

Action Day

9.00 – 9.15 **Registration** and refreshments

9.15 – 9.30 **Welcome & Activity**

9.30 – 9.40 **Introductions:** Who's who?

9.40 – 9.50 **Talk:** Bike It – the bigger picture
Dave Clasby, Bike It Supervisor

9.50 – 10.00 **Talk:** Bike It in Shrewsbury
Kim Williams

10.00 – 10.30 **Presentations:**
Cycle Shrewsbury - Emma Bullard
Shrewsbury School Sports Partnership - Denise Lee
One Bike It School's experience

10.30 – 10.45 **Refreshments**

10.45 – 11.45 **Workshop:** Planning fantastic Bike It events

11.45 – 12.15 **Q&A:** Your chance to ask any questions we haven't answered yet!

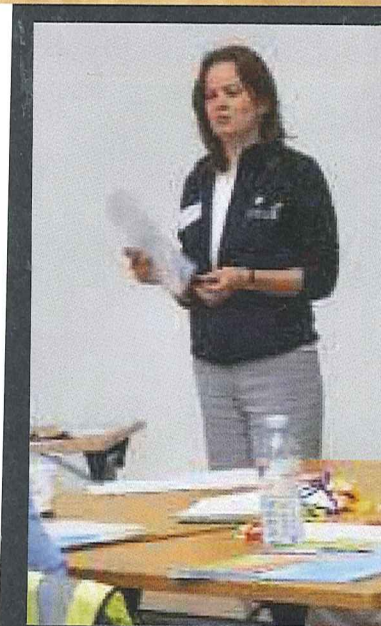
12.15 – 13.00 **Lunch**

13.00 – 14.00 **Bikeling:** aka cycling with Bike It – games and activities out on the track

14.00 – 14.45 **Workshop:** Barriers to cycling & the solutions – how to overcome anything!

14.45 – 15.05 Idea Generator

15.05 – 15.15 **Final Thoughts & Goodbye!**



31st April
2010

