

# Sustrans Bike It Update

## Super Cycling Secondaries



Most of the Bike It schools in South Gloucestershire are primary or junior schools, but Sustrans Bike It officer Ryan Evans also works with Hanham High School and Mangotsfield School and both have had a busy summer term of cycling activities.

With the help of their previous Bike It officer, Ian Tsang, Hanham High won a grant to buy a fleet of mountain bikes that are now being used regularly for bike skills coaching, an after school bike club, mountain bike trips and more. Ryan has also made regular visits to run bike-powered smoothie making workshops with all the Year 7 classes, as well as several Dr Bike days. In the 2011 – 2012 school year, Hanham will host a series of Cycling Festivals for local primaries – more details coming soon!

Mangotsfield have also had their own very popular Dr Bike day, as well as successfully getting cycle training up and running. In May they offered Bikeability level 2 and 3 courses, training cyclists to safely negotiate busy roads, junctions and roundabouts. The South Gloucestershire cycle training team had a very good year for Bikeability level 3, with 93 pupils at secondary school across the region trained – a huge increase over previous years.

### Fun Day for Big Pedal winners

St Chad's Primary in Patchway were the South Gloucestershire winners of the Big Pedal virtual bike race and their reward was a day of fun cycling activities for the whole school with the Sustrans Bike It team.

Children who cycled to school early enjoyed a delicious Bike Breakfast and competed in slow bike races on the playground, and throughout the day, all the classes took part in bike obstacle races and arts and craft activities, including making bike flags from old inner tubes!



**Some of Reception class with their new bike flags, made from 100% recycled materials!**

### 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.

Each Bike It officer works with around 24 schools over a three-year period to 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, the Welsh Assembly Government, NHS Primary Care Trusts and local authorities.

To find out more, visit:  
[www.sustrans.org.uk/bikeit](http://www.sustrans.org.uk/bikeit)



### We'd love to hear from you...

Sustrans' Bike It officer for South Gloucestershire is Ryan Evans. Contact Ryan on 0117 9150490 or 07500 833149 or by email: [ryan.evans@sustrans.org.uk](mailto:ryan.evans@sustrans.org.uk)

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## Bike It stats for 2010 - 2011

- ⚡ Since September 2010 there were 25 Bike Breakfasts at South Gloucestershire Bike It schools, with over 1,900 children cycling to school to take part.
- ⚡ Over 600 children's bikes were safety checked and repaired at 17 Dr Bike Days.
- ⚡ More than 400 children learned how to fix a puncture.
- ⚡ Around 1,500 bike-powered smoothies were blended at events in schools and around the South Gloucestershire area.
- ⚡ Over 500 Bike It slap bands were given out!
- ⚡ A record 14 South Gloucestershire Bike It schools took part in the Big Pedal virtual bike race, logging 8,774 cycling journeys to school in just 3 weeks.

## Dates for your diary:

- ⚡ 1st September: Term starts and Bike It is back for another year! Get in touch with Ryan as soon as possible to plan cycling events and activities for the coming school year.
- ⚡ 17th – 25 September: Bristol Cycle Festival – loads of events already confirmed and lots more to come, ranging from ride-in cyclist's cinema to wacky bikes family play sessions. For more info, see [www.bristolcyclefestival.com](http://www.bristolcyclefestival.com)
- ⚡ 17th September: Carnivelo – after last year's huge success the cycling carnival is back! Bling your bike and join in... More info on the Bristol Cycle Festival website
- ⚡ Cycling Festivals at Hanham High – dates TBC

There are many more cycling events happening this autumn, see [www.betterbybike.info](http://www.betterbybike.info) for details.

## Summer term roundup

Ryan was away being a new dad for some of the summer term, but Bike It schools in South Gloucestershire still had a busy summer of bike breakfasts, Dr Bike days, bike-powered smoothie making and much more.



Although the sun didn't shine every day this summer, bike counts showed lots of full bike shelters, especially in schools that have had new storage installed, like Redfield Edge and Bowsland Green (pictured). Well done to Bowsland Green for getting their shelter in a slightly unusual way – a member of staff entered a competition for a new bike shelter and won!

Children at The Park Primary Summer Fete got to test themselves on the Turbo Trainer Challenge, pedalling as fast as they could for 30 seconds on a static bike to see how fast they could go. The eventual winner managed to spin the wheel at the incredible speed of 48 km per hour!

For the 3rd year in a row, St Stephen's Junior School ran their excellent Ticket 2 Ride cycle to school incentive scheme. Many children took part and in the end one lucky winner pedalled his way to a brand new BMX!

This is only a few of the events and activities that were held over the summer term – if you'd like to see a story from your school in the next newsletter or are interested in putting on any of these events and activities, please get in touch with Ryan.

## What's new next year in Bike It?

One of the many jobs for Bike It officers over the summer holidays is putting together new materials and activities to offer to schools.



Ryan has been working with children's author John Chapman, who has put together an exciting literacy and storytelling workshop for Year 4, based on the adventures of his character Jonnie Rocket and a very special bike. These workshops will be piloted at Parkwall and Longwell Green, before being offered to other schools in the Bristol and South Gloucestershire area.

Also coming soon is the Bike It Champion's Handbook, created by a group of Bike It officers from around the country, to which Ryan will be adding some of his own resources and materials.