

## About Bike Week

- **Bike Week** is an annual opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging ‘**everyday cycling for everyone**’. Demonstrating the social, health and environmental benefits of cycling, the week aims to get people to give cycling a go all over the UK, whether this be for fun, as a means of getting around to the local shops, school, the library or just to visit friends.
- As the **biggest nationwide cycling event in the UK**, Bike Week encouraged over half a million people to join in events, rethink their everyday journeys and switch to cycling as the most convenient way to get around

# FALL IN LOVE WITH CYCLING

Last year the nation fell in love with cycling; with more of us than ever getting on our bikes, inspired by our Olympic heroes Victoria Pendleton and Wiggo. We hope these endorsements by previous Bike Week participants will inspire you to fall in love with cycling (all over again) during Bike Week 2013...

# REASONS TO CYCLE

- IMPROVE FITNESS – MAKING YOU LOOK AND FEEL BETTER.
- QUICK – OFTEN A FASTER MEANS OF MAKING SHORT JOURNEYS
- CHEAP – NO PETROL COSTS OR TRAIN /BUS FARES REQUIRED
- ENVIRONMENT – AN ENVIRONMENTALLY SUSTAINABLE ALTERNATIVE TO CAR TRAVEL
- CONVENIENCE – IT GETS YOU DOOR TO DOOR WITHOUT RELYING ON OTHERS

# WHEN TO TAKE PART

- MONDAY 17<sup>TH</sup> JUNE – 2<sup>ND</sup> YEARS
- TUESDAY 18<sup>TH</sup> JUNE – 3<sup>RD</sup> YEARS
- WEDNESDAY 19<sup>TH</sup> JUNE – 4<sup>TH</sup> YEARS
- THURSDAY 20<sup>TH</sup> JUNE – **FREE BIKE HEALTH CHECKS (ALL YEAR GROUPS)**
- FRIDAY 21<sup>ST</sup> JUNE – 5<sup>TH</sup> & 6<sup>TH</sup> YEARS

# WHAT YOU WILL NEED

- A BIKE IN GOOD WORKING ORDER
- HELMET
- BIKE LOCK
- SUITABLE CLOTHING IF IT IS RAINING

# BIKE MAINTENANCE TOPS TIPS

## 1. KEEP YOUR TYRES INFLATED PROPERLY

- Poorly inflated tyres are prone to punctures.

## 2. CHECK YOUR BRAKE PADS

- Worn brake pads = rubbish brakes.

## 3. TIGHTEN BRAKES

- Needs done if brakes have become sluggish i.e. if you squeeze lever and it moves more than halfway towards handlebars.

## 4. OIL YOUR CHAIN

- There is no point oiling your chain unless you have cleaned it properly first.

# BIKE MAINTENANCE TOPS TIPS cont....

## 5. GET YOUR SADDLE PERFECT

- When you peddle your legs should be almost straight on the downwards revolution.

## 6. CHECK IF YOUR WHEEL IS 'TRUE'

- Turn your bike upside down and spin your wheels. Do they wobble a little from side to side? If so, they need 'truing'

## 7. IF IN DOUBT TAKE IT TO BE CHECKED BY A PROFESSIONAL!

# BIKE CHECKS



- 1 Handlebars/stem
- 2 Headset/steering
- 3 Brake levers
- 4 Gear shifters/levers
- 5 Front forks

- 6 Front hub
- 7 Brakes (blocks/disc)
- 8 Wheels (rims and spokes)
- 9 Tyres
- 10 Frame (including rear suspension)

- 11 Saddle
- 12 Bottom bracket
- 13 Pedal cranks
- 14 Pedals
- 15 Chainwheel

- 16 Chain
- 17 Front derailleur
- 18 Rear derailleur
- 19 Rear cassette
- 20 Rear Hub



# FREE BIKE HEALTH CHECKS

**THURSDAY 20<sup>TH</sup> JUNE**

- OPEN TO ALL PUPILS AND TEACHERS WHO CYCLE TO SCHOOL ON THIS DAY.
- REGISTER BIKE WITH MR DAVIS AT THE ASTRO PITCH.
- DEPENDING ON NUMBER OF BIKES REPAIRS WILL BE CARRIED OUT FREE OF CHARGE

# CYCLING TO SCHOOL

- PLAN YOUR ROUTE – QUICKEST IS NOT ALWAYS THE SAFEST.
- USE ROUTES WITH LESS TRAFFIC IF POSSIBLE.
- IF POSSIBLE CYCLE WITH A FRIEND.
- MUST GET PERMISSION FROM PARENT.



# WHERE TO PARK YOUR BIKE

- BIKES WILL BE CHAINED TO METAL RAIL ON ASTRO PITCH.
- ENTER ASTRO PITCH AT THE GATE AT THE PAVILION.
- MR DAVIS WILL TAKE YOUR NAME AND GIVE YOU A CARD TO GIVE YOU PERMISSION TO LEAVE 10MIN EARLY AT THE END OF THE DAY TO COLLECT YOUR BIKE.

# PRIZES

- HOUSE POINTS AWARDED TO YEAR GROUP WITH THE MOST PARTICIPANTS.
- TRIP TO CHRIS HOY VELODROME IN AUGUST .

**Bike  
week**  
15-23 June 2013

# FALL IN LOVE WITH CYCLING

*Everyday cycling for everyone!*

[bikeweek.org.uk](http://bikeweek.org.uk)

