

Sustrans School Programme

Inspiring Female Wheelers!



Suitable for: KS2

As part of International Women's Day we hope to inspire you with female folk that have taken to the wheels. We got so excited that we've shared some that stand out to us. You can take some time to find out more about those that motivate you to ride too!

Who inspires us at Sustrans?



Emily Chappell

- An endurance cyclist that was the fastest female rider in the Transcontinental Race in 2016.
- Emily is part of the Adventure Syndicate – look them up! They want to show everyone about the physical and emotional benefits of travelling on wheels on challenging rides.

Dame Sarah Storey

- One of the most decorated athletes in British Sporting History. First competed as a swimmer in the Paralympic Games, before switching to cycling in 2005. Sarah now owns 14 Paralympic gold medals!
- Inspirational speaker, reaching out to schools about the highs and lows of an international sporting career.



Jools Walker

A blogger and activist empowering a cycling revolution to make riding a bike open to all.

Author of *Back in the Frame: How To Get Back On Your Bike, Whatever Life Throws At You* and advocate for women, women of colour, mental health and wellbeing.



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Activity

Use the space below to draw or write about a girl or women who rides a bike. This could be a famous cyclist, a friend, family member, a teacher from school or someone you've heard about who rides a bike. You could research them on the internet, send a letter or interview them.

Drawing or list

Name of inspiring female wheeler:

