

Sustrans Bike It Update

Bike It Summer Specials



**Mereside Meander
Family Bike Ride and Picnic in the Quarry**

Bike Rides

The summer term has seen lots of schools getting out and about on their bikes. At Mereside Primary School a grand total of 94 cyclists took part in a family bike ride to the Quarry for a picnic.

Elsewhere Year 6 children have been riding routes between their primary school and their new secondary schools ready for their big move in September.

Stabilisers Off

Stabilisers off sessions have been really popular with both parents and children. Some children have learnt to ride in the session while others have continued practicing at home and ridden a few days later.

The session focuses on developing the child's balance on their bike. To do this the stabilisers and pedals are removed from the bike and the seat is lowered so the child can put both feet comfortably on the floor. Then the fun begins with lots of games and activities to get them on the move. Once the child can scoot along happily the pedals are replaced one at a time and off they go.

This session is not just for younger children. If you know of older children who want to learn to ride we can arrange sessions for them too.



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

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Belvidere Primary School
Reclaim the car park during
Bike It School week

Week-long Bike It Events

Three schools took up the week long Bike It World Cup Challenge. Based on the world cup structure of knock out rounds the classes competed against each other with their daily number of cyclists. As the week progressed the classes with the most journeys moved through to the rounds until a winner was declared.

As an alternative longer event Belvidere Primary School held a very successful Bike to School week. The Friday finale was a Bike It celebration which saw almost 60% of the pupils on their bikes.

These longer events create a really vibrant atmosphere in the school. They can link to a topical theme or be run on their own.

Bike It Summer 2010

-  **Mount Pleasant** lift the KS2 trophy at Shrewsbury Schools Sports Partnerships inter-school cycling tournament while **Oakmeadow** claimed the KS1 title – Well Done!
-  Hundreds of visitors to the Bike It tent for a slice of **Bike It cake** at Cycle Shrewsbury's BikeFest
-  **61** children have been working to ditch their stabilisers
-  Lots of brilliant designs entered in the poster competitions to promote Helmet Safety and Bike Security



Bike It cake at BikeFest

Want to do more cycling in Shrewsbury?

Shrewsbury Sports Village Cycle Track

Free access for families on the last Sunday of each month contact the Sports Village on 01743 256260 for more details

Mid Shropshire Wheelers Cycling Club

Junior training sessions on Saturday mornings at the Sports Village Cycling Track contact George Watkins on 01743 369109 for more details

Women on Wheels

Women only rides on the first Sunday of each month contact Emma Bullard on 01743 255435 for more details

Keep up to date with local events and activities through www.cycleshrewsbury.co.uk

Bike It School Mark

For those schools who want to work towards the Bronze level of the Bike It School Mark Award it will soon be time to start gathering the supporting evidence together.



If you have any questions about the school mark please get in touch.

