Bike Week 2017
Mayo

June 10th-18th 2017
National Bike week was launched in 2009 to raise the profile of cycling as a healthy and fun mode of transport. Mayo’s Bike Week is an integral part of the overall National Bike Week initiative and events throughout the week are organised by the Bike Week committee incorporating Mayo Sports Partnership, Mayo County Council, An Taisce, Smarter Travel and the Road Safety Authority.

Mayo’s 2017 Bike week was yet another very successful and fun-filled week with 23 local events varying from bike workshops, cycling training, bike maintenance and a variety of short family cycle events. This time around Mayo’s Bike Week steering committee organised 6 lunchtime schools cycles throughout Mayo which were a brilliant success and helped to raise awareness around bike safety for children and families.

Students outs Swinford NS coming in from their cycle.
6 Primary School Lunchtime School Cycles

Date: Monday 12th – Friday 16th

Locations:

1. Castlebar - Monday
2. Foxford - Tuesday
3. Swinford - Tuesday
4. Claremorris - Wednesday
5. Ballinrobe - Thursday
6. Westport - Friday

Organised by: The Bike Week Steering committee

Six lunchtime school cycles took place throughout Mayo during Bike Week in Castlebar, Foxford, Swinford, Claremorris, Ballinrobe and Westport. The fun school cycles were led by Gardai on a short cycle around the local towns and all children were accompanied by teachers, parents and adults from Smarter Travel, An Taisce, Mayo Sports Partnership the Road Safety Authority and the local cycling clubs. Overall, approximately 300 children ventured out to cycle in the fabulous sunshine during bike week and all events were very successful. The profile of Bike Week is raised through these events and awareness of cycling in schools and outside of school is raised. Each event finished off with refreshments and was thoroughly enjoyed by both children and teachers. Throughout Bike Week and because of these events children also elected to cycle to and from school.
Outside the newly built Scoil Phadraig Westport

Students from Foxford getting ready for the off.
Students in Claremorris

Students taking in the scenery
Going around the quay, Westport

Swinford students giving the thumbs up.
This year also saw the introduction of a Sofa 2 Saddle beginners cycling programme for adults targeting absolute beginners that had a 6-week run in period to bike week and had the last weekly meeting during bike week itself. Ran with the support of Cycling Ireland under their Bike for Life initiative. The aim is to get adults active, promote cycling and an active lifestyle while focusing on bike safety, basic maintenance, confidence building and road instructions.

**Outputs / Impacts**

Attendance was as follows

- Westport Tuesday 13th - 18
- Ballina Thursday 15th - 14
- Castlebar Tuesday 13th - 8

Total 40

Feedback from all groups was very positive; most participants were first time cycle road users therefore very nervous and lacking confidence. They enjoyed the step by step introduction of new skills as the programme went on especially getting to know their bikes and how to use gears effectively.

There were a respectable number of participants from each group that have linked in with leisure groups in their local cycling clubs. The Westport group continued their weekly meetings and now has a dedicated group of about 10 riders meeting up every week.
Ballina Group Sofa 2 Saddle

Westport Sofa 2 Saddle Group
Community Cycles

1 Kilkelly & Kilmovee Road Safety, Cycling Skills Workshop with Family Cycle

Dates: 10\textsuperscript{th} June 2017

Locations: Kilkelly Car Park Community Centre 10am
Kilmovee Community Centre 1pm

Organised By: Cairdeas, Kilmovee Family Resource Centre

The event was aimed at training young children with regards to road and bike safety and encourage parents to go out with children for exercise and pleasure. Kilkelly only had 2 children 1 adult, Kilmovee on the other hand had 12 children and there were 7 adults. Kilmovee was a fun and active event with the children really engaging. Refreshments were served after.

Having a para-cyclist as the main tutor really promoted inclusiveness for children.

Children in Kilmovee learning about bike safety.

2 Ballycastle Family Leisure Cycle

Date: 10\textsuperscript{th} June 2017

Location: Ceide Coast Lodge.

Organised By: Ballycastle Cycling Club

The event, aimed at new cyclists, School Children and people trying to get back into cycling. Starting from Ceide Coast Lodge the route went past Ballycastle beach and
on to Down Patrick Head and back a distance of 12km. Ballycastle CC marshalled and run the event with an aim of safety first. Refreshment were served in the Ceide Coast Lodge upon finishing.

A total of 26 people participated and everyone had a good day out.

Bikes ready and at hand…… Ceide Coast Lodge, Ballycastle.

3. Partry Bike Check Cycle Skills and Leisure cycle

Date: 14th June 2017

Location: Partry Community Centre

Organised by: Tir Na Nog Partry

Tir na nOg Partry decided to hold a Bike Event as part of Bike Week 2017. We are happy to report that the event was a huge success. It was supported by over 40 families.

The event was advertised in the Mayo News, all local newsletters and flyers throughout local national schools.

The participants availed of the free Bike Check, demonstration on Puncture repairs, cycle skills workshop and a 5km cycle around the locality which entailed cycling on both a National Road and a byroad.

Since Bike Week families have become regular cyclists around our locality as well as some young people now joining a youth cycling club
4. Louisburgh Scouts Hike on their Bikes

Date: 17 June 2017

Location: The Square Louisburgh

Organised by: Louisburgh Scouts

Louisburgh Scouts cycled the Great Western Greenway from Westport to Newport and back, a total of 22km. This was a great challenge for some and very good for improving their bike handling skills, 5 Adults and 12 children participated it and the feedback was very positive, looking forward to building on this event next year.
5. Mulranny Family Leisure Cycle

Date: 17th June 2017

Location: Mulranny Park Hotel Mulranny

Organised By: Mulranny National School

A family leisure cycle was held with the option of a 5Km or 10km route on the greenway to promote cycling as mode of transport & showcase the greenway. Refreshments were provided after and everyone had a good day. There were 15 participants in total.
Cycling out in the Greenway.

6. Ballinrobe Positive Mental Health Cycle

Date: 18th June 2017

Location: Cornmarket, Ballinrobe

Organised By: Youth Mental Health Group Ballinrobe

Registration began 10am, members of the Western Lakes Cycling Club gave a talk and did a bike safety check as well as helmet checks. Each participant had a route map and a member of the Western Lakes Cycling Club lead each group. The 5k route was for families and small children and the longer 18km route for families with older children. After the event there was refreshments, face painting and information on road safety and positive mental health. In total there were 47 people, everyone had a
great day and good positive impact. A few families were first time cyclists and have now getting involved with local cycling groups.

7. Westport Bring your bike to mass for a parish cycle and picnic

Date: 18th June 2017

Location: St Mary’s Church

Organised By: Westport Eco Congregation

The event was well attended with 18 people in total. Parishioners cycled to mass, after mass there was a bike safety check, and a family leisure cycle of Westport town followed. Afterwards parishioners had a picnic. Everyone had a great time and great positive feedback from everyone.
Lecanvey Community Centre ran two events for Bike Week 2017. The events were for a children and guardians fun cycle and a novelty bike ride inclusive to everyone.
Both events took place on June Sunday 18th in Lecanvey Village centre. Despite several other events occurring on the same day such as Holy Communion and Mayo GAA on tv, the events were well attended and were enjoyed by all participating and it was very encouraging to see fathers/guardians and children enjoying cycling together.

The weather stayed good for the events and afterwards delicious burgers and sausage sandwiches were served up and went down a treat.

Children getting ready to head out on their cycle - Lecanvey Village Centre

9. Achill Family Bike Fun

Date: 18th June 2017

Location: Keel Beach Achill

Organised By: Achill Tourism Festival Committee.

A 2km cycle race for children followed by a 2 mile leisure cycle for families. The event promoted cycling, highlighted safety and got more people involved in cycling. Members of the Achill Cycling club gave a talk on bike safety and had bike checks as well showing the children how to do basic maintenance on their bikes, refreshments were served afterward, and everyone thoroughly enjoyed the day. There were 17 participants in total.
Helmet check being performed by members of Achill CC

**10. Ballina Bike Fest: Leisure Cycle as well as Nutrition, Maintenance and Road Safety Workshop**

Date: 18th June 2017

Locations: Ballina Sports and Leisure Centre Ballina & Glasgow Kennedy Centre Quay Ballina

Organised By: Ballina Cycling Club

Ballina Bike Fest started with a 9:30am cycle with juniors and adults taking to the road with a Garda escort and stopping for a break at the Diamond Coast Hotel.

At 5pm we had a juniors event with Bike Repair Workshop, Safety checks followed by a talk on nutrition and bike safety for adults as well as a bike maintenance
workshop. Both Events was very well attended with 48 cyclists on the leisure cycle and about 50 participants in the evening.

Members of Ballina CC pictured on the leisure cycle

11. Scenic Leisure Cycle

Date: 20th June 2017

Location: Ballintubber Family Cycling Event

Organised By: Ballintuber Resource Centre

Ballintubber Cycling club family cycle took place at Ballintubber resource centre on Tuesday the 20th of June a week later from bike week due to the death of our clubman Ollie Roach. The event was originally scheduled for Tuesday 13th June.

A new cycling club only set up in April and to date we have 65 members 90% of who are all presently active within the club. A family cycle was chosen as we wanted to
see what interest there would be from the community for a children's club in the future and we found this was an opportunity to seek opinions from parents.

We had a fantastic turn out with over 100 adults and children fully kitted out in Hi-Viz vests and helmets turning out for the event.

We provided tea/coffee Water and platters of fruit as refreshments which the children really enjoyed. We had a very mixed group of participants, young, old, men, women and children. Our club members who were not taking part marshalled the event.

All in all, it was a remarkable success and we plan on making it a yearly event. Onwards and upwards for Ballintubber Cycling club
Participants gearing up for the leisure cycle.

**Summary of Participant Numbers 2017**

<table>
<thead>
<tr>
<th>School Cycles</th>
<th>Venues</th>
<th>Total No. (approx)</th>
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</thead>
<tbody>
<tr>
<td>Foxford</td>
<td>Foxford NS</td>
<td>70</td>
</tr>
<tr>
<td>Castlebar</td>
<td>Castlebar mall</td>
<td>50</td>
</tr>
<tr>
<td>Claremorris</td>
<td>Council car park</td>
<td>50</td>
</tr>
<tr>
<td>Ballinrobe</td>
<td>Ballinrobe NS</td>
<td>40</td>
</tr>
<tr>
<td>Swinford</td>
<td>Swinford NS</td>
<td>30</td>
</tr>
<tr>
<td>Westport</td>
<td>Scoil Pádraic</td>
<td>60</td>
</tr>
<tr>
<td><strong>Total</strong></td>
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<td><strong>300</strong></td>
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**Sofa 2 Saddle**

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<td>14</td>
</tr>
<tr>
<td>Castlebar</td>
<td>-</td>
<td>8</td>
</tr>
<tr>
<td><strong>Total</strong></td>
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## Community Cycling Events:

<table>
<thead>
<tr>
<th>Name of Event</th>
<th>Venue:</th>
<th>No. of Participants: (Approx)</th>
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<tbody>
<tr>
<td>1. Kilkelly and Kilmovee Road Safety, Cycling Skills Workshop with Family Cycle</td>
<td>Kilkelly &amp; Kilmovee Community Centres</td>
<td>16</td>
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<td>Ceide Coast Lodge</td>
<td>26</td>
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<td>Lecanvey Village Centre</td>
<td>20</td>
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<tr>
<td>11. Ballintubber Family Cycling Event</td>
<td>Ballintuber Resource Centre</td>
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**Total Participants** 414