

Wednesday 5 September 2012

BE A BETTER CYCLIST – BIKE WEEK CLINIC

Council is hosting a family-friendly cycling clinic on Saturday 22 September.

Courses will be conducted throughout the day for riders of all ages and abilities to boost skills, improve technique and increase confidence. Plus, there will be plenty of free giveaways, healthy snacks and refreshments.

As the popularity of cycling continues to grow and more bike-friendly pathways are constructed throughout the Ryde LGA, it is essential for those converting to two wheels for recreation or transport to have good skills for safe cycling.

Local bicycle infrastructure includes:

- 3 kms of newly constructed shared-use pathway along Marsden Road (West Ryde), Waterloo Road between Lane Cove Road and Macquarie Shopping Centre and Epping Road (in front of Optus).
- Over 100km of marked cycle routes through the city, providing links to major transport hubs, recreation areas and neighbouring areas.
- New bicycle storage unit for 22 bikes at Eastwood Station.

RYDE FOR GOOD HEALTH

Saturday 22 September 2012, 00am - 3.30pm, Meadowbank Park Netball Courts

Enter via Adelaide St (off Victoria Rd) Meadowbank

To reserve a space phone 9952 8222. More information www.ryde.nsw.gov.au/bikewek

Adult Essential Skills Courses 9.00am - 3.30pm. Encourages adults back to cycling by developing confidence in key bicycle skills. Skills gained in the course will be practised on the netball courts and the more advanced riders can do short cycling trips along the Ryde Riverwalk's new foreshore cycleway that connects Ryde to Gladesville.

Kids Essential Skills Courses - 1 hour each starting at 10.00am, 11.30am and 2.00pm. Develop safe cycling techniques on a laid out course. Parent supervision is required.

Adult Safe Commuting Skills Courses 9.30am - 3.00pm. This course focuses on skills required when using your bike for transport; on-road riding and use of cycle paths for work and social travel.