

3 September 2015

## **ENROL NOW : BIKE WEEK SKILLS AND SAFETY CLINICS**

BIKE WEEK is set to roll with a full day of activities, including workshops focusing on skills and safety, ideal for cyclists of all skill levels and ages.

The Meadowbank Park Netball Courts is the hub of the Bike Week free one-day event on Saturday 19 September.

Skills and techniques will be demonstrated and taught on the netball courts. Intermediate riders can then do short cycling trips along the Ryde River Walk, the new foreshore cycleway by the Parramatta River. More advanced adult riders will be accompanied by Bike North tutors using bike routes in Ryde.

There will be give-aways, healthy snacks and refreshments during all the workshops and lunch is provided from 12.30 – 1.30pm.

City of Ryde Council Bike Week Coordinator Nina Fard, said: “Our Bike Week events are conducted by teachers from Bike North and are always well attended.

“There are workshops for child and adult beginners and riders with basic skills, as well as a full day clinic for more experienced riders wanting to improve their skills for on-road cycling.

“Workshops get booked out quickly, so it’s best to get your booking in early to avoid disappointment.”

### **BIKE WEEK “KEEP CALM AND RYDE ON” PROGRAM**

**Saturday 19 September, 10.00am – 4.00pm**

**Meadowbank Netball Courts, Meadowbank Park. Car Park entry – south end of Adelaide Street**

**FREE ALL-DAY EVENT**

- All participants must bring their own bike (mechanically sound in good working order), helmet and water bottle.
- Clothing and footwear must be comfortable and suitable for cycling activities.

### **KIDS Essential Cycling Skills (3 clinics)**

**For primary school aged kids with beginner and basic cycling skill levels**

**Parent or guardian must accompany child**

**Session 1:** Arrive 9.45am      Clinic 10.00 – 11.30am OR

**Session 2:** Arrive 11.00am      Clinic 11.15am – 12.45pm OR

**Session 3:** Arrive 1.15pm      Clinic 1.30 – 3.00pm.

These clinics are conducted in a car-free environment, designed for children to improve their bike balance and handling. Cycling teachers from Bike North will be available to give tips and answer questions for parents and children.

**ADULTS Essential Cycling Skills**  
**10.00am – 4.00pm (arrive 9.45am)**

Get back on your bike with confidence. The course will boost your confidence and is aimed at adults with beginner or intermediate cycling skill levels.

The course covers safe starting, stopping, manoeuvring, turning corners, braking, signalling, using gears, shared user path and cycling in back street.

The afternoon will include a short accompanied ride on the Ryde River Walk.

**ADULTS Safe Commuting and On-Road Cycling**  
**10.00am – 4.00pm (Arrive 9.45am)**

Improve your bike handling skills and boost your confidence to cycle on-road, commute or cycle for transport.

This course covers practical cycling skills such as choosing a riding position on the road, road rules for cyclists, sharing the road with other vehicles, negotiating inter-sections (including roundabouts), choosing cycling routes and carrying gear on the bike.

Course also covers safe starting, stopping, manoeuvring, turning corners, braking, signalling, using gears, shared user paths and cycling in back streets.

The afternoon will include an accompanied ride using bike routes in Ryde.