testing and training session and then participated in a on road group training session of approximately one hour in duration.

Additionally a small group of adults explored the trails south fo Laverton across a 2.5hr cross country ride taking in incredible scenary that the area has to offer.

Outcomes

Anecdotally many of the adult participants expressed their desire to continue cycling after the program ended and were positive about the possibility of the program continuing. It was apparent that the benefits of cycling were brought about through the facilitation of exercise as much as the exercise itself. Meaning, most participants had a bike and some used theirs intermittently, but did not have a reason to utilise cycling as there was no facilitation of exercise individual or as a group.

Thus, we see the benefit of the program as being able to facilitate individual and group exercise for the community.

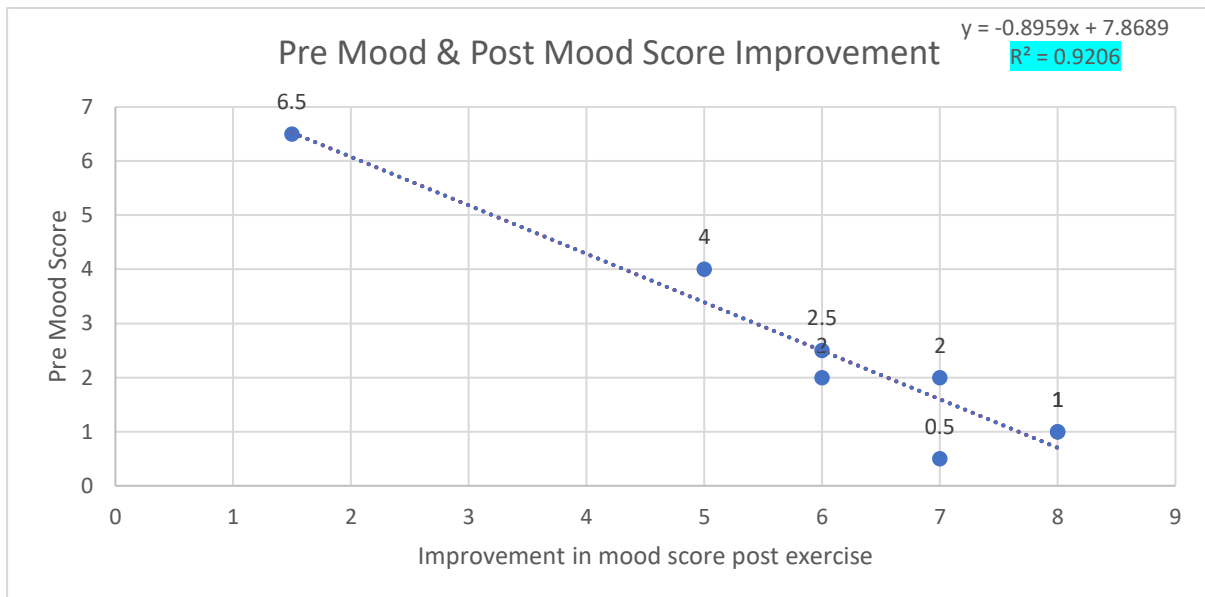
We also took pre/post mood scores using an analogue mood state scale. The results are outlined below for reference:



Table 1: Pre & Post Exercise Mood State Score

Subject	Pre exercise score	Post exercise score
1	7	9
2	5	9
3	7	7.5
4	6	8
5	6	8.5
6	1.5	8
7	8	9
8	8	9
Average	6.1	8.5

Graph 1: Pre exercise mood score vs post exercise improvement in mood score



- On average a 40.2% improvement was reported by participants pre/post exercise. Table 1
- A covariate existed in that if an individual was low in mood (below 6/10 at pre exercise) a 81.1% improvement was observed, with this observation yielding a very high predictability (r-squared of 0.9206, or 92% probable) as per Graph 1
- These results are typical with programs completed elsewhere, thus attesting to the validity of these findings.



Possible Future Recommendations

- We seek to employ a local champion who can extend on from these programs and provide an ongoing permanent schedule for cycling related activities. This could include the running of sessions (youths & adults); assistance with bike repairs (mainly puncture proofing bikes); and interfacing with Veris Racing to assist in developing cycling in this community (and Vice Versa).
- Promoting cycling events in the region and even looking at a cycling calendar for the community to engage in. These can be on road, trail base, utilising existing structures (such as pump track; scramble track; local trails; etc). This could attract tourism to the area; promote health/wellbeing for participants; and provide a health social enterprise for the community.
- Veris Racing continue to secure funding through private and government resources to continue this program. We have applied for public and private grants toward this cause, with our Perth-Laverton Cycling Classic the major fundraising event for this program:
<https://www.cyclingdevelopment.org.au/perth-laverton-cycling-classic/>

Acknowledgement

We would like to acknowledge the many different entities and individuals responsible for this program's occurrence, such as: Christine Boase; Laverton Cross Cultural Association; Laverton Stakeholder Group; Marty Seelander; Laverton Youth Centre in Jo Morgan and Kevin Naidu; the enthusiastic people of Laverton.