



Bike Week 2015 in Ballymoney

FREE cycling events for ALL the FAMILY to celebrate Bike Week 2015. Promoted and encouraged by Causeway Coast and Glens Borough Council and Ballymoney Cycling Club

Everyone is WELCOME to come along and enjoy the FUN!

Ladies Ride Out *Beginners & Improvers welcomed*

Thursdays 21 & 28 May & 4, 11 & 18 June at 7-8.30pm, Riverside Park, main car park (Armour Ave), Ballymoney

Ladies, lost confidence in cycling? Then come along and recapture the fun and pleasure of riding your bike in this special five week refresher course aimed at women returning to cycling or wishing to improve on their existing cycle skills. Delivered by Ballymoney Cycling Club trained instructors, this relaxed and enjoyable course consists of basic bike handling, including on and off-road training, to help you deal with traffic and road junctions to inspire confidence when cycling "roon the toon." Bikes and helmets can be made available. Participants will work towards taking part in a longer ride out to conclude on 18 June during which refreshments will be available.

"Wheels for All"

Sat 13 June at 10am -1pm, Millenium Centre, Lough Road, Loughguile

This is an event for the whole family with fun on bikes as the key theme, including early stage skills and cycle games - a great way to build confidence enjoyably! Children of all abilities/no ability welcomed on bicycles, tricycles or balance bikes (with or without stabilisers). Cycle goodies and refreshments will be provided. Parents will be encouraged to join in the activities! This event particularly welcomes children with additional needs to come along and join in the fun!

"Cycle Safely" Talk & Ride Out

Monday 15 June at 6.30-9pm, Joey Dunlop Leisure Centre, Ballymoney

This is a great opportunity for families and individuals to learn how to cycle safely and to enjoy a leisurely off- road ride out. Come along and experience the wealth of shared use paths available for all in and around Ballymoney. The event kicks off with a Bike Doctor session by Outdoor Life to check your bike is in good order, following which, there will be an informative cycle safety talk by PSNI Road Policing and Education staff. The event continues with a fun ride out to practice safe cycling skills. Light refreshments and cycle goodies will be available.

Lower Bann Leisure Cycle

(Ballymoney to Coleraine and return)

**Saturday 20 June at 10am-1pm, Riverside Park,
main car park (Armour Ave), Ballymoney**

A leisurely 18-mile bike ride starting and finishing in Ballymoney's Riverside Park and following the signposted National Cycle Network Route 96 into Coleraine, returning to Ballymoney via the Lower Bann Cycleway. Following mostly minor country roads, the route affords beautiful views across the Antrim Hills and River Bann. Welcome refreshments will be served at the half-way point. This is a fun event aimed at families and individuals with some previous cycling experience and a reasonable level of fitness, as there are several small hill climbs.

**Not suitable for primary school age children. Post primary children must be accompanied by an adult.
For further information about this event Tel. 028 2766 0227 or 028 7034 7234.**

**BIKE TO SCHOOL DAY WEDNESDAY 17 JUNE
BIKE TO WORK DAY FRIDAY 19 JUNE**

During Bike Week Causeway Coast and Glens Borough Council encourages everyone to cycle to school, college or work as an alternative to using motorised transportation!



**For further information on any of the above events please contact
Causeway Coast and Glens Borough Council on 028 2766 0227
or visit www.causewaycoastandglens.gov.uk
or www.visitcausewaycoastandglens.com**

*Look out also for Bike Week events in the wider Coleraine area,
for further details contact Mark Strong on 028 7034 7234*

Additional Information

- All children aged 16 years and under must be accompanied by an adult.
- Causeway Coast and Glens Borough Council strongly recommends that all cyclists wear a helmet. This is compulsory for Under 16s.
- All participants must ensure their bicycles, tricycles, etc. are in good condition prior to the event.
- Don't worry if you don't have a bike or helmet as these can be made available on request. Ballymoney Cycling Club has tandems, special needs bikes and a range of town and country cycles for everyone to get involved. All abilities and disabilities welcome. To make a request ring 028 276 60227.
- Participants should wear suitable clothing and come prepared for wet weather conditions.
- All participants should follow The Highway Code.
- In the interests of Health & Safety, the organisers reserve the right to cancel an event due to adverse weather conditions.
- This programme of events is subject to revision or cancellation without notice should unforeseen circumstances arise.

This Programme of cycling events has been made possible through the financial support of Travelwise NI.

**Causeway Coast and Glens
Borough Council**

Ballymoney Borough
Road Safety Committee

