

# Sustrans Bike It Update

## Bike It Kids First- on Bournemouth's brand new Velodrome.



Jason teamed up with British Cycling, the new Bournemouth Cycling Centre and St Marks Primary in Talbot Village to organise group visits to our new facility here, the first outdoor cycle track to be built in the U.K since the 1970's. Over the upcoming years the facility will introduce hundreds of local youngsters to cycle sport to find the next U.K talent. Children from the Bike It school enjoyed team activities on a perfect summers day. The first such days for schools in the area.



### 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 him an email on: [Jason.falconer@sustrans.org.uk](mailto: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 or distribute this newsletter, visit:

[www.sustrans.org.uk/bikeit](http://www.sustrans.org.uk/bikeit)

or contact Bournemouth and Poole

officer: Jason Falconer

# Sustrans Bike It Update

Bikeability News-  
Cycle Training levels are  
Up this term, with  
Bournemouth Council  
becoming a registered  
provider- Good news!

## Summer Term Energy!

Schools across the area enjoyed 23 outdoor cycling sessions this term, across all primary age ranges. The activity plans are passed to teachers in order to continue this action during schools own designated time.

### Bike It Statistics for summer term:

- Jason has worked directly with 2,982 children this term, 48% of activities recorded being an hour or more Bike It activity Session, lesson or club activity.
- New Schools Moordown St Johns and St Lukes are racing ahead on their own cycling initiatives already.
- 42 Children enjoyed our Summer Holiday activity sessions at B.C.C.
- Go-Ride, British Cycling with Sustrans ran 10 days sports based cycling sessions this Summer term.
- 400 + Parents enjoyed 3 Bikers Breakfasts.
- Rollapuluza @ Epiphany School, all of year 4, 5,6, had a fantastic reward for winning the area Big Pedal competition prize, a visit from London roller racing specialists,
- **DATES FOR YOUR DIARY:-**  
Term starts 05 September,  
Get in touch with Jason ASAP to plan your autumn term activities.
- **Links:-**

[www.rollapaluza.com/?=1309](http://www.rollapaluza.com/?=1309)  
[www.britishcycling.com](http://www.britishcycling.com) –Go-Ride  
[www.bournemouthandpoolenhs.co.uk](http://www.bournemouthandpoolenhs.co.uk)

Below:-

Children and Adults try out Sustrans pedal power at the first Poole Quay Cycle Celebration, 23 June 2011.  
One of this years Bike week events.



Another sunny day in Bournemouth...

Whats new next Year in Bike It:-

We will be bringing the fun of making delicious healthy fruit smoothies at Bikers Breakfasts this Autumn, using our amazing new mobile BIKE SMOOTHIE BLENDER.

Several Schools will be running more BIKEABILITY training this term, Jason will be helping to promote again in partnership with our area Councils.

Listen out for a special Schools Cycle Track event On the 06<sup>th</sup> October. More of our local schools can come and experience the thrills of the newest cycle track in England first hand.