



## BIKE WEEK ACTIVITIES IN KILKENNY

15th - 23rd June, 2013  
**ALL EVENTS ARE FREE**

**ALL AGE GROUPS ARE WELCOME**

<b>Thursdays May 30th, June 6th &amp; 13th 7-8pm</b>	<b>A RE-INTRODUCTION TO CYCLING</b> Workshops for adults will take place at Gaelscoil Osraí for three Thursdays. Open to adults who are nervous about getting back up on a bike! The workshops are free and booking is on a first come, first served basis. All you need is a helmet and bike! To book phone Kilkenny Recreation & Sports Partnership on 056-7794990.
<b>Wed 19th June 1.15pm</b>	<b>LUNCHTIME CYCLE - Meet on Parade</b> Take a break! Come along & join in a half hour cycle during lunchtime. A half hour cycle around the cycle lanes of Kilkenny city. Meet at the Parade.
<b>Wed 19th June 6.30pm</b>	<b>GRAIGUENAMANAGH CYCLE TRIP.</b> Starting in Ballytiglea at 6.30pm. Contact Brian Roberts 086-4084008 or Alison Allan 086-0244336. All are welcome.
<b>Wed June 19th 7pm</b>	<b>MOUNTAIN BIKING – TASTER SESSION</b> Under 16s must be accompanied by an adult. Come and try some Mountain Biking with Crucial Mountain Biking Club from Kilkenny. Meet at Kells Priory at 7pm for a taster sessions in 'Knockdrinna Woods'. Any mountain bike is suitable for the taster session on all-mountain tracks. Come along and join in the fun!
<b>Thurs June 20th 7.30pm</b>	<b>MAKING KILKENNY A BETTER PLACE TO CYCLE - Town Hall</b> Information talk by Damien O'Tuama of Dublin Cycling Campaign followed by Official Launch of Kilkenny City Cycling Campaign. All are welcome.
<b>Sat June 22nd 11am</b>	<b>MORNING STRETCH – NORE VALLEY TRAIL WALK - Meet on Parade</b> Bennettsbridge to Kilkenny River Nore walk. Free buses from The Parade. All are welcome. Free gift for all those who complete the walk!
<b>Sat June 22nd 1pm</b>	<b>SMARTER TRAVEL FUN CITY CYCLE WITH KILKENNY CYCLING TOURS - Meet on Parade</b> 8 km - No need to have a bike – please come along to Kilkenny Cycling Tours stand on the parade and borrow a bike to take part in the city cycle which will include the new cycle lanes on the Ring Road. Free gift for all those who participate in the cycle!
<b>Sat June 22nd 2 pm</b>	<b>RED ROUTE WALK - Meet on Parade</b> <b>4.3km – 50 minutes</b> - Come along for a gentle city walk that will be at a very easy pace! Explore one of the new city walking routes. Free gift for all those who participate in the walk!
<b>Sat June 22nd 3pm to 5pm</b>	<b>WATT BIKE CHALLENGE - Outdoors on Parade</b> Find the fittest person in Kilkenny! 8 Second all-out test. Within seconds you can accurately measure your power output and your pedaling techniques.
<b>Sat June 22nd 1pm to 5pm</b>	<b>WATERSIDE BIKE &amp; HIKE - Outdoors on Parade</b> Come to our information stand to see what we do.
<b>Sat June 22nd 1pm to 5pm</b>	<b>BLING MY BIKE / HELMET - In marquee on Parade</b> The Green-School's team will showcase their programme and some of the fun activities that are used to encourage students to get involved. 'Bling ur Bike/ Helmet' and make some funky bicycle registration plates. Materials will be provided and all the kids are asked to do is bring their imaginations (and bicycles!). Some spot prizes will be provided on the day, too.
<b>Sat June 22nd 1pm to 5pm</b>	<b>CYCLING IRELAND'S CLEANEST STREETS - In marquee on Parade</b> The 'Gum Litter Task Force' are busy keeping our streets clean. Hear about their on-going campaigns and how you can help.
<b>Sat June 22nd 1pm to 5pm</b>	<b>BIKE HEALTH CHECK - In marquee on Parade</b> Come along for a free assessment of your bicycles health and learn about how to love your bicycle a little more!

<b>Sat June 22nd 1pm to 5pm</b>	<b>BIKE RECYCLING, REBUILDING &amp; REPAIRS - In marquee on Parade</b> Collecting and recycling discarded bicycles from Kilkenny Co Co Recycling Centre, the members of the project at The Men's Shed rebuild bikes for sale locally. This project is based in the Good Sheppard Centre so come along and meet the men and take a look at what re-cycling really is all about!
<b>Sat June 22nd 1pm to 5pm</b>	<b>BICYCLE MARKING, REGISTRATION &amp; INSURANCE - In marquee on Parade</b> Smarter Travel Kilkenny bicycle register/marking kit available normally costs €20 but offer it at €10. Also, 10% discount on bike insurance throughout bike week
<b>Sat June 22nd 1pm to 5pm</b>	<b>THE CHARITY BOTTLE WITH A MISSION - In marquee on Parade</b> Water is an incredibly important issue but unfortunately, this is often not sufficiently recognised. As part of promoting a sustainable environment, Progressio Ireland work extensively on water issues.
<b>Sat June 22nd 1pm to 5pm</b>	<b>CRUCIAL MOUNTAINBIKING KILKENNY - In marquee on Parade</b> Come along and hear about Kilkenny's newest bike club
<b>Sat June 22nd 1pm to 5pm</b>	<b>FAMILY ENTERTAINMENT</b> <b>On Mayors Walk</b> - Unicycle Workshops – Open Taster workshops for adults and kids. Ever tried a unicycle – test yourself! Free workshops <b>On Parade</b> - Clowning Around - Juggling, Stilt walking and Unicycling from the experts at Cork Circus. Mini Circus Show for kids.
<b>Sat June 22nd 2pm to 4pm</b>	<b>CYCLE CINEMA</b> <b>Power a performance!</b> - Come along and volunteer to cycle our human powered cinema! It uses 6 bikes and 12 legs to power a 2,000 Lumen Projector and 150W audio system. Various documentaries will be shown.
<b>Sat June 22nd 1.30pm – 2.30pm 2.30pm – 3.30pm</b>	<b>TALKS &amp; SEMINARS with Gavin Harte - Stage on Parade</b> <b>TALKS - Burn Calories Not Carbon</b> - A talk on climate change / <b>Do We Have The Energy</b> - A talk on energy. Gavin Harte has been a high profile spokesperson on environmental and sustainability issues in Ireland for many years. He has worked as the national director of An Taisce and was the founder and developer of Ireland's first eco-village in Cloughjordan Co Tipperary and now runs ESD Training, his consultancy for Education on Sustainable Development.
<b>Sat June 22nd 3.30pm &amp; 4.30pm</b>	<b>FOOD &amp; FITNESS with Edward Hayden - Stage on Parade</b> <b>Healthy Eating</b> Demonstrations with Celebrity Chef Edward Hayden from Edward Entertains. Demonstrations include a health & nutrition talk and making smoothies using a bicycle powered blender! <b>Kids in the Kitchen:</b> Edward will show the children some simple and tasty recipes from scratch using only the freshest ingredients and will give them an insight into the basic principles of healthy eating. <b>Food For Living with Edward:</b> Join Chef Edward Hayden as he shows us some tasty ways of cooking some power foods. You will leave inspired to return to the kitchen and cook a range of tasty healthy recipes from Edwards Collection.
<b>Sat June 22nd 1pm to 5pm</b>	<b>BIKE SKILLS – FOR KIDS &amp; TEENAGERS - Outdoors on Parade</b> <b>Station 1: Basic Skills / Improvers for less skilled / novice cyclists</b> Controlled stopping / Cornering / Hand signals / Observing rules of the road / Basic bike maintenance check including how to set your saddle height. <b>Station 2: BMX Skills improvement</b> How to pump on a BMX track / How to manual on BMX jumps / Correct foot position on take off / landing / High speed cornering How to overtake on a corner / General body position on BMX track when racing / Correct body position on BMX jumps, including practical experience jumping low obstacles <b>Station 3: BMX Timed Raced Track.</b> Skills test area which incorporates a series of jumps, limbo poles and cornering, fastest times. <b>Station 4 (Bike Doctor): Bike maintenance.</b> Bike Doctor will do a health check on your bike. Learn how to change a tube/tyre / Basic brake maintenance / How to set up your bike for your height / What size bike to buy when purchasing. <b>Format of program:</b> All participants will be required to complete station 1 before they can move to stations 2 and 3. Each station will take 15 mins to complete. Movement to station 3 will depend on successful completion of station 2. Teenagers will start on station 2.
<b>Sun June 23rd 11am</b>	<b>CASTLE TO CASTLE CYCLE</b> Join in a fun cycle from Kilkenny Castle to Shankill Castle, Paulstown (return) to celebrate the opening of the new cycle route from Kilkenny to Carlow. Meet at Kilkenny Castle at 11am. Refreshments will be served in Shankill Castle.

Organised through the Kilkenny Smarter Travel Office



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