

Welcome to your Spring 2011 Sustrans Bike It Newsletter***Spring means at least one thing... Bike Bling!***

Welcome to the fourth edition of the Sustrans Bike It Newsletter for Bedford, Luton and St Albans. As I write, my local authorities are finishing their bids for Local Sustainable Transport Funding (LSTF) which is needed in order for Bike It to continue next academic year. Bike It has delivered some real results over the last 4 years and there's lots more to do! Fingers crossed. Decisions expected in June/July.

I have really enjoyed hearing from Bike It schools who have taken the initiative and organised their own very successful cycling events and to which I simply receive an invite to witness or give some help; proof that cycling promotion in school is sustainable.

I have seen some really good examples of how schools make a cycling event "bigger" by combining them with some other whole school event. Saint John Fisher Primary, for example, had a superb St Patrick's Day which included competitions for the best dressed cyclists and bikes (any colour they likes so long as it was green). Prae Wood held a similar event based on Comic Relief.

The Hertfordshire School Travel Awards were held in March and I was really pleased to see Wood End justifiably rewarded for their Cycle Bus.

The infrastructure work around Luton's Icknield Primary is now complete. They now have an excellent safe route link from the nearby National Cycle Network all the way to the school gates. Thanks to Luton Borough Council for making this happen; I am sure the bike counts will now soar.

In the summer term I am looking forward to helping to organise more events and working with newer schools to complete School Mark Bronze and hopefully one or two Silvers as well. Bring on the sunshine!

Richard

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 that 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, visit:
www.sustrans.org.uk/bikeit



Triple Jump Olympian Larry Achike at Wood End Primary

Key Events in Spring Term:

- Bike It Breakfasts booked/ happened at Prae Wood Primary, Wood End Primary, Fleetville Juniors and Warden Hill Juniors.
- Dr Bike visited Abbey, Beauchamp and Daubeney Middle Schools in Bedford, Wood End in Harpenden and Sacred Heart Primary in Luton checking a total of 370 bikes.
- Sustrans' Big Pedal National Virtual Bike Race was a great boost to cycling at Abbey, Beauchamp, Daubeney, Fleetville, Goldington, Prae Wood, St John Fisher and Sacred Heart Primaries.
- Bikeability (Cycle Proficiency) courses are ongoing in all three areas.
- Schools are actively looking to promote family cycling events in Summer term.
- The Cycling Bus at Wood End Primary will become sustainable as parents take on the running of the bus.
- A Bike It Champion event will be arranged in each town to share best practices and provide some basic bike care and mechanics training.

Sustrans Bike It delivers...

In the spring term, the Bike It Officer for Luton, Bedford and St Albans delivered:

- **42** activities across all of the Bike It schools.
- **3, 830** positive cycling experiences (including 1825 in assemblies) to pupils, parents, teachers and other members of the community.

Inter-school Battle of the Bronzes, Bedford

The two School Mark Bronze Bike It Schools in Bedford, Daubeney and Goldington Middle, competed in a cycle skills competition for the Battle of the Bronzes trophy. Bedford Mayor's Keeper of the Chains, Barry Tappenden, and Bedford Borough's Peter Knight showed the two teams "how to do it" and British Cycling sent their Regional Coach to manage the competition. Congratulations to Daubeney who won by a single point and who also enjoyed cycling across Bedford and back for the event.

Olympic Triple Jumper Supports Sustrans Bike It

Team GB triple jumper Larry Achike served up bikers breakfasts and opened the new bike store at Wood End School on April 1st. 150 children and parents cycled to school, and whilst they were in class and assemblies talking about cycling their bikes were being checked and fixed by Dr Bike.

Every Child Matters at Sacred Heart Primary, Luton.

On the last day of term, all children at Sacred Heart Primary cycled or scooted for charity. Sustrans provided loan bikes to make sure everyone could take part. There were over 300 riders and "scooterists" on a fantastic day of two wheeled fun.

Prae Wood Primary St Albans: best performing Bike It School in the East of England

Prae Wood had over 100 cyclists every day for the three weeks of the Big Pedal Virtual Bike Race. Mums and Dads rode in to help swell the numbers, and the school combined the race with events like Comic Relief by having a Bling Your Bike competition. The race was an incredible (but true) performance by all at the school.

Contact Richard...

Sustrans' Bike It officer for Bedford, Luton and St Albans is Richard Noon.

Phone: **01582 732919** or **07901 880482**
Email: richard.noon@sustrans.org.uk

