

Sustrans Bike It Newsletter



Bicycle Bliss at Strandtown Primary School

Bike It Schools Celebrate Bike Week on Two Wheels

Bike It Schools in the greater Belfast area celebrated Bike Week 2011 by getting out on two wheels. A number of Bike It schools participated in a cycle-to-school challenge. Students were challenged to cycle to school every day during Bike Week. Students received a raffle ticket each day they cycled to school for a big prize draw at the end of the week. The more days a student cycled to school that week, the more chances they had of winning prizes! Prizes included all kinds of great bike gear and free passes to T13 Urban Sports Park. In Strandtown Primary, there were over 130 bikes outside the school every day during Bike Week!

Pedal Power!

During the summer term, students from Bike It schools put feet to pedals and embarked on bicycle adventures around the greater Belfast area, cycling along the Comber Greenway, the Lagan Towpath, the Loughshore Cycle Path, and within Ormeau Park. P7 students from St Matthew's Primary (pictured on left) celebrated their last day of school cycling an impressive 10 mile journey to the Lock Keeper's Cottage along the Lagan Towpath!



St Matthew's Primary students travel on two wheels

About Sustrans

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move. Support Sustrans today.

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.

Bike It in Belfast is made possible with the support of the Department for Regional Development, Sport Northern Ireland, and the Bike Hub

To find out more, visit:
www.sustrans.org.uk/bikeit

We'd love to hear from you...

Sustrans' Bike It officer for Belfast is Beth Harding. Contact Beth on 07824627674 or send her an email on: beth.harding@sustrans.org.uk

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Two-wheeled adventures at Gilnahirk Primary



A Tale of Two Wheels

To celebrate Bike Week, seven Bike It schools received a special visit from Leon McCarron, an adventuring cyclist who recently completed a 14,000 mile solo and unsupported bicycle ride from New York to Hong Kong. Special assemblies were held for pupils, and Leon McCarron talked about his extraordinary journey along with a slideshow of photographs. Students and teachers were delighted to hear about Leon's adventures on two wheels!

BIG Bike Counts at Bike It schools...

Since the beginning of the year, these are the top 5 bike counts at Bike It schools.

(Bike Count = # of bikes outside the school on one day!)

1. **200 Bikes**
Gilnahirk Primary School
2. **141 Bikes**
Strandtown Primary School
3. **106 Bikes**
Whiteabbey Primary School
4. **98 Bikes**
St Matthew's Primary School
5. **90 Bikes**
St John the Baptist Primary School

Well done Bike It Schools!

Wheelie Good Breakfast

Over the course of the summer term, Bike It Breakfasts were held at five different Bike It schools with a total of **500** students, parents and teachers participating.

The breakfasts have been widely popular and very successful inspiring schools and attracting visits from local politicians.



Councillor Tim Attwood congratulates students at St John the Baptist Primary at a Bike It Breakfast with over 90 bikes