

Get Active! Get on Your Bike!

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.

Physical activity can:



Make you feel good



Help you sleep better



Keep your heart strong



Reduce blood pressure



Help manage your weight



Improve your life expectancy



Cycle Maps & Leaflets

A number of maps and leaflets giving details of cycles routes and activities in the Wakefield District are available free of charge. If you would like more information on any of these leaflets or a free Wakefield Cycling Information Pack please contact:

John Wilcox,
Walking & Cycling
For Health Project Manager,
NHS Wakefield District

Tel: 01977 665885

Email: john.wilcox@wdpct.nhs.uk

Or

Text the word "ride" followed by your name and address to 64446

Many of these leaflets, along with other information about cycling in Wakefield can be found online at

www.wakefielddistrict.nhs.uk/bike



Wakefield District Cycle Forum

The Wakefield District Cycle Forum is a voluntary organisation who aim to represent all kinds of cyclists, promoting participation in cycling and campaign for better cycling facilities within the Wakefield Metropolitan District.

Part of the Cycle Forums activities include running a programme of regular Health Rides setting out from various locations throughout the Wakefield District.

More information on the Wakefield District Cycle Forum can be found on the internet at www.cycling-wakefield.org.uk



With cycling, the time just passes by, once you get to a certain level it doesn't feel like hard work at all

BikeShed Project

The BikeShed project run a variety of cycle based activities in Wakefield and Castleford for young people aged 8 to 19 years. Activities include "Build-a-bike" sessions, bike maintenance courses and organised cycle rides.

If you have a group of young people who would be interested taking part in any of these activities or if you would like more information about the BikeShed project please telephone:

Castleford

Telephone: 01977 604932

Wakefield

Telephone: 01924 387399



For further information on Cycling in Wakefield contact:

Walking and Cycling for Health Project Manager
NHS Wakefield District
Castleford and Normanton District Hospital
Lumley Street, Castleford, West Yorkshire WF10 5LT

Tel: 01977 665885

Email: john.wilcox@wdpct.nhs.uk

Web: www.wakefielddistrict.nhs.uk/bike

The event and rides in this leaflet are not controlled or monitored by NHS Wakefield District or WMDC. Please note all the enclosed rides and events may be subject to alteration without prior notice.

Wakefield Summer Cycling Events

April to September 2009



FREE
Please
Take One!



Wakefield Summer Cycling Events 2009

About Wakefield Health Rides

Wakefield Health Rides are organised and run by the volunteers of the Wakefield District Cycle Forum. They are aimed at people of all ages and abilities, and are ridden at the pace of the slowest rider. Each ride last approximately one hour, covering a distance of 5-7 miles, mainly on traffic free routes, minor roads and bridleways suitable for off-road bikes.

Places on the Health Rides do not need to be booked in advance and individuals, groups or families are welcome to attend. All children under 14 must be accompanied by an adult.

Rides are dependent on the weather and may be cancelled if conditions are bad. You can find out if a ride has been cancelled by visiting the Wakefield Cycle Forum Website (www.cycling-wakefield.org.uk) or by telephoning Ride Co-ordinator Roger Talbot on 01977 615300.

There are a limited number of bicycles available to borrow free of charge on some rides. These MUST be pre-booked in advance through the Walking and Cycling for Health Project.

For more information about the Wakefield Health Rides or to find out about booking a loan bike contact:

John Wilcox
Walking & Cycling
For Health Project Manager,
NHS Wakefield District

Tel: 01977 665885

Or

Roger Talbot
Health Rides Co-ordinator
Wakefield District Cycle Forum

Tel: 01977 615300

Email: rodgertalbot@btinternet.com

Health rides are not organised or monitored by NHS Wakefield District or WMDC.

Summer 2009 Health Rides

Short Rides

These rides last approximately one hour, covering a distance of between 5-7 miles.

Havercroft and Ryhill Sports Centre, Off Mulberry Avenue, Havercroft

10:30am on Sunday, 5th April
6:30pm on Wednesday, 8th July
6:30pm on Thursday, 17th September

Anglers Country Park, Haw Park Lane, Winterset

10:30am on Saturday, 11th April
10:30am on Sunday, 24th May
6:00pm on Wednesday, 26th August
10:30am on Sunday, 13th September

The Stanley Ferry Pub, Ferry Lane, Stanley

6:00pm on Tuesday, 14th April
10:30am on Saturday, 6th June
10:30am on Saturday, 1st August
6:00pm on Wednesday, 23rd September

Pugney's Country Park, Denby Dale Road, Wakefield

10:30am Friday, 17th April
10:30am Saturday, 25th April
6:30pm Thursday, 7th May
10:30am Saturday, 29th Aug

B&Q Car Park, near Xscape, Glasshoughton, Castleford

10:30am on Sunday, 19th April
6:30pm on Thursday, 30th July

Hemsworth Water Park, Hoyle Mill Lane, Kinsley

6:30pm on Wednesday, 29th April
6:30pm on Friday, 17th July
6:30pm on Friday, 7th August

Crofton Community Centre, Middle Lane, Crofton

10:30am on Sunday, 10th May
6:30pm on Wednesday, 10th June
10:30am on Sunday, 16th August
10:30am on Saturday, 26th September

St Mary's Centre, Chequersfield, Pontefract

10:30am on Saturday, 16th May
10:30am on Saturday, 27th June
10:30am on Saturday, 19th September

Wrenthorpe Park, Wrenthorpe Road, Wakefield

10:30am on Wednesday, 20th May
10:30am Sunday, 23rd August

Nostell Priory Estates, Doncaster Road, Nostell

6:30pm on Thursday, 2nd July
1:00pm on Saturday, 22nd August

St Swithen's Community Centre, Arncliffe Road, Eastmoor

6:30pm on Thursday, 25th June
6:30pm on Thursday, 3rd September

Thornes Park, Denby Dale Road, Wakefield

6:30pm on Wednesday, 22nd July
10:30am on Sunday, 27th September

Wakefield City Loop, Kirkgate Railway Station Car Park, Wakefield

6:30pm on Thursday, 18 June

Longer Rides

The Wakefield District Cycle Forum also run a series of longer rides for people wanting to cycle a little further.

The Squash Club, Stuart Road, Pontefract

These rides are usually from 15 to 20 miles and last around 2 hours.

6:30pm on Tuesday, 21st April
6:30pm on Tuesday, 19th May
6:30pm on Tuesday, 16th June
6:30pm on Tuesday, 21st July
6:30pm on Tuesday, 18th August
6:30pm on Tuesday, 15th September

Contact Sandy Clark for further details

Tel: 01977 703546

Anglers Country Park, Haw Park Lane, Winterset

These rides are usually from 20 to 35 miles and last up to 6 hours.

10:30am on Wednesday 8th April
10:30am on Tuesday, 23rd June
10:30am on Sunday 5th July

Hemsworth Water Park, Hoyle Mill Lane, Kinsley

These rides are usually from 20 to 35 miles and last up to 6 hours.

10:30am on Wednesday, 13th May
10:30am on Wednesday, 3rd June

Wakefield Kirkgate Station

These rides are usually from 20 to 35 miles and last up to 6 hours.

9:15am on Saturday 13th June
10:15 am on Friday 11th September

For details of further longer rides and day rides taking place during the summer months visit the Wakefield Cycle Forum Website at www.cycling-wakefield.org.uk

These rides are organised and run by the Wakefield District Cycle Forum and are not monitored through NHS Wakefield District or WMDC.

Cycle Information Days, Galas & Events

Cycling information and activities will be available at a number of events taking place throughout the summer months.

May Day Gala Thornes Park, Wakefield

Monday, 4th May, (10am to 5pm)

The day will include a cycling information stand and a variety of fun cycling events and activities such as a cycle obstacle course, a "Bygone Bikes" display, guided rides and bike doctor.

Annual Cyclothon (Sponsored Bike Ride) Start & finish at The Prince of Wales Hospice, Pontefract

Sunday, 17th May

Choose from three Scenic Routes of 25miles, 45miles and 60miles (approx).

For further information please contact The Prince of Wales Hospice Fundraising Office.

Tel: 01977 708868

Email: reception@pwhp.org.uk

BIKE WEEK Fun Day Anglers Park, Winterset

Sunday, 14th June (10am to 4pm)

Take part in the Fresh Air Miles, sponsored off-road bike ride for Sustrans, or just come along and visit the various cycling stands and displays.

Bike Week Spectacular Nostell Priory & Parkland (FREE entry)

Saturday, 20th (11am to 4pm) & Sunday, 21st June (10am to 5pm)

Cycling information, guided rides, cycle obstacle course, "bygone bikes" display, "bike doctor" and Father's Day Challenge.

Green Living Day Anglers Park, Winterset

Sunday, 28th June (11am to 4pm)

Pick up some cycling information, visit the "bike doctor" or go on a short guided ride.

Pontefract Liquorice Festival

Sunday, 12th July (11am to 5pm)

The day will include a variety of fun cycling events and activities including cycling information, a "Bygone Bikes" display and guided rides.

Sponsored Bike Ride for Wakefield Hospice Start & Finish, Pugneys Water Park

Sunday, 9th August

A 'Fun Ride,' with 20 mile & 40 mile circular routes available. For further information please contact Helen Rowlands at Wakefield Hospice

Tel: 01924 213900 Email: helen.rowlands@wakefieldhospice.co.uk