



News *update from*



Norfolk County Council

20 March 2018

Time to take to two wheels at Norwich's free bicycle bonanza event as local schools boost bike skills

****Photographs available in links at the end of the release below****

Whether you're cycling for leisure, to school or work, or even new to two wheels, there will be something for all ages at a one day Norwich bicycle bonanza on Sunday, 25 March, 10am-3pm

The free one day 'Pushing Ahead' event is taking place on the Heartsease recreation ground, between Salhouse Road and Woodside Road, and will focus on all things cycle related. Visitors will be able to get involved with family friendly activities such as a bike ride treasure trail, an 'It's a Knockout' style team competition and a bicycle obstacle course.

There will be a chance to see the 3sixty BMX stunt team perform, and people can treat their own bike to a safety assessment, with any minor repairs needed being carried out for free on the day. And once their bike is in peak condition people will be able to get free riding safety tips from the Bikeability team.

Cllr Simon Eyre, Norfolk County Council's member champion for cycling and walking, said: "Whether you're a regular cyclist, or not been on a bicycle for ages, it's well worth bringing yourself and your bike along to our Pushing Ahead event."

"There'll be plenty happening here on the day including an obstacle course and a treasure hunt for children and grown-ups to get involved with, amazing BMX displays to see, and the chance to tune up both your bike and your riding skills."

In the run up to the event local schools will be getting involved with a number of cycle activities. Falcon Junior School was one of the first with Level 2 Cyclist Training session last week (w/c 12 Mar), where pupils were introduced to the knowledge, skills and behaviours needed to ride amongst traffic and encouraged to choose cycling as a healthy and sustainable form of transport. ****Photographs available in links at the end of the release below****

Cllr George Nobbs, local county councillor for the Crome division which includes Heartsease, said: "This cycling event has been put on especially for the local Heartsease community and it's a great opportunity for people to come along and join in with the range of cycling activities. The local schools have all been involved so I'd urge you to come along and take part in this one off event. Cycling is a great way to get healthy and explore the local area so come along and see for yourself."

People are encouraged to arrive at the event on two wheels as the recreation ground is crossed by Norwich's 'pink pedalway' which runs all the way from Heartsease, through the city centre and along to the N&N Hospital, linking up with other cycle routes along the way

Download a copy of the Norwich cycle map here:

https://www.norwich.gov.uk/downloads/file/3488/norwich_cycle_map

And yellow Ofo bikes will be available for demonstration and voucher codes will mean that people at the event will be able to try the bikes for free

For more information about the Pushing Ahead project, and the event on 25 March, visit: www.pushingaheadnorfolk.co.uk

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For further information

Activities available on the day - it is free to enter the event and free to take part in all the activities:

- The Treasure Trail - bring your own bike and go at your own pace down the Pink Pedalway as you hunt for clues and answer the questions along the way Complete the trail and get a goody bag and be in for a prize draw of £50 voucher The Treasure Trail maps will be distributed to local schools in the week prior to the event, and maps will be available to pick up on the day from the Pushing Ahead marquee
- BMX bike displays - enjoy the ultimate display of thrills and chills with four 25-minute displays over the course of the event Watch as BMX pros display their skills off the jump box In between displays, budding BMXers can take part in an interactive coaching and obstacle course challenge
- Imaginative, creative, rolling art - create some amazing displays yourself through your own pedal power with paint spinning, traffic light, water sculpture, and smoothie bikes
- Full Field Obstacle Course - bring your own bike and take on a fun array of different challenges We will turn the perimeter of the field into a cycling challenge to open it up to families and youngsters in a light competitive manner Would encourage locals to bring their own bikes to ride our course
- "It's a Knockout" style team competition - get a team together to take part in a fun and friendly knockout challenge Four local teams of 6 riders will be briefed and coached in the morning before taking on other teams in a competition of bike games in the afternoon Games will be skill, technique and slaptick based, come along for a good laugh
- Doc Spinoff's tricky trikes - test your balance and riding skills on some really unusual bikes Try your feet on a reverse steering, hand pedal, and various other wacky bikes
- Bicycle funzone and obstacle course - these courses are aimed at improving your cycling skills like balance and control, which help to boost your confidence Have a go on the cycle obstacle course with ramps, slaloms, beams and limbo poles, and there's a separate area for younger children to have their own fun zone on balance bikes
- Fix and Ride - first we fix your bike, and then we'll help you become more confident riding it Bring your own bike on the day and speak to the Bicycle Links team for help and support in bike repair and assessments, and cycling competency advice
- OFO - see what all the buzz is about, with yellow Ofo bikes available for

demonstration and voucher codes for participants at the event to use the bikes for free

- 'Find the Fault' competition – Norfolk County Council's Road Safety Team will be offering guidance and advice to address concerns over safer cycling, sharing techniques on dealing with road and traffic conditions

The Pushing Ahead project

Norfolk County Council was awarded a £148 million grant by the Department of Transport to support its partnership Pushing Ahead Your Journey Your Way programme, 2017-2020

Pushing Ahead is a partnership between Active Norfolk, AtoBetter, Great Yarmouth Borough Council, Norfolk County Council, Norfolk Trails, Norwich City Council, and Think!Norfolk

Focussing specifically on the enterprise zone of Great Yarmouth and the economic hub of Greater Norwich the funding will enable the Pushing Ahead partnership to help improve access to employment, education and training, by encouraging and facilitating cycling and walking activities in these two areas

For political comment

Cllr Martin Wilby (Conservative) Chairman of the Environment, Development and Transport Committee, on 07920 286618 or 01379 741504

Cllr Terry Jermy (Labour), on 01842 630851

Cllr Tim East (Liberal Democrat), on 01603 74324

Cllr Mick Castle (Independent), on 07966 798928

Cllr Simon Eyre, Norfolk County Council's member champion for cycling and walking, on 07450 679860

**For further information please contact:
Communications Team at Norfolk County Council
Tel: 01603 228888
Email: pressoffice@norfolkgovuk**

Attachments

- Falcon Junior School - Level 2 cyclist training course (pic 1)jpg [Falcon Junior School - Level 2 cyclist training course \(pic 1\)jpg](#)
- Falcon Junior School - Level 2 cyclist training course (pic 2)jpg [Falcon Junior School - Level 2 cyclist training course \(pic 2\)jpg](#)



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