

avanticycling

School's Bikeability newsletter September 2018

Summer Holidays

A big thanks to all schools who promoted our summer holiday timetable to their parents. We trained over 100 children in Bikeability, a large portion of these were trained to the gold standard. *Bikeability Level 3*. A big thanks to all the schools who passed the programme out to their parents, many children benefitted from this life skill who would otherwise have missed out. Every child in Reading should get the chance.

A special big thanks to Crosfields school, we have had quite a few participants from them. Secondary schools, especially private, ones, do not get as many opportunities that the primary schools do.

Mountain biking

Avanti Cycling has several highly skilled and trained instructors able to teach basic mountain biking skills.

We can set up basic courses to teach your children the fundamentals, body position, foot position and head position in order to teach them how to have fun on trails safely.

Sessions are lots of fun and held under controlled conditions. We can lend bikes as part of the programme. If you have any queries, contact us.

Annual training programme

As the post SATs period gets really busy, we need to restrict it to year 6. This is beneficial as year 6s are getting ready to transition to secondary school and Bikeability is a key part of that transition. We teach the children how to make realistic decisions where to ride their bikes. Everyone should be aiming to get their year 6s through our Level 3 programme.

We really have a fun time at Level 3, we train the children to cope with busier roads and practise roundabouts. Then we take them for a ride.

The 2-day course costs only £15 and really teaches participants to make realistic journeys by bike. That may be to get to their secondary school, or even to town.





Try some racing

Reading Cycling Club is running their annual Cyclo Cross event in Prospect Park on the 30th September 2018.

This is a fun event ideal for children who wish to try out racing. It is entirely off road, a mountain bike is ideal, and divided into age groups. You can enter on the day.

Come and try it: <http://readingcyclingclub.com/>



Other funded courses

We have other courses we are able to fund through Reading Borough Council:

1. Basic maintenance courses, learn how to properly check your bike and fix simple problems
2. Bike recycle programme. We support your school in a recycle event, older children pass down their bikes to younger ones. We make sure they are safe and give appropriate valuation.

Events

We are event specialists, we can support your school in running charity bike rides and other promotional events.

We can also run after school cycling activities for your school.

Cycle to work or school? We can support that decision, run cycle buses for the school, help find quiet routes train teachers and parents and support their sustainable travel choices.

Advice

Avanti Cycling are specialists in cycling, we offer a free advice service for people who want to buy bikes or simply wish to know a good route.

If you are looking for a new bike, then we can make recommendations. Think why you need that bike: do you really need suspension which just adds weight and cost?

We are now selling excellent children's bikes, we may even be able to subsidise the cost, or operate a loan scheme.

Booking

Remember you can view your school's bookings online, you will receive a calendar invite from us shortly. Please remember to look at the course calendar and check out your bookings for this and next year. We have moved your Bikeability course to the same slot next year.

Cycling tips

As the rains start, it is still easy to ride your bike, often fun in the rain. Take a rain proof and oil your chain afterwards

Learn to ride in stress free friendly environment. Palmer Park Sports Stadium drop in session, 4.30 to 5.30.

<http://www.readingleisure.co.uk/search/session/417/>

Learn how to professionally check your bike at Reading Bike Kitchen.

<http://www.readingbicyclekitchen.org.uk/>

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