

wakefield district cycle forum

Many of the events and activities in this programme are organised by Wakefield District Cycle Forum. This is a voluntary organisation that aims to promote and campaign for better cycling facilities for all cyclists within the Wakefield Metropolitan District. They aim to represent all kinds of cyclists, to improve cycling infrastructure in the district and to encourage the organisation of a wide range of cycling events throughout the district.

For more information about the forum visit: www.cycling-wakefield.org.uk

walking & cycling for health project

The NHS Wakefield District Walking & Cycling for Health Project aims to promote increased participation in walking and cycling throughout the Wakefield District.

The project does this by coordinating, supporting and developing a range of initiatives including walk and cycle ride leader training courses, cycle rides and the continued development of the Wakefield Health Walks Programme.

cycle more, more often

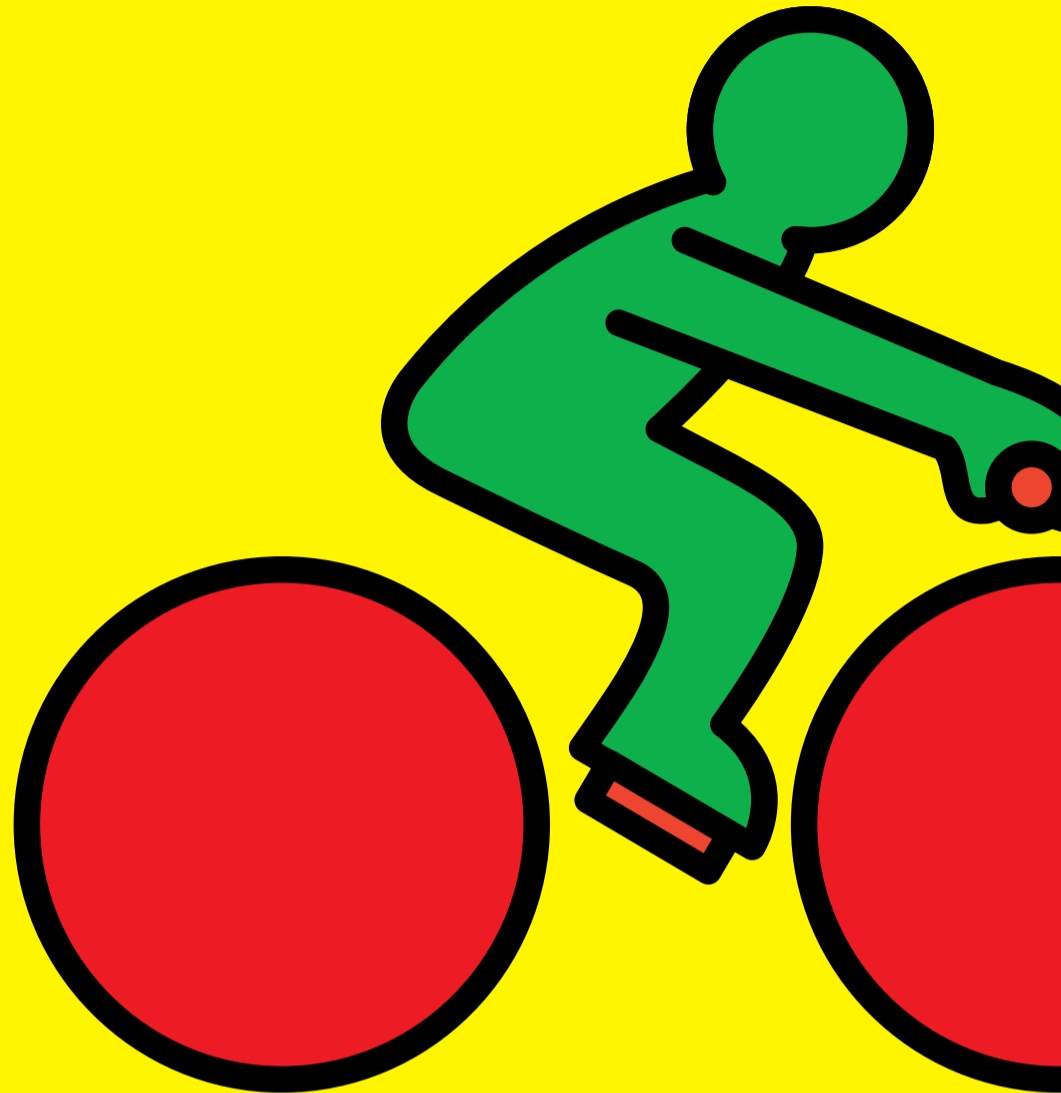
We should all be aiming to build up to 30 minutes of moderate physical activity on at least 5 days of the week. Moderate activities include anything that makes you breathe more heavily and feel slightly warmer than normal. Most importantly you should still be able to talk!

Cycling is a great way of helping you to achieve this. Think about how much activity you do at present. Are there any small changes that you can make to become more active more often?

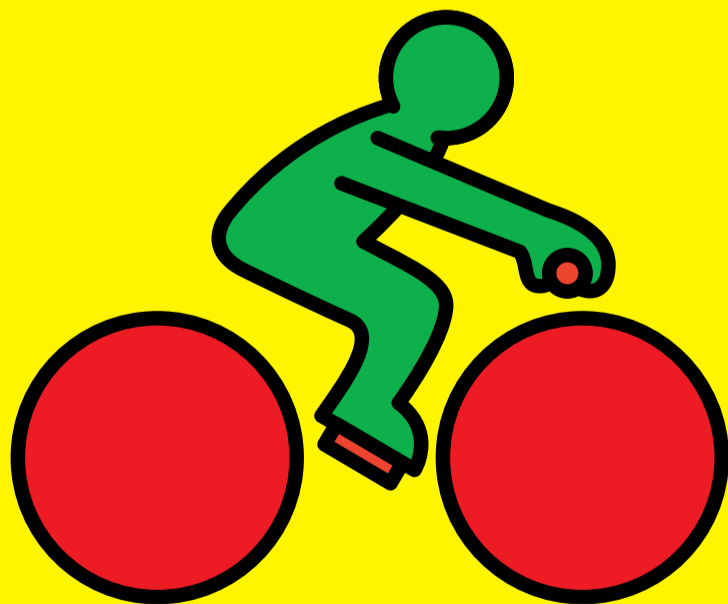
If you would like a copy of this leaflet in large print or another language please contact NHS Wakefield District PALS on 0845 602 4832 / email: PALS@wdpct.nhs.uk



bike 4 life



wakefield district cycle rides & events summer 2010



free
please
take one!



For further information on Cycling activities
in the Wakefield District visit:

Wakefield District Cycle Forum website at:
www.cycling-wakefield.org.uk

Walking & Cycling for Health Project
Healthy Choices Division

NHS Wakefield District, International House
Trinity Business Park, Waldorf Way, Wakefield WF2 8EF

Tel: 01924 315774 or 01924 315775

Email: pete.hodgson@wdpct.nhs.uk or john.wilcox@wdpct.nhs.uk

Web: www.wakefielddistrict.nhs.uk/walking

Wakefield District
Cycle Forum

bike 4 life

wakefieldcouncil
working for you

NHS
Wakefield District

wakefield district cycle rides & events - 2010

about wakefield cycle forum rides & events

Wakefield District Cycle Forum will be holding an exciting and varied collection of cycle rides, events and activities for people of all ages and cycling abilities will be taking place throughout the Wakefield District this summer.

cycling information stand - leaflets & advice

Wakefield District Cycle Forum members and Sustrans Rangers will be manning a stall with cycling information, maps, leaflets and advice.

health rides - guided rides for all abilities

The Health Rides are for all ages and abilities. They last approximately 1-2 hours, cycling a distance of between 5-10 miles on traffic free routes and some quiet roads.

bike doctor - free bicycle safety & health check

Dust off your bike and bring it along and let the Bike Doctor give it a check over and you will be ready for the summer cycle rides.

cycle skills course - practise your cycling skills

Open to all ages. If you feel like a challenge come along to one of the events where the cycle skills course is advertised and have a go. Bring your own bike or borrow one of ours.

loan bikes

There are a limited number of bicycles available to borrow at events where you see the Bike Doctor advertised and at all the events at Nostell. These bikes need to be booked in advance:

Email: info@cycling-wakefield.org.uk
Tel: 01924 315774

april

roger talbot ride

Saturday 3 April @ 11.00am
Meet at Anglers Country Park (WF4 2EB). A short ride (8 miles) and a medium distance ride (16 miles) for those up for more of a challenge

wakefield walking & cycling festival

Wednesday 7 April @ 11.00am - 4.00pm
Meet at Nostell Priory (WF4 1QE). A fun day for all the family including information stalls, skills course, health rides and guided walks

Sunday 11 April @ 11.00am - 4.00pm
Pugneys Country Park (WF2 7EQ). Cycling information stall, bike doctor and regular health rides

Wednesday 14 April @ 12noon - 4.00pm

Anglers Country Park (WF4 2EB). Cycling information stall and health ride @ 2.00pm

Saturday 17 April @ 11.00am - 4.00pm
Nostell Priory (WF4 1QE). Cycling information stall and health rides

pontefract evening ride

Tuesday 20 April @ 6.00pm
Meet Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

may

may day event

Monday 3 May @ 10.00am - 4.00pm
Thornes Park (WF2 8TY). Cycling information stall, bike doctor and skills course

pugneys health ride

Sunday 9 May @ 11.00am
Pugneys Country Park (WF2 7EQ)

annual prince of wales hospice cyclothon

Sunday 16 May
Pontefract (WF8 4BG). Entry £6 adults, £3 under 16s (£12 / £6 on the day). Teams of four £20 (£5 per additional member). Call 01977 708868 for more information

pontefract evening ride

Tuesday 18 May @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

nostell priory health ride

Saturday 22 May @ 2.00pm
Nostell Priory (WF4 1QE). A short ride of between 5 and 10 miles

june

nostell priory health ride

Wednesday 2 June @ 12noon - 4.00pm
Nostell Priory (WF4 1QE). Cycling information stall, skills course and health afternoon ride

family sports day

Saturday 6 June @ 11.00am - 4.00pm
Thornes Park, Wakefield. A day of active fun for all the family including cycling information stall, bike doctor and skills course

pontefract evening ride

Tuesday 15 June @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

trans pennine trail baton relay

(Wakefield to Barnsley)

Friday 18 June
Starts at Stanley Ferry, Stanley (WF3 4LT)

bike week

Saturday 19 - Sunday 27 June
A week full of cycling events and activities taking place throughout the country. Visit www.bikeweek.org.uk for more information

wakefield cycling festival (day 1)

Saturday 19 June @ 11.00am - 4.00pm
Nostell Priory (WF4 1QE). Fun and games all day

wakefield cycling festival (day 2)

Sunday 20 June @ 11.00am - 4.00pm
Nostell Priory (WF4 1QE). Fun and games all day

pontefract evening ride

Tuesday 22 June @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

wakefield kirkgate station ride

Thursday 24 June @ 6.00pm
Meet at Kirkgate Station, Wakefield (WF1 4EL). On and off road ride of around 10 miles

trans-pennine trail anniversary ride

Saturday 26 June @ 11.00am
Meet at Anglers Country Park (WF4 2EB). Short and medium distance rides are available.

Sunday 27 June @ 11.00am - 4.00pm
Anglers Country Park (WF4 2EB). Information stand, bike doctor, skills course rides.

july

pontefract liquorice festival

Sunday 11 July @ 10.00am - 4.00pm
Wakefield Cycle Forum will be manning a cycling information stall at this delicious program of arts & heritage festivities suitable for all the family

Sunday 18 July @ 11.00am - 4.00pm
Pontefract Park (WF8 4RD). Information stall, bike doctor, skills course and regular health rides

pontefract evening ride

Tuesday 20 July @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

Saturday 24 July @ 2.00pm
Nostell Priory Health Ride (WF4 1QE). Meet outside the house

Wednesday 28 July @ 12noon - 4.00pm
Nostell Priory (WF4 1QE). Cycling information stall, skills course and health ride @ 2.00pm

august

holiday wednesdays @ nostell priory

Wednesday 4 / 11 / 18 & 25 August @ 12noon - 4.00pm
Nostell Priory (WF4 1QE). Information stall, skills course and afternoon health rides (2pm)

hemsworth

Sunday 8 August @ 11.00am - 4.00pm
Hemsworth Water Park (WF9 4JY). Information stall, bike doctor and health rides

wakefield hospice sponsored ride

Sunday 15 August
Start and finish at Pugneys Country Park. 20 or 40 mile routes available, plus a fun ride (2 laps around Pugneys lake.) This event is open to all ages (although under 16's must be accompanied by an adult), you simply need to be in reasonable health and of course have a bike! Entry costs £10 for adults and £5 for children, this includes a t-shirt, water and snacks. For further information please call 01924 213900 or email fiona.day@wakefieldhospice.co.uk

pontefract evening ride

Tuesday 17 August @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

september

nostell priory

Sunday 5 September @ 11.00am - 4.00pm
Nostell Priory (WF4 1QE). Information stall, bike doctor, skills course and health rides

pugneys health ride

Sunday 12 September @ 2.00pm
Pugneys Country Park (WF2 7EQ)

pontefract evening ride

Tuesday 21 September @ 6.00pm
Meet at Pontefract Squash Club (WF8 4PQ). On road ride of 15 to 20 miles

The above rides are not organised or monitored by NHS Wakefield District or WMDC. All information is subject to change without prior notice. Please check www.cycling-wakefield.org.uk for news of changes and cancellations

need more copies of this leaflet?

If you would more copies of this leaflet contact the Walking & Cycling for Health Project on

Tel: 01924 315774 or 01924 315775
Email: john.wilcox@wdpct.nhs.uk or pete.hodgson@wdpct.nhs.uk

Or text the word "ride" and your name and address to 64446

This leaflet is also available online at www.wakefielddistrict.nhs.uk/bike