

Sustrans Bike It Update



Lining up for the Oakmeadow time trials reward session

The Big Pedal

The Big Pedal virtual bike race ran for three weeks from the 7th March 2011. Nationally **606,919** cycle journeys to school were made. In Shrewsbury seven Bike It schools took part generating a tremendous **4140** cycle journeys to school between them.

This year's race generated lots of interest from the local press and BBC Radio Shropshire. A number of schools chose to reward children who had made regular cycle journeys with fun bike riding sessions at school.

Bike It Bike Rides

The Summer Term is a great time to get out and about by bike - so why not organise a Bike It bike ride from your school?

The ride could be for a single class during the school day, for families after school. It could be part of a school trip or we could go just for fun. Routes are planned depending on the age and experience of the riders, the number of participants and the purpose of the ride. They can be a great way to find out about the lesser known cycle routes and short cuts around the town.

Bike It will be organising a bike ride to BikeFest on the 11th June - details to follow. For help with planning your bike ride contact Kim via the details below.



We'd love to hear from you...

Sustrans' Bike It officer for Shrewsbury is Kim Williams. Contact Kim on 01743 255437 or 07780 002817 send her an email on: kim.williams@sustrans.org.uk

About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

About Bike It

Sustrans' Bike It project enables thousands of children to cycle to school every day. It helps schools highlight cycling in their travel plans; supports cycling champions; and proves cycling is a popular choice amongst children and parents. It equips children with the skills they need to cycle, and parents with the peace of mind to let them.

Each Bike It officer works with up to twelve schools for at least a year. They create a pro-cycling culture that then sustains itself - with support schemes like the Bike It School Mark in place to continue the project's benefits.

Bike It is made possible with the support of the Bike Hub and also funding from organisations including the Big Lottery Fund, Transport for London, Cycling England, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:
www.sustrans.org.uk/bikeit

Sustrans Bike It Update

Bike It's newest
balance bike for learn
to ride sessions



Bike It Vital Statistics for Spring 2011:

4010 journeys to school in Shrewsbury during The Big Pedal

555 bikes counted in **8** Bike It to school days

140 bikes checked during bike check days

70 bikes spring cleaned at Meole Brace CE Primary







30 new bike parking spaces installed

2 Bronze School Mark Awards presented

1 new Bike It school - Crowmoor Primary School join Bike It Shrewsbury

Summer Term Specials

There is so much we can do to make the most of the Bike It summer term. Here are a few ideas to get you started:

-  Learn to ride sessions for non riders
-  Playground skills sessions to develop safe confident riding
-  Rides to secondary school for Year 6
-  Summer fete or sports day activities
-  Family bike rides
-  And even whole weeks of bike to school activities!

In addition schools are continuing to run incentive schemes like Pedals 4 Medals and the Golden Lock Awards.

For more information about any of these activities or to book them for your Bike It school please contact Kim as soon as possible.



Tri Cycling Courses

Over February half term 16 young people took part in the second Cycle Shrewsbury Tri Cycling course. The course ran over three days and included Bikeability road riding skills, BMX skills and Mountain Biking.

The course was so successful it is being repeated over summer half term. To book a place contact:

emma.bullard@shropshire.gov.uk

Bike It @ Bike Fest 2011

Saturday 11th June 2011
10.00am – 4.00

Shrewsbury Sports Village, Sundorne

www.cycleshrewsbury.co.uk