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## **Crowds set to celebrate anniversary of Hyndburn health drive**

Daredevil cyclist Danny Macaskill will wow the crowds with breathtaking drops, 360s and back flips, as part of a celebration of walking and cycling across Hyndburn.

Macaskill and his cycle stunt team The Clan will be the star attractions at Accrington Bike Fest.

The event will give people of all energy levels the chance to get active – from youngsters taking part in a bunny hop challenge to families enjoying a walk around the Hyndburn countryside.

Accrington Bike Fest has been organised by Generation Active – a Lottery funded project led by sustainable transport charity Sustrans – to mark its first-year anniversary of inspiring people to improved fitness. Weekly events have included Wheels for All, which gives people with disabilities the chance to ride specially adapted vehicles such as tandem bikes and hand-pedalled trikes.

Nichola Honey, Generation Active Project Coordinator, said: “People across Hyndburn have really embraced the idea of walking and cycling their way to a healthier lifestyle. The Wheels for All sessions, in particular, have been incredibly well received with up to 90 people coming down every week. And some of our other walks and cycle rides are almost running themselves now, as people who came down to the first sessions to get fit have gone on to become group leaders.

“But we are still keen to reach out to hundreds more people, and this event will hopefully showcase the fun and enjoyment to be had from becoming more active.”

NEWS RELEASES

Accrington Bike Fest will also include the chance to make a smoothie with pedal power and ride their way over a timber trial obstacle course. Visitors can get their bikes health checked by Dr Bike or buy a new bike and equipment from a variety of stalls.

The event takes place at Hollins Technology College, Hollins Lane, Accrington, on Saturday June 27 from 10am to 3pm. Entrance costs £1.

For more information on Generation Active, visit [www.sustrans.org.uk/activetravel](http://www.sustrans.org.uk/activetravel) or email [generationactive@hotmail.co.uk](mailto:generationactive@hotmail.co.uk)

**Further information about Sustrans, including other news releases and detailed online route mapping, is available through our website:**  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

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### **Notes to Editors**

- Generation Active is part of a portfolio of projects being delivered by a Consortium of the leading walking cycling and health organisations and funded through the Big Lottery Fund's Wellbeing Programme. The Programme provides funding to support the development of healthier lifestyles and to improve Wellbeing.
- The Consortium is led by Sustrans and includes British Cycling, CTC, Cycling England, Living Streets, London Cycling Campaign, the National Heart Forum, the National Obesity Forum, the Ramblers' Association, Campaign for Better Transport and Walk 21. It is delivering a portfolio of projects that will enable 2 million people nationwide to become more physically active by walking or cycling as part of their daily lives by 2012.
- The Big Lottery Fund, the largest of the National Lottery good cause distributors, has been rolling out grants to health, education, environment and charitable causes across the UK since its inception in June 2004.

- In March, *StreetTread* published the second in a series of walking and cycling maps for Southampton, covering the Weston and Woolston areas. The first covers Thornhill.
- Sustrans is the UK's leading sustainable transport charity. Its vision is a world in which people choose to travel in ways that benefit their health and the environment. It is achieving this through innovative but practical solutions to the UK's transport challenges.
- Sustrans' flagship project, the National Cycle Network, is now around 12,000 miles and runs within one mile of 55 per cent of the UK population. During 2007 over 354 million trips were made on the Network. There are around 2,500 rangers helping to look after the National Cycle Network.
- Throughout 2009 Sustrans is encouraging more women to cycle. Our website [www.bikebelles.org.uk](http://www.bikebelles.org.uk) has advice for women on what to wear, where to go, how to get started and a specially recruited women's panel are sharing ideas and experiences. Sustrans will also be organising female-friendly cycle rides in the summer. The thoughts and concerns of women, gathered throughout the year, will be used to inform our approach to UK governments with proposals on how to help more women get out and about on bikes, to the benefit of their health, the environment and our economy.