

IMPORTANT INFORMATION

1. All riders must register on the day.
2. For pedalling picnic rides you will need to bring a roadworthy bike. To hire a bike for picnic rides please contact Spokes Cycle Hire on 07745 587770 in advance, and they will bring a bike to the Sports Village for you.
3. Riders aged 13 to 17 may participate in rides unaccompanied if parental permission is given.
4. Helmets must be worn when using the cycle track, or taking part in cycle skills lessons.
5. If you forget your picnic, you can buy one on the day from the café.
6. Activities listed in this programme are subject to change at the organisers' discretion.
7. By attending this event you are in agreement that you may be captured on film and such images may be used for promotional material (such as online or DVD) about BikeFest 2010

How to get to the Sports Village (SY1 4RQ)



By bike - follow the signs for the National Cycle Network Route 81.
By bus - Service 24 passes close by. By car - free parking is available.

We look forward to seeing you there!

For more information contact
cycle shrewsbury on 01743 253008
or visit www.cycleshrewsbury.co.uk



Programme

of events

See inside for details!!



Activities on the track



- 10:00 - 11:00** Mid Shropshire Wheelers' Saturday Club
- 10:30 - 11:15** Stabilisers off sessions (please remove stabilisers ready for the session, if possible)
- 11:15 - 12:00** 'Slow race' - test your balancing skills and win a prize!
- 12:00 - 13:00** Cyclo X challenge
- 13:00 - 14:00** Cycle around the world challenge - how far can you cycle in one hour? Win a prize!
- 14:00 - 14:45** Scoota club (bring your scooter!)
- 15:00 - 15:30** Decorated bike parade
- 15:30 - 16:00** Everyone on the track!!



Pedalling picnics!

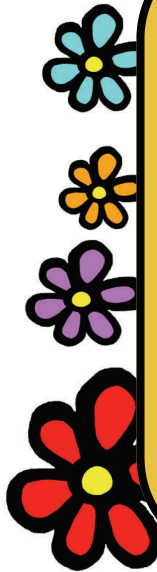


11.30 am - 1.30 pm Pedalling picnic to the Weir, Castlefields
 This ride is suitable for small children whether on their own bike or on the back of an adult's bike. (Children must bring an adult!) A 5 mile family bike ride to Castle Walk - bring a picnic to eat at the playground.

11.30 am - 2.00 pm Pedalling picnic to the Quarry
 A longer picnic ride suitable for slightly older children. (Children must bring an adult!) An 8 mile family bike ride to the Quarry - bring a picnic to eat at the park.



Other activities



- Face painting
- Cycle skills sessions - suitable for all ages
- Rickshaw rides
- Dr Bike - free bicycle safety checks
- Pedal powered smoothie bike
- Children's bicycle tryout (provided by Isla bikes)
- 'Bling' your bike
- Quest 88 - adapted bikes for cyclists with disabilities
- Unibob - unicycle demonstration and tryout
- Police bike security marking
- Mini BMX - skills for under 8s
- Play caravan - courtesy of Salop Leisure
- Stalls and information
- Skate park - open all day
- Sports village café open all day



BRAND NEW FOR 2010 - Bike It Tent
 Kim Williams, Bike It Officer will be celebrating Shrewsbury Bike It's birthday with examples of Bike It activities, the Bike It Big Art Project collage, pipe cleaner sculpture, helpful information and lots of other great activities - plus a birthday cake!



Competition time!

Win a fantastic bicycle carrier rack courtesy of Salop Leisure! All you need to do is come along on the day and fill out a short feedback form to be entered into this brilliant prize draw!

