

Sustrans Bike It Update

From Snow Showers to Spring Flowers



Key Stage 1 Cycle Skills, Greenfields

Playground Skills Sessions

All over Shrewsbury lots of children have been taking part in cycle skills sessions on the playground. Through fun games and challenges they have been improving their cycling skills and are becoming more confident on their bikes. At Greenfields Key Stage 1 took part in some mini skills sessions with 101 children taking part during the day.

Virtual Bike Race

The first of March saw the start of the month long National Virtual Bike Race. 7 Shrewsbury schools took part in the event that challenged them to race 8404 virtual kilometres around the National Cycle Network. Each cycle journey to school collected a set number of kilometres for the schools total.

Congratulations to all who took part in the race. The results are in:

- 1st locally/89th nationally – Mereside (finished day 17)
- 2nd locally/ 93rd nationally – Oakmeadow (finished day 18)
- 3rd locally/ 112th nationally – Greenfields (finished day 19)

Harlescott Junior, Martin Wilson, Oxon and Greenacres also took part.



We'd love to hear from you...

Sustrans' Bike It officer for Shrewsbury is Kim Williams. Contact Kim on 01743 255437 or 07780 002817 or 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



Over flowing bike storage, St Georges

Bike It Reward Schemes

This term at St George's the children have been riding for prizes. Each cyclist has kept a record of how often they rode to school in order to collect prizes for 10, 20, 30 and 40 rides. The school has regularly recorded over 60 bikes in the racks.

Meanwhile at St Giles' they have added a bike dimension to their 'Walk on Wednesday' making it 'Walk or Wheel on Wednesday' (WOWOW for short!). Art work from the Christmas calendar competition has been used to make some attractive cycle journey record cards. Children who cycle can collect a set of Bike It badges, with a new badge available each month.

Bike It Vital Statistics for Spring 2010:

- Over **180** calendar competition entries from **8** schools
- New cycle storage opened in the snow at Martin Wilson School
- **860** Bikes counted at 12 Cycle to school days
- A new method of counting bikes at Mereside, where we lined them all up end to end and measured them in metres! **161m** of bikes = **142** bikes
- A total of **5339** journeys to school made in Shrewsbury during the Virtual Bike Race
- **432** children have taken part in playground skills sessions
- Police Security marking of bikes at **5** Bike It Schools
- **114** bikes and **15** nursery trikes spring cleaned and ready for riding
- Shrewsbury **Bike It Action Day** was held on the 31st of March for school champions, local authority representatives and Bike It staff. For a summary of the great ideas generated have a look out for the Summer Specials Activity List.

Opportunities for cycle training and skill development

Bikeability

If your school has not already booked its Bikeability training dates or if you need additional sessions please contact Dave Rolfe on 01743 254966 or dave.rolfe@shropshire.gov.uk

Community Cycle Coach

Richard Stephens joined the Cycle Shrewsbury and Schools Sports Partnership team at the end of March. He is available to run cycle activities both in curriculum time and after school. You can contact him by email at richardcyclingcoach@yahoo.co.uk

Cycle Shrewsbury

The Cycle Shrewsbury website has lots of information about cycling opportunities for everyone including BikeFest on the 12th of June www.cycleshrewsbury.co.uk



Bike Spring Cleaning, Greenacres