

# Sustrans Bike It Update

## Talbot combined School try out the Poole Cycle Speedway Club



Twelve pupils from Talbot Combined School tried their hand at cycle speedway at the home of Poole Cycle Speedway Club, the "Manchester United" of cycle speedway, based in Baiter Park. The club runs training sessions every Sunday morning, from the start of the new year, weather permitting, with everybody welcome and bikes available to hire. Gloves and helmets are also provided for this very high-speed, high-thrills sport. More info at [www.poolecsc.com](http://www.poolecsc.com)

### About Sustrans

Sustrans is the UK's leading sustainable transport charity. Our vision is a world in which people choose to travel in ways that benefit their health and the environment. Every day we are working on practical, innovative ways of dealing with the transport challenges that affect us all.

### 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 up to twelve schools for at least a year. They 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, Cycling England, 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)

or contact Bournemouth and Poole officer:

[jason.falconer@sustrans.org.uk](mailto:jason.falconer@sustrans.org.uk)



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

Sustrans' Bike It officer for Bournemouth & Poole is Jason Falconer. Contact Jason on 01202 262031, mobile 07827 927541 or send him an email on: [jason.falconer@sustrans.org.uk](mailto:jason.falconer@sustrans.org.uk)

**"I Thought of that whilst riding my bike"**

*Albert Einstein on the theory of relativity.*

# Sustrans Bike It Update



## Family Bike Breakfasts

A great way to reward and encourage people to start enjoying the healthy morning routine of cycling, is to get everyone together for a free breakfast when they arrive on wheels.

220 children and 150 parents attended the first Bike Breakfast at Epiphany School in Muscliffe, run in coordination with ESFA (Epiphany School Friends Association). It was a great way for parents to meet each other and get a healthy cycling start to the day. Free breakfast was provided and everyone got a chance to take part in playground and indoor activities, socialise and get to know new cycling buddies.

Heatherlands First and Kinson Primary also enjoyed Bikers Breakfasts too.

- We now have two schools in the area regularly using their own fleets of Sustrans balance bikes and trikes on the playground, for the fun and cycling skills acquisition this brings to children as young as 5 years old.
- Two schools installed new bike stores with our help this term, with another two booked for early new year- 2010 is set to be busy!
- New School Hillbourne in Poole included Bike It in their House Day this year, all 300 Key Stage 2 children enjoying fun cycling games over the course of the day.
- Seventeen children gained their Bronze Medal in the Bike it Olympic competition by riding to their school St Katharines over 30 times this term.
- Six schools continue their weekly incentive schemes, where the more times children cycle the more likely they are to receive fabulous bikey prizes each half-term assembly.
- Jason passed his Higher level Mountain Biking Qualification this autumn (C.T.C Tech leader) and is currently working on British Cycling Level 2 Coach- more action!

## Let Us Change Your Mind

Kings Park Primary Bike It pupils present their persuasive letters from Year 5 school project 'Let us Change Your Mind' (walking and cycling around Boscombe) to Council staff. Sustrans and Bournemouth Borough Council are presently implementing the first of a three phase scheme of improvements to encourage more active travel in the area, including cycle lanes, new crossings and more.

