

Bikes and skates unite in the name of healthy living.



Newcastle Roller Derby League is pleased to be taking part in Bikefest Newcastle in 2014.

The league will be one of a number of exhibitors promoting better health through an active

lifestyle at The Genesis Expo, to be held along the Honeysuckle boardwalk on Sunday October 26th.

Bikefest Newcastle is a not-for-profit community initiative presented in partnership with Hunter Prostate Cancer Alliance and the Heart Foundation aimed at encouraging Novocastrians of all ages to make physical activity part of their everyday lives. The award winning lifestyle event incorporates a variety of elements including a competitive race, independently themed scenic rides and the expo which promotes a range of active living, good food and fitness options, as well as fashion, travel and knowledge.

Newcastle Roller Derby League is a not-for-profit sporting organisation run by the skaters, for the skaters. They play full contact, fast paced, and strategic flat track roller derby on quad roller skates. Members of the league are dedicated to the advancement of their sport through athleticism, teamwork and individual empowerment. They aim to be positive role models for the local community, and maintain a strong focus on family and diversity.

Skater for NRDL Zoe Hennessey, who plays under the name Moxie Dioxide, says enjoyment of physical activity can lead to many positive life changes.

“Getting fit and healthy doesn’t need to be a chore. Whether you’re on two wheels or eight, as long as you enjoy what you’re doing the rest will fall into place. Playing roller derby has made a huge difference to so many of my lifestyle choices because it makes me want to be the best version of myself I can possibly be.”

Skaters from Newcastle Roller Derby League will be rolling around the Genesis Expo and happy to talk to anyone looking for more information about the sport between 9am and 3pm.