



Bike Week Report 2016

This Bike Week report was compiled to provide feedback on the coordination and delivery of the Meath Bike Week from 11th – 19th June 2016. The report includes a detailed overview and account of all events that took place during Bike Week 2016. Funding was provided by the Department of Environment to Meath Local Sports Partnership to organise, deliver and support initiatives within Meath.

2469 (1325 female; 1144 male) participants of all ages and abilities took part in 17 coordinated events in Meath during National Bike Week 2016. Events ranged from Family Fun Cycles, training days, bike maintenance workshops, come and try evenings and other community events. Organising hosts were encouraged to develop new ways of engaging the non active cyclist into cycling. The theme of 2016 Bike Week here in Meath was “Inclusivity” – clubs, schools, organisations were encouraged to get involved in bike week regardless of age or ability.

National Bike Week has helped facilitate and develop further links with other physical activity and transportation programmes coordinated in Meath including Smarter Travel (in association with Smarter Travel Coordinator in Meath County council), Green Schools (in association with Susan Doorley), Be Active After Schools Activity Programme (in association with National Programme facilitator) & HSE Active Schools team. This coupled with increased awareness and use of local amenities and facilities has helped create a long lasting and positive legacy from National Bike Week in the Meath area.

Introduction

The focus of Meath Bike Week was to provide people of all ages and abilities with a variety of cycling events and to create awareness of cycling as a form of transport and physical activity.

In total, 17 official events were organised by Meath Bike Week 2016. 2469 people of all ages and abilities took part in the events from Saturday 11th June until Saturday 19th June 2016.

The scale and scope of the events for 2016 continued to grow and expand with a number of new and innovative events organised to highlight and promote cycling as an activity for everyone. One of the more quirky events which took place in Meath was a Cycle to the Bahoomas – organised by the Athboy Fairgreen High Nelly group. This was a flamboyant cycle from Athboy to Girly bog where the group hosted a cycle beach party – naturally it rained throughout the entire evening!

Each local event organised in association with Bike Week was supported in the form of direct funding, promotion, marketing or assistance with the organisation and roll out of the event.

Linking with a wider range of clubs, schools, community organisations, and disability groups has helped to increase awareness of National Bike Week and the different cycling opportunities available to people throughout Meath.

Profile of Meath Bike Week events

1. New to the bike week programme in 2016 was the Ability Cycle Fest which was held in Fairyhouse race course. The evening was open to children of all abilities, their siblings, family members and friends. The timetable for the evening is detailed below:

- 4.45pm – registration & category allocation
- 5pm – Family Spin cycle – along ambulance track circa 2.5km
- 6pm – Cycle obstacle event
- 6.30pm – Cycle treasure hunt
- 6pm – Come & Try adapted cycling equipment
- 6.30pm – Cycle safety & road skills demonstration
- 7pm – Certificate presentation

Over 40 children with differing disabilities participated in the evening. The management of Fairyhouse closed the public access to the walking track and environs for the duration of the event, thus providing a safer environment and greater participation by all the participants.

Details of the activities, additional photographs and plans are attached in the appendices at the back of this report.



INCLUSIVE CYCLING FESTIVAL

20TH JUNE 2016

5-7PM



FAIRYHOUSE RACECOURSE

3km Family Spin for All Ages and Abilities
Cycling Treasure Hunt
Obstacle Course
Cycling Challenges

To register please contact:

Elaine Banville, Sports Inclusion Disability Officer, Meath Sports Partnership at (046) 9067337



Bikeweek.ie

11th – 19th June 2016



2. Meath County Council Smarter Travel club – to coincide with bike week, the Smarter Travel coordinator within the council had bike checks days, lunch`n rides and 16km leisure spin. Photo below of some of the staff of Meath County Councils Smarter Travel programme are joined by staff from the HSE Healthy Ireland team:



Prior to Bike Week commencing, staff in Meath County Council were requested to complete a questionnaire/survey whereby staff were asked to identify some of the barriers preventing them from cycling; it also required them to make suggestions in relation to organizing events. The main barriers identified included lack of confidence, not enough time, no suitable welfare facilities in the organization, the competitive nature of existing cycling groups, the state of the roads and lack of cycling infrastructure. Staff expressed an interest in a drop and collect bike service, a bicycle maintenance demo and social cycles amongst other events and suggestions.



You replied on 07/06/2016 13:17.

From: Lara Fagan

Sent: Wed 01/06/2016 13:3

To: All MeathCoCo Users; Cllr Alan Tobin (MCC Ashbourne MD); Cllr Brian Fitzgerald (MCC Ratoath MD); Cllr Bryan Reilly (MCC Kells MD); Cllr Caroline Lynch (MCC Trim MD); Cllr Damien O'Reilly (MCC Ratoath MD); Cllr Darren O'Rourke (MCC Ashbourne MD); Cllr David Gilroy (MCC Kells MD); Cllr Dr. Claire O'Driscoll (MCC Ashbourne MD); Cllr Eimear Ferguson (MCC Laytown/Bettystown MD); Cllr Enda Flynn (MCC Trim MD); Cllr Eugene Cassidy (MCC Kells MD); Cllr Francis Deane (MCC Navan MD); Cllr Gerry O'Connor (MCC Ratoath MD); Cllr Gillian Toole (MCC Ratoath MD); Cllr Jim Holloway (MCC Navan MD); Cllr Joe Fox (MCC Trim MD); Cllr Joe Reilly (MCC Navan MD); Cllr Johnny Guirke (MCC Kells MD); Cllr Joseph Bonner (MCC Ashbourne MD); Cllr Maria Murphy (MCC Ratoath MD); Cllr Maria O'Kane (MCC Ratoath MD); Cllr Michael Gallagher (MCC Kells MD);

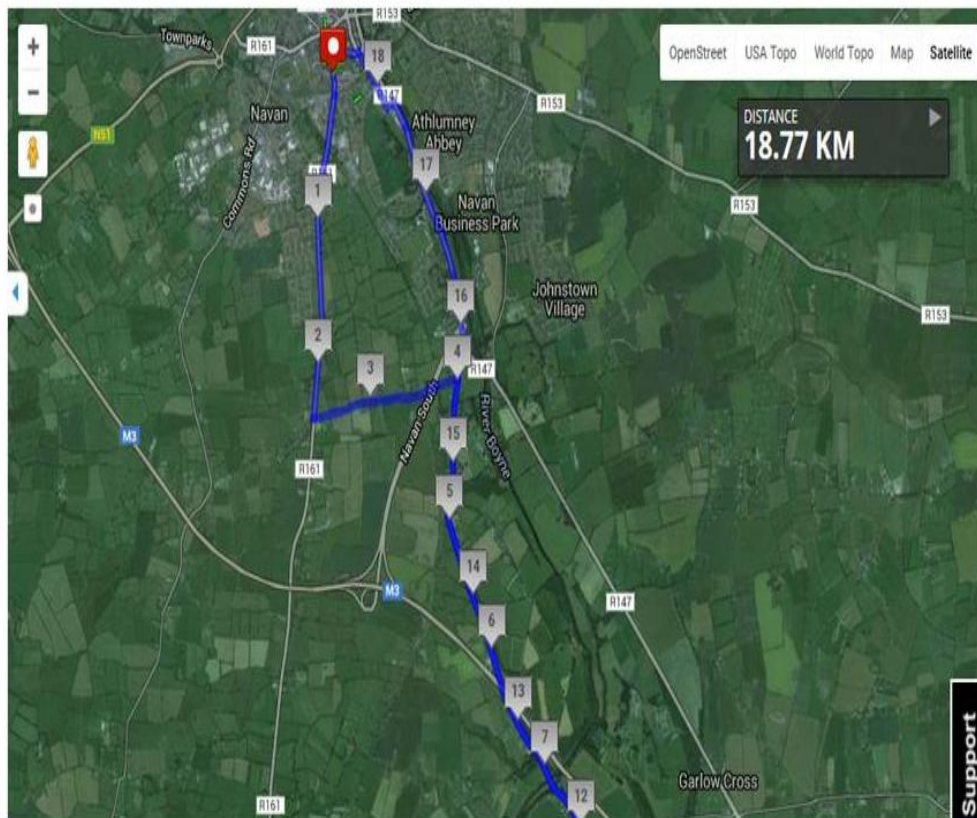
Cc: Mary Murphy (Local Sports Co-Ordinator)

Subject: Think Blue - It's Smarter Travel Awareness month: Staff events organised to coincide with National Bike Week, please register

Dear All,

Thank you to all of you who completed my cycling survey recently, I've taken your comments and suggestions on board and have organised the following events to coincide with National Bike Week (which runs from June 11th to the 19th).

1. **Staff Bicycle Service Day – June 15th**. A mobile repair centre will be set up in Buvinda Car Park where staff can drop off their bikes during the day for a basic service (the service will include checking brakes, tyres, tyre pressure, gears & chain etc). The cost of the service is €10, if additional work is required staff will be required to pay for this when collecting their bike. The Social Club has kindly agreed to pay for members. To register please click on the following link <https://www.surveymonkey.com/r/VS9K87F> by 2pm on Monday 13th of June
2. **Bicycle Maintenance lunch and learn: June 16th** in the Council Chamber, information will also be available on the cycle to work scheme. I will issue a separate invitation via outlook for this event.
3. **Social spin on June 17th** to Bellinter House for tea/coffee and a scone (refreshments funded by MLSP under National Bike week) and back, leaving at County Hall at 6pm. The cycling distance is approx 18km there and back, the pace will be easy and the gradient is generally flat so dust off your High Nelly and come pedalling. Please register at the following link <https://www.surveymonkey.com/r/8FFNT5M> by 2pm on Wednesday June 15th.



3. Navan Road Club – hosted 40km senior & adult spin. Aim of evening was to introduce new members into the group, provide bike handling skills information and road safety tips. This event attracted 10 new members into the club. Road club also hosted a mechanical advice evening where members of the club and extended families could bring along their bikes for service fit and maintenance. Participants also received basic information about puncture repairs and basic bike maintenance information. Pictured below are students from Cannistown NS



participating in the Come`nTry evening.

4. Bohermeen Cycle Club – organised a leisurely 7km looped cycle for new club and returning club members. In total 60 participated in the event. Once the cyclists had returned from their spin, they were given the opportunity of participating in an obstacle course challenge, slow bicycling racing along with safety & skills demonstration. Pictured below are club members prior to departing on their spin:



5. Ashburners Cycle Club – this relatively new cycle club in Ashbourne organised a series of events to celebrate Bike Week. On Sunday 12th they organised a family spin of 5km for families and young children. The 5km route is along designated cycle lanes, thus providing a good degree of safety to participants. On Tuesday 14th, the club held a bike maintenance night for club members and members of the general public.

On 19th June, 25 cyclists participated in a dawn solstice cycle from Ashbourne to the Hill of Tara. This also acted as the launch for the clubs couch to 50km initiative for new cyclists.

As a result of the clubs efforts during Meath Bike Week, the club attracted 12 new cyclists as members. Outlined below is the clubs itinerary for the week:



Bikeweek.ie

11th – 19th June 2016



ASH Burners Cycling Club

has organised the following events to support Bike Week 2016


Date	Event	Description
Sunday 12th June - 10.00am Ashbourne Garda Station	Family Cycle	Family cycle from Garda Station to Pillo Hotel - 5km
Tuesday 14th June - 8.00pm Don/Ash GAA Club	Bike Maintenance Night	Advice and Tips on bike maintenance
Sunday 19th June - 5.00am Ashbourne Retail Park	Solstice Dawn Cycle	Solstice Dawn cycle to the Hill of Tara - 45 kms
Sunday 19th June - 10.00am Ashbourne Retail Park	Couch to 50kms	Aimed at beginners, to develop their cycling skills <i>5 weeks programme</i>

All Events are open to everyone


Contact: Mark McHugh 087 793 2421

Fiona Carragher 085 174 4378

6. Athboy Fair Green High Nellies hosted a beach party 10k cycle. This was preceded by bicycle maintenance workshop.





Bikeweek.ie
11th – 19th June 2016




Athboy
Fair Green High Nellies


Athboy
Beach Party 10KM Family
Cycle
To the Bahooamas and back!
Leaving the old convent school,
Saturday 11th of June at 4pm!
Please Bring a small bag of sand (tayto bag size)
Sun Block and towels optional!



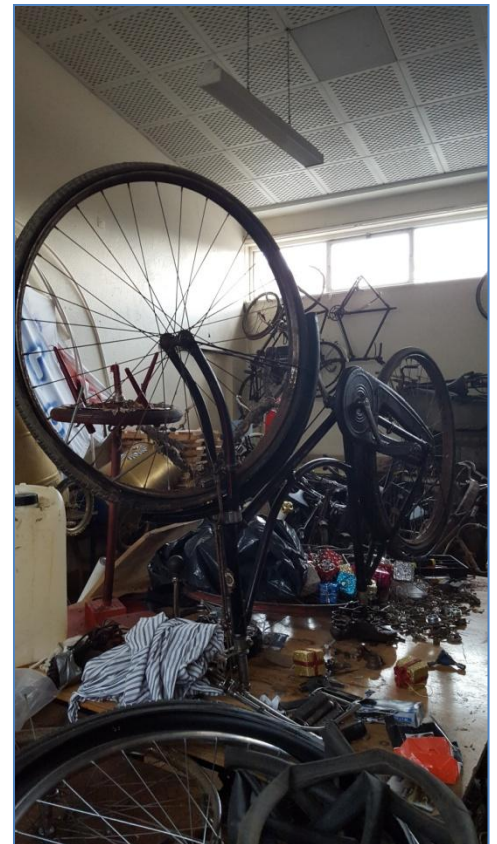
A Bike Repair Workshop Will Take Place
on Tuesday The 14th in The Old Convent.
All Welcome



MEATH
SPORTS COUNCIL
AN IRISH SPORTS COUNCIL INITIATIVE
Tráchtasóir de Chomhairle Spóirt



MEATH
heritage
CYCLE TOUR



Bicycle Maintenance on High Nelly bikes



7. Moynalty Cycle Club – worked with Carlanstown NS in delivering a day long workshop highlighting road safety, cycling in groups, bicycle maintenance, skills and drills. 46 children from 3rd class upwards took part in the cycling day. The group was divided into 2 groups and taken out onto the road where they got a chance to put their new learned road safety skills into action.



Members of Moynalty Cycle Club working with the children of Carlanstown NS as part of Meath Bike Week

8. Other activities run in association for Meath Bike Week included:

- TC Racing club: bike maintenance; introductory spins for beginners; bike handling skills for beginners; women`s only cycling spin (20k); club spin (40k)
- Moynalty Why Nots – beginners spin (20k); bike handling workshop; bike maintenance workshop.
- Cormeen Community Centre: Family fun day including 8km & 12km social spin; obstacle courses; slow bicycle racing and bicycle maintenance workshop

Promotion & Marketing:

All Meath Bike Week events were promoted through the National Bike week website, through Meath Local Sports Partnership website; associated cycling clubs, Meath County Council and HSE intranet sites. Link to bike week page on Meath LSP website: <http://www.meathsports.ie/communities/bike-week/> . Extensive promotion was undertaken through our face book and twitter accounts – both displaying significant public interaction both in the lead up and during Meath Bike Week:

Face book:

The screenshot shows the Facebook page for the Meath Local Sports Partnership. The page features a cover photo with the 'Bikeweek' logo and the dates '11th – 19th June 2016'. The main post, published by Lynn O'Reilly on 10 June, announces that the partnership is supporting activities for Bike Week 2016 in association with the Department of Transport. It describes Bike Week as a cross-community effort to highlight cycling as a fun, cost-effective, and healthy way to travel. The post includes a link to the Bike Week Schedule for 11-19th June 2016. The page also shows a sidebar with navigation links (Home, About, Photos, Reviews, Likes, Events, Videos, Posts, Manage Tabs) and a 'Promote' button. On the right, there are sections for 'Liked by this page' (listing KRSP Kerry Recreation and Sports, Tough Mudder Ireland, and Skoda Cycle Series) and a language selector. The bottom of the page shows the Facebook interface with 'Like', 'Comment', and 'Share' buttons, and a 'Boost Unavailable' button. The desktop taskbar at the bottom displays various application icons and the system clock showing 11:06 on 25/08/2016.

Twitter:

Meath Local Sports (@MeathLocalSport) | Tweets | 613 | Following | 367 | Followers | 1,062 | Likes | 20

Meath Local Sports Partnership in association with the Department of Transport is supporting a number of... fb.me/2gWPG8kcR

Meath Local Sports @MeathLocalSport · Jun 10
"Please note change of date to Monday 20th June" fb.me/zituLNnS

Meath Local Sports @MeathLocalSport · Jun 3
Bike Week is just around the corner and to celebrate our love for cycling, Meath Local Sports Partnership is... fb.me/4R07Gv6Tj

Meath Local Sports @MeathLocalSport · May 20
Meath Go for Life Games will take place on Tuesday 24th May in Simonstown GAA Centre from 11am to 1pm.
The... fb.me/75X54E96M

Meath Local Sports @MeathLocalSport · May 13
Bressie announced as ambassador for the An Post Meath Heritage Cycle tour! See bit.ly/1UVSIR8 for more... fb.me/2lhnpCTIM

You Retweeted
Donore NS @DonoreNS · May 10

Desktop Libraries Mary Murphy Sports Partnership EN 11:10 25/08/2016

Meath Local Sports (@MeathLocalSport) | Tweets | 613 | Following | 367 | Followers | 1,062 | Likes | 20

50km leisure cycle on July 2nd - all cycling abilities welcome
fb.me/5mpQq5S1l

You Retweeted
FairyhouseRacecourse @Fairyhouse · Jun 20
Great to have @MeathLocalSport & @meathcoco @Fairyhouse this evening using our facilities #staydry

Meath Local Sports @MeathLocalSport · Jun 17

Desktop Libraries Mary Murphy Sports Partnership EN 11:11 25/08/2016

Sample press release in Meath Chronicle:

Funding applications open for Bike Week events

MEATH Local Sports Partnership (MLSP), in association with the Department of Transport, is calling on groups and cycling clubs interested in running a cycling event to coincide with Bike Week 2016 (11th-19th June) to apply for funding.

Bike Week is a cross-community effort to highlight cycling as a fun, cost-effective and healthy way not only to travel but to be physically active.

This year, Bike Week will take place from 11th-19th June and events must take place

during this week. Suitable events include mass participation cycles, beginner spins and mechanic fix'n spins.

The types of groups which may apply are community groups, voluntary organisations, schools, sports clubs, active retirement groups, community childcare service providers, workplaces or any group that wishes to organise a bike-related event on a 'not for profit basis' during Bike Week 2016.

Grants available may be somewhere in the range of

€100 to €350 per successful group or event, depending on applications received and the nature of those applications.

Completed applications should be emailed to mlsp@meathcoco.ie or, alternatively, application forms can be posted to Bike Week Co-Ordinator, Meath LSP, Enterprise Centre, Trim Road, Navan.

The closing date for applications is 4pm on Wednesday 11th May. Funding application forms can also be downloaded from www.meathsports.ie or by contacting (046) 906 7337.

In addition to the media sources already listed above, a number of flyers were produced locally advertising the events with notification in Meath Parish Bulletins and free sheets in Navan, Athboy and Dunshaughlin.

Overall summary:

As awareness of National Bike Week continues to grow, interest in local events will also grow. This year saw new areas coming on board, all running very successful events. The weather as always proved challenging with some planned events being cancelled and others postponed to the following week.

The committee who organise Meath Bike Week would very much like to see Bike Week moved to a week in May - this would allow for greater interaction with primary and secondary schools – scheduling Bike Week in June means the catchment area of secondary schools is completely lost to Bike Week organisers.

The overall feedback from those who participate in events during the week is hugely positive. As mentioned earlier one of our highlights this year was the very successful Ability Cycle Fest in Fairyhouse – we firmly believe that this event alone has huge potential for expansion, particularly as it is the only event catering for children with disability as its no. 1 priority within the Meath greater Dublin area.

Appendices:

Fairyhouse – Ability Cycle Fest



Cycling Treasure Hunt

This cycling treasure hunt will be lots of fun



And if you get to the end there will be a prize to be won



To get to the end you must follow each clue



But after this there is still some work to do.....

Collect a letter at each Star marked spot



And when you have all 5 letters, you have got the lot, **ABCDE**

Now put all the letters together to crack the secret code



Make sure for this part you are thinking in cycling mode



Hop back on your bike and cycle to the end



But do take your time when going around the bend

Now in your loudest voice say the secret Word

ABCDE



And the present will be yours, as long as you are heard



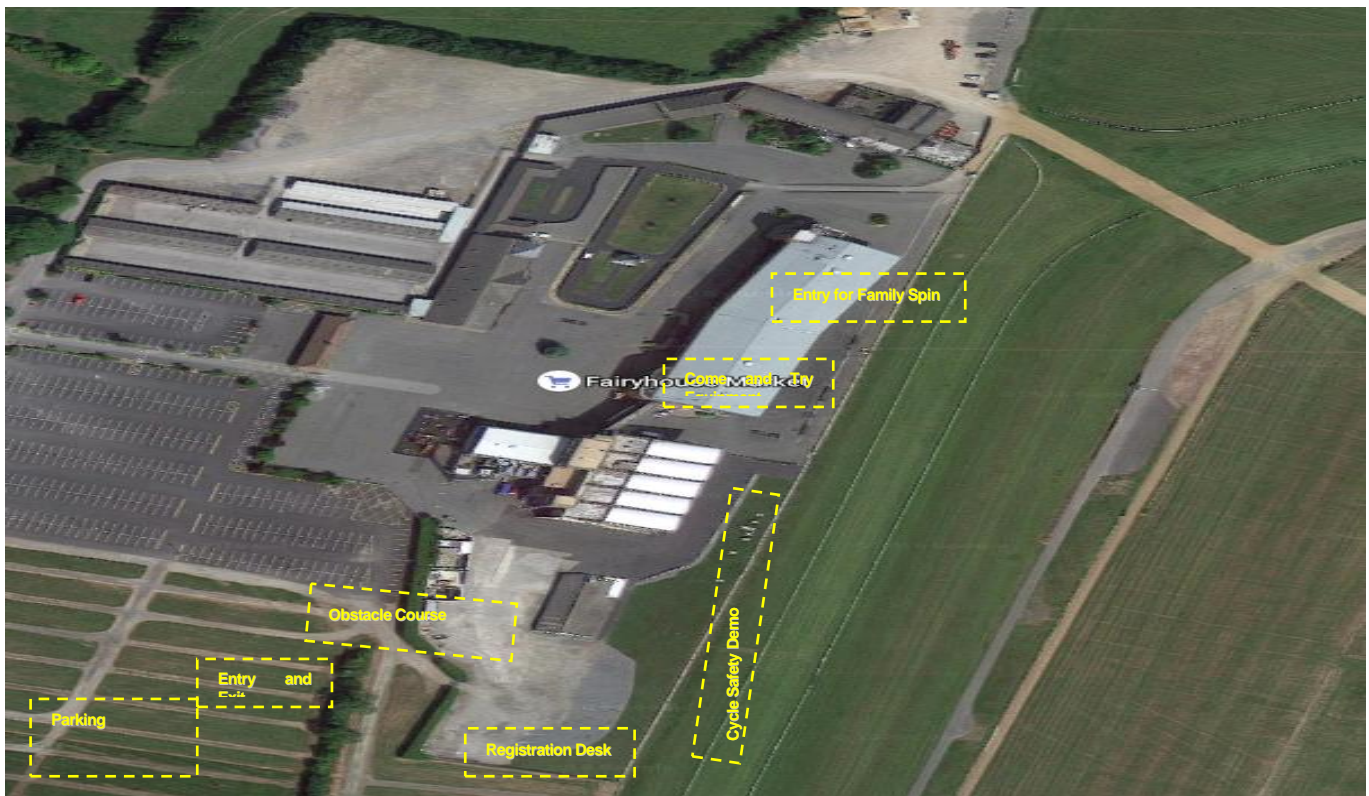
CLUES

1. This is where the race horses enter the race track
2. If it was a sunny day you could watch the races from here
3. If the horseracing is getting boring this might be a good place for children to play
4. The racehorses wait here before they get ready to race
5. This is the best place to watch the race horses doing their parade before the race



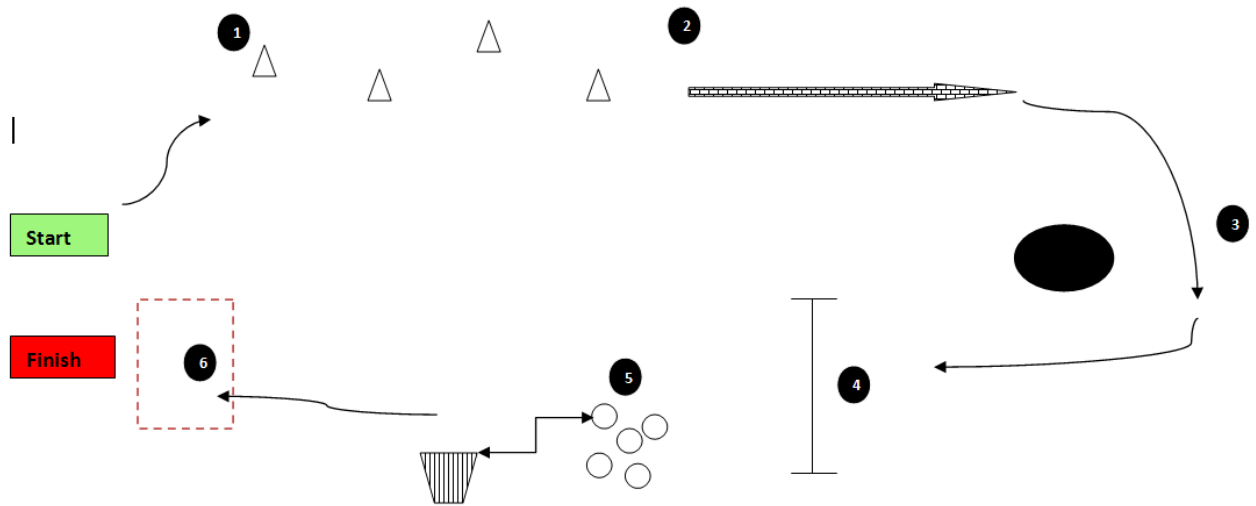
Rules of Cycle track event

- Parents must stay with children at all times
- Cycle of the left, pass on the right
- Let cyclists know you are passing them out by shouting, "On your outside"
- If you need to stop on the track you must pull in to the stop zones
- Helmets must be worn at all times
- Parents must decide if participant can complete the 3km course
- No turning back on the cycling course



Obstacle Course

- Can be done on any bike
- Don't have to do all obstacles
- Can come off the bike to do some obstacles



- 1: In and out of the cones
- 2: Stay on the line marked out
- 3: Go around the roundabout
- 4: Go underneath the bridge
- 5: Pick up a ball and throw it into the bucket
- 6: Cycle to the end and stop inside the square

Free
Event!

Family Fun Cycle

Sun 19th June 2016 4pm
Cormeen Sports Complex

Registration from 3:30pm

8km & 12km routes
Under 8's Indoor toddler circuit

Refreshments Afterwards

Enquiries call: 086-7732649

All participants must wear cycling helmets



This is a free event funded by Meath Local Sports Partnership as part of Bikeweek 2016



Bikeweek.ie

11th – 19th June 2016

Flyers distributed during Bike Week to the participants included:

1 .Does your helmet fit properly?

Take the Helmet Fit Test



1. Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.



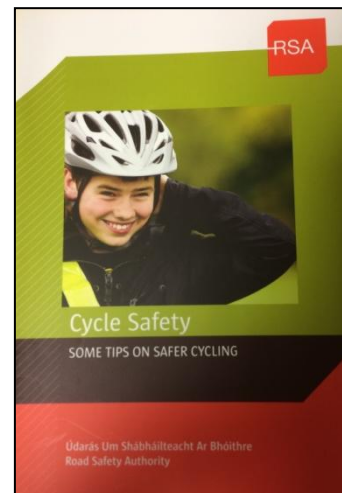
2. Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.



3. Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!

2. Cycling Ireland`s Introduction to Cycling and Yearbook 2016 & Road safety Authority`s Cycle safety booklet



Flyer:

Meath Local Sports Partnership in association with the Department of Transport is supporting a number of activities for Bike Week 2016.



Bike Week 2016 is a cross-community effort to highlight cycling as a fun, cost effective and healthy way to travel. There are a number of initiatives taking place during bike week in Co. Meath which are open to all:

Date	Title	Activity	Venue & Time	Contact
Saturday 11 th	Beach Party 10km	10km family cycle from Athboy to the Bahoomas	Old Convent school @ 4pm	Sean 087 2857095
Sunday 12 th	Family Fun cycle	8km & 12km spins	Cormeen @ 4pm	Leonard 083 3458059
Sunday 12 th	5km Family Cycle	5km spin from Ashbourne to Pillo hotel return	Ashbourne Garda Station @ 10am	Fiona 085 1744378
Monday 13 th	Cycle Fest	7km Family spin Bike Maintenance Safety Skills	Bohermeen Community Centre @ 7.30pm	Marie 087 3430785
Tuesday 14 th	Bike repair evening	Bike maintenance and repair	Old Convent school @ 8pm	Sean 087 2857095
Tuesday 14 th	Bike maintenance evening	Bike Maintenance Workshop	Donaghmore Ashbourne GAA Centre 8pm	Fiona 085 1744378
Wednesday 15 th	Cycling for Beginners	Leisurely cycle for new & improving cyclists – adults only	Moynalty Village @ 7pm	Shane – 086 7272822
Thursday 16 th	10km kids spin	Controlled cycle spin for children with Navan RC	Fair green, Navan @ 7.30pm	Michael 086 2778600
Thursday 16 th	40k adult spin	Suitable for novice & improving cyclists	Fair green, Navan @ 7.30pm	Michael 086 2778600
Thursday 16 th	Lunch & Learn	Bike maintenance workshop	Meath County Council, Buvinda House @ 1pm	Lara 046 9097165
Friday 17 th	Cycling for Beginners	Leisurely cycle for new & improving cyclists – adults only	Moynalty Village @ 7pm	Shane – 086 7272822
Friday 17 th	Social spin	18km social spin for new/novice cyclists	Buvinda House, Navan @ 6pm	Lara 046 9097165
Sunday 19 th	Solstice Dawn Cycle	Solstice dawn cycle to Hill of Tara – 45kms	Ashbourne Retail Park @ 5am	Fiona 085 1744378
Monday 20 th	Inclusive Cycling Festival	Cycling for All – focus is children with disabilities	Fairyhouse racecourse @ 5pm	Elaine 087 4141849

Photos:



TC Racing Oldcastle

Moyalty Why Nots:



Cormeen Community Centre:

