

Sustrans Bike It Update

Racing into Spring on the National Cycle Network in March. National Virtual Bike Race

Sustrans' Virtual Bike Race 2010: Bike It!

RACE 8,408 KM AROUND THE UK: MON 1ST - FRI 26TH MARCH

National Cycle Network 15 Years

FIRST PRIZE

REGIONAL PRIZES

PLUS COOL HELMETS UP FOR GRABS

Sustrans' Bike It is supported by many local authorities, Primary Care Trusts and the following organisations:

Big Lottery Fund, Transport for London, LOTTERY FUNDED, cycling england, Sustrans

This years National Bike It Competition included 408 schools racing virtual miles around the whole of Britain, **288, 020** healthy biking trips recorded during March alone! **In our area, 9 schools took part** completing **12,274 bike trips to school**. Epiphany School in Muscliffe completing first and finishing 15th Nationally to win a fabulous day prize with Rollapaluzza Roller Racing from London. We like to start the years cycling as we mean to go on! Jason is awarding school prizes in assemblies, **well done to all parents, teachers and children for taking part in this- YOU put the Brilliant in Bike It.** see www.sustrans.org.uk/vbr for full results.



We'd love to hear from you...

Sustrans' Bike It officer for Bournemouth and Poole is Jason Falconer. Contact Jason on 07827 9227541 or send her an email on: Jason.falconer@sustrans.org.uk

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
or contact Bournemouth and Poole officer:

Jason.falconer@sustrans.org.uk

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Balanceability.

A further 2 Fleets of balance bikes and trikes are now in use at Kinson and Kings Park Primary Schools. Mainly used by Key Stage One children from 5 years up, these special bikes help provide children with the opportunity through physical play games and challenges, to develop the necessary gross motor skills in order to learn how to ride a bicycle safely and confidently.

Dispensing with the need for stabilisers, these bikes help develop good core stability from an early age and expedite better cycling skills. The trikes are also excellent for special needs children to access physical activity.

Schools include their playground use in golden time, for rewarding good behaviour, as part of the first stage cycle training and most importantly of all- for fun!

Bike It Vital Statistics for 2010:

- Jason has worked with 6,724 children this spring term, 42 % of activities recorded being an hour-long Bike It activity Session, lesson or club activity.
- New Schools 2010-We will be recruiting 4 new schools this spring, and starting their Bike It journey proper in September term.
- Shelters- 8/12 Schools in Total have now installed new bike Shelters with Bike It expert help, and Sustrans financial backing. Helping them towards a super cycling future.
- Cycle Paths- Bournemouth Borough Council are well on the way to completing 2 major schemes of work on cycle/walk infrastructure at Kings Park (Ashley Road) and Christchurch Road, Greatly benefitting the Boscombe cluster of Bike it schools on their healthy journeys to school.
- School Mark- accrediting schools for their fantastic efforts so far, we will be awarding 7 Bronze School Marks at the Champions Action Day this June.
- Partner Working- Poole Schools have benefitted from joint working by Jason and Andy Halliday of the Rossmore Bike Project.
- Olympic Scheme- Several St Katharines children have completed the 120 bike journeys to school to gain their Gold Medals, with lots of Key Stage 1 and 2 kids already achieving Silver for an equally impressive 70 trips
- Bike It comes to Dorset!- Dorset P.C.T. have commissioned an officer to work in Dorchester and Weymouth schools, more top value action for the areas children.

Xmas competition Results

We had 460 entries in the X-mas competition, a brilliant contribution to the national total of around 7,500, and we are pleased to say that Alice Emily Launders' entry for October from St Katharine's was chosen for the National Bike It Calendar to be produced for 2011. Here's another lovely entry from October.



Diary Dates:

07/ 06: Action Day
12-20/ 06: Bike Week Events
23/ 07 School finishes!