

cycle fest 2010



@ **Lister Park, Bradford 11am - 3pm**
Saturday 26th June 2010
for cyclists and non-cyclists

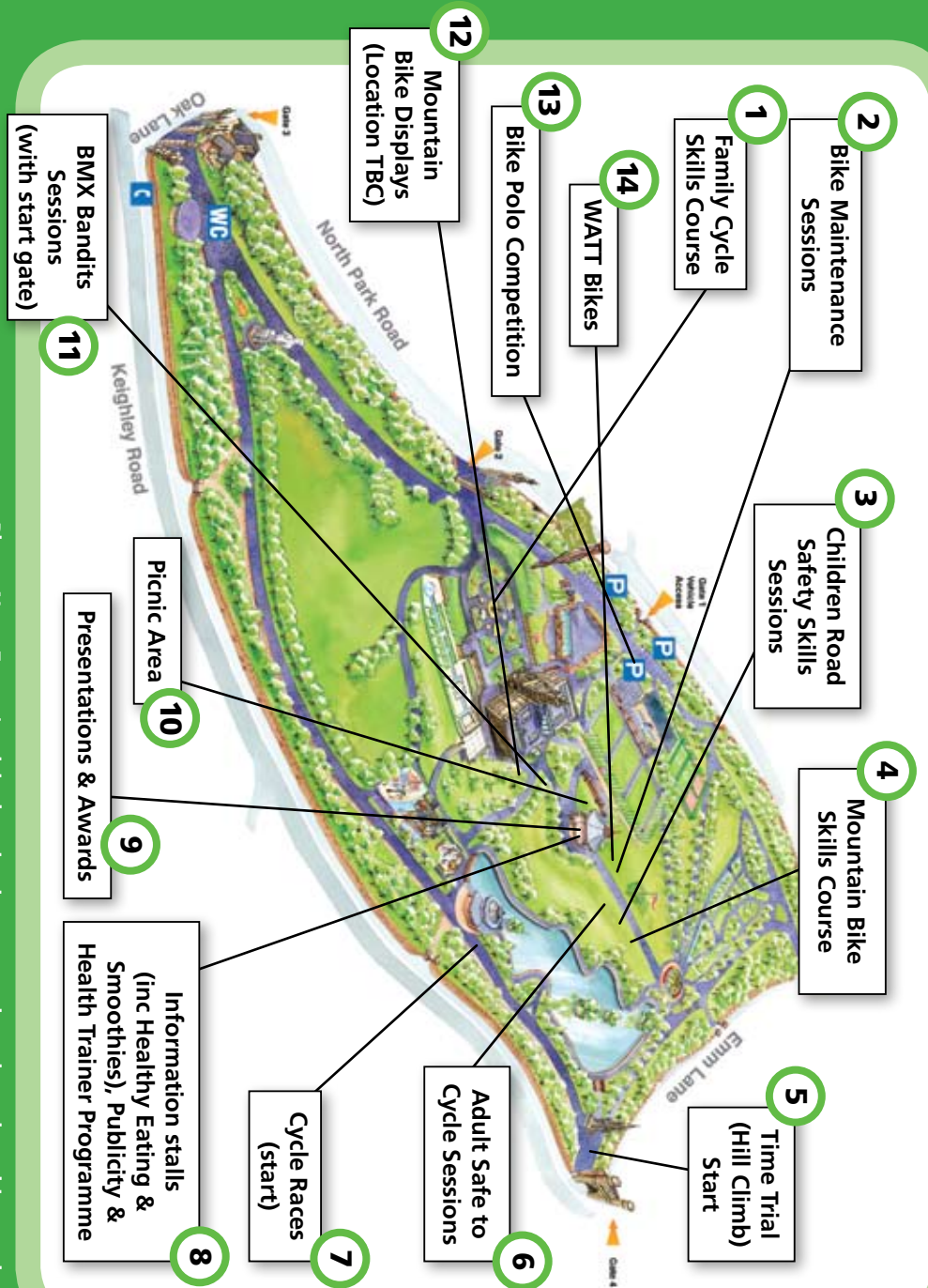
Programme of Activities...

Time:	Activity:	Location: (refer to map on back cover)
9.30am	Meet at Centenary Square to join the Cycle Parade to Lister Park.	
11.00am	Event opens with Professional Cycle Display.	12
11.30am - 1.00pm	Cycle Races.	7
12.30am - 1.00pm	Bike Polo Competition Registration.	13
1.00pm	Bike Polo Competition Starts.	13
1.00pm	Professional Cycle Display.	12
1.30 - 2.30pm	Time Trials (Hill Climbs).	5
2.45pm	Presentation for Cycle Races, Hill Climb Event and Bike Polo.	

(Please note: timetable is subject to change).

(Numbers indicate where the activity takes place in the park, see map on back cover).

The following activities will start at 11.30am and continue throughout the event Family Cycle Skills Course **1** Bike Maintenance **2** Children Road Safety Skills **3** Mountain Bike Course **4** Adult Safe to Cycle Sessions **6** BMX Bandits Races **11** WATT Bikes **14** Cycle Display and Activities (Cartwright Hall), Information Stalls **8** Health Information **8** and Smoothies **8** (Numbers indicate where the activity takes place in the park, see map on back cover).



design: designdaniels@gmail.com



All Bike Week activities will be posted on:
www.cyclefestbradford.org.uk

Please Note: Event / activity location is not to scale and may be subject to change.

Cycle Partners & Activities in the Bradford District...



CTC Champions Project

Bradford is one of the thirteen areas in England funded by CTC to promote cycling as a sustainable travel alternative, especially for those who want or need to be more active for health and those everyday local trips: 50% of car journeys in Bradford are of 2 miles or less.

Cycling Champions will come from and represent their communities in identifying the barriers to cycling - and then do something about it - such as providing training to boost skills & confidence, buddying, maintenance, or improving access to bikes and quiet routes.

Contact Ginny Leonard 01274 223239
gabby.leonard@ctc.org.uk

Bradford Disability Sport & Leisure

Bradford Disability Sport and Leisure provide disabled people throughout the Bradford area with sporting opportunities of both a recreational and competitive nature. Bradford Disability Cycle Club operates each weekend and also Tues and Thurs evenings. The club has a variety of bikes, trikes, handcranked trikes and mountain bikes to give disabled children/young adults and their families/guardians/carers/friends the opportunity to cycle together in the safe environment of the award winning Lister Park. National Standard qualified cycle tutors will be on duty to lend a hand if required.

Contact Bradford Disability Sport & Leisure Office 01274 437093
bsr2@btconnect.com

Adventure Activities Development Unit

Summer Holiday Multi Activity and Water Sports Courses and Group Activities for Rock Climbing, Caving, Off Road Cycling, Archery, Canoeing, Sailing.

Contact Adventure Activities Development Unit 01274 435494
jacqueline.illingworth@bradford.gov.uk

Bradford & Airedale Community Health Services

The Obesity Prevention Team provide adult cycle sessions in traffic free environments to help build confidence and skills and also help to roll-out the districts Bikeability Programme with schools, which is off road and on road cycle training for 10-12 year olds.

Contact Hannah Lindsey 01274 202801
hannah.lindsey@bradford.nhs.uk

Aire Valley & Leeds Bike Bus

The bike buses encourage people to commute by bike, benefit from safety in numbers, jump on/off along the route and share the commute with friends. The bike buses have set routes and a timetable.

Contact for both Bike Buses
www.airevalleybikebus.org.uk

Safe 2 Cycle

Safe 2 Cycle is a small Bradford based business developed by husband and wife team Francine and Malcolm Hoddy to help people of all ages throughout West Yorkshire learn to cycle and or improve their cycling skills. Our aim is not to train Olympic athletes but to help and support people who think they might like to try cycling for the first time or improve their cycling skills.

Qualifications include: Department for Transport Accredited National Standards Cycle Tutors, Wheels for All Leader, SkyRide Leaders, SkyRide Route Planning and Navigation, First Aid at Work, Paediatric First Aid, Registered Exercise Professional L3 and Enhanced CRB checked.

Safe 2 Cycle is proud to be a sponsor the CycleFest 2010.

Contact Safe 2 Cycle
07966 024 884
safe2cycle@aol.com
www.safe2cycle.co.uk

Beginner & Improver Rides

In association with CTC Champions Project and Bradford & Airedale Community Health Service, Active Coaching UK are delivering beginner and improver rides in the district.

Contact Richard Taylor
07982730196
richard@activecoachinguk.co.uk

Junior & Family Cycling Clubs

The clubs below offer a range of cycling activities such as British Cycling and National Standard led coaching, cycling courses, family rides, building cycling skills and promoting road safety, please contact the clubs direct to find out more:

Keighley Just Ride Cycle Club:

Contact Richard Taylor
0770 207 1779
kjrcc@hotmail.com

East Bradford Cycle Club:

Contact Mike Healey
0113 252 3639
mike@atbman.freereserve.co.uk

BMX Bandits:

Contact Jeremy Brown
01274 615150
or Ian Thewlis 0113 2934950

Be Cycling Activities

Guided Mountain Bike Rides & Get Biking sessions which include improving bike handling, cycling and road safety for children and young people.

Contact Chris Armstrong
07960734965 info@becycling.co.uk

Mountain Bike Cycle Yorkshire

MTB Cycle Yorkshire is supporting the Cycle Fest event and offers a range of training courses and programmes.

Contact Iain Johnson 07958130712
iain@mtbcycleyorkshire.co.uk

City of Bradford Metropolitan District Council

Did you know your school can now apply for free on-road cycle training for ages 10-12yrs. Please approach your school if you'd like your child to take part or contact Paul Hart 01274 434983 paul.hart@bradford.gov.uk

For information on cycle routes in Bradford and copies of the New Bradford cycle map contact Fiona.limb@bradford.gov.uk tel 01274 431184, or visit our stall today.

