The International Olympic Committee (IOC) OFFERS THE FOLLOWING VIDEO NEWS RELEASE TO ALL NEWS AGENCIES, BROADCASTERS AND ALL ONLINE PLATFORMS FREE OF CHARGE

**Story Headline:** Former Olympians depart IOC headquarters on 18,000 kilometer cycle back to their homes in New Zealand.

**Date:** 30th April 2018

**Location:** IOC Headquarters, Lausanne, Switzerland

**Language:** English

**SHOT LOG & transcripts of soundbites:**

00:00 - Sarah Van Ballekom, Emma Twigg and Rebecca Wardell showing IOC President Thomas Bach their bikes.

00:30 - Rebecca Wardell explaining their route on the world map to IOC President Thomas Bach.

00:45 - Rebecca Wardell, Emma Twigg and Sarah Van Ballekom sitting with IOC President Thomas Bach.

00:51 - Close up of bicycle outside the IOC Headquarters in Lausanne Switzerland.
01:06 - Rebecca Wardell, Emma Twigg and Sarah Van Ballekom taking a selfie photo with IOC President Thomas Bach.

01:12 - SOUNDBYTE: Thomas Bach, IOC President (English Language)
“This is the true Olympic spirit. It is a great athletic performance, and through this athletic performance and using this athletic performance to promote the Olympic values by meeting so many people, this is the best Olympics we can offer.”

01:35 - SOUNDBYTE: Thomas Bach, IOC President (English Language)
“I am extremely proud and happy for them that they can undertake such a tour in the true Olympic spirit and I really wish them all the very best. And you can see they’re in great shape and with all the Olympic determination, that’s a fantastic experience.”

“The trip was born a few years ago when Rebecca and I were out riding and I suggested that she should ride back to New Zealand, and it just happens that the three of us are now in a position to go and do it together, and what better way than to do it with two great mates and make a real adventure of it.”

02:07 - SOUNDITE: Rebecca Wardell (40) – Beijing 2008 Olympic Heptathlete (English Language)
“It started just as a massive adventure. Let’s see if we can cycle from Switzerland to New Zealand. Then it became more about us connecting with people along the way, connecting with Olympians, and also raising money for aspiring young sporting women back in New Zealand.”

“Yeah, for sure this is the aim is to see as many Olympians along the way as possible, and for me to stumble across the old rowing club and hop on the erg
and maybe even get out on a boat with some of my colleagues and people that I have raced with would be absolutely amazing. So this is all in progress, we are contacting people as we speak, but it should be really good fun.”

02:46 - SOUNDbite: Sarah Van Ballekom (29) – New Zealand Universities Rowing Representative. (English Language)
“I’m joining two amazing Olympians Emma and Becs. I call myself the fan, so I’m the fan girl of the group. The idea is that we’re going to go into a lot of schools and connect with local Olympians in every country. Go in and speak to some kids, get them inspired, kick a ball around and donate some sports equipment in the schools that we go and visit.”

03:09  - Sarah Van Ballekom climbs on her bike in front of Rebecca Wardell, Emma Twigg.

03:16  - Rebecca Wardell, Emma Twigg and Sarah Van Ballekom depart on their journey with IOC President Thomas Bach waving goodbye.