

Phil Thornley Sustrans I Bike Officer Winter/Spring 2017 Newsletter



I'd love to hear from you...

I'm Phil, Sustrans schools officer for the Huntly, Inverurie and Kintore areas of Aberdeenshire. Please get in touch if you have any great school stories or would like to find out more about the work we do at schools.

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 **i Bike Aberdeenshire**
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Great write up following Lee's visit last week!



All girls cycling club rolls out in Aberdeenshire | Press and...
You might have seen the Hairy Bikers on TV. But now there is an all-girl cycling club in Aberdeenshire which shares their name. Aberdeenshire schools have been taking part in a new scheme...
pressandjournal.co.uk

Spin Spin Spin..!

This year's Sustrans Big Pedal event, a national schools competition was held between the 20th—31st March and one of the numerous activities held over the two weeks was an inter-school cycling competition between each of Inverurie's primary schools. Pupils were tasked to cycle non-stop for six hours on Friday 24th March and at the same time, also raise money for Comic Relief. Each school took on the challenge and during the build-up there was some interesting inter-school rivalry! During the day, a total of 344 miles were ridden, well done to Strathburn Primary who managed to cycle 113 miles within the six hours, as you can see, the staff also couldn't resist the challenge with Port Elphinstone's Head Teacher putting in some serious miles!



Upcoming events:

- 25th April** Learn to Ride Session
Strathburn Primary School
- 26th April** Girls Cycling Club
Kellands Primary School
- 27th April** Geology Fieldwork
with S2 pupils from
The Gordon Schools,
Huntly
- 28th April** Travel Breakfast,
Strathburn Primary
School
- 1st May** Transition Walks for
Market Place pupils to
their new school at
Uryside, Inverurie



Geocaching Goes Live!

Not everything I do is on a bike. This term saw me deliver the first of my Geocaching led walks to local and historical sites. This term we have visited ancient battlefield sites, woodlands, Iron Age Forts, scenes of natural disasters and discovered how the area was a major producer of Granite with stone transported around the world as well as finding Geocaches!

Sustrans is the charity that's enabling people to travel by foot, bike or public transport for more of the journeys we make every day. It's time we all began making smarter travel choices. Make your move and support Sustrans today. www.sustrans.org.uk

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JOIN THE MOVEMENT

Girls Cycling Clubs launched and welcomed Cycling Star to Kintore!



In January, with support from two of my engaged schools, we launched the first girls only cycling clubs at Kintore and at Kellands Primary School in Inverurie. Interest was high with over fifty applications received from each school which meant we had hard decisions to make to whittle those numbers down to sixteen girls at each location available. To help launch the clubs, I arranged for Lee Cragie, a former Scottish Commonwealth and National Mountain Biking Champion to visit Kintore Primary School and talk to both clubs about her love of cycling, how she turned a hobby into a successful career and the barriers she has faced as an athlete. The girls were challenged to arrange the publicity for the event and prepared lots of questions. Lee has promised to return later in the year and accompany the girls on

one of our after-school led rides. Since January, each of the girls has received instruction in basic bike maintenance including puncture repair, changing wheels, repairing cables and general safety checks to complete prior to starting a ride and has received their own tool kits including a pump, multi-tool, puncture repair kit and tyre leavers. Each session now includes a led ride where the girls receive instruction on riding safely, using the correct gears, how to approach and negotiate obstacles and riding in a group. Each of the schools travel champions also help run the clubs after receiving training from Sustrans including Led Ride Leader and the Velotech Bronze Bike Maintenance qualification.

To help promote the Big Pedal schools competition, pupils were encouraged to cycle or scoot to school and in return, they received a golden ticket which once completed and handed back to school automatically entered them into a competition to win a brand new bike! Over the course of the Big Pedal fortnight, over 3,500 tickets were awarded meaning the same amount of sustainable school journeys were made by school children within Inverurie alone! Each school announced their winner who were then entered into a grand draw. The overall winner was Davina Mihaulova from Market Place Primary School with each of the runners up receiving new cycling jackets and other goodies!



This term has also seen me form new partnerships with local supermarkets to help promote the I Bike Project, working with both Tesco's and Morrisons stores in Inverurie. They are now both supporting my Active Travel Breakfasts, supplying the fresh fruit and dairy products required to help produce my healthy and tasty smoothies that are produced on my smoothie bike! This valued support means I can increase the amount of breakfasts at each of the schools which in turn ensures even more children are able to enjoy a healthy and nutritious breakfast!

And Finally, Do you want to help? I Bike is a really fun project to volunteer with that offers plenty of opportunities to get outdoors for cycling-related activities with children and young people. Free training provided in the form of led ride leader, bike mechanics and outdoor first aid to assist delivery of each activity. If you are interested in volunteering then please contact Annie.Cousins@sustrans.org.uk

Sustrans is grateful for the continued support of our schools work in the Huntly, Inverurie and Kintore areas from Aberdeenshire Council.

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