



# Media Release

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## **BIKE WEEK TO PROMOTE BICYCLING BUDDIES**

Harrogate Borough Council has joined forces with Open Country and Harrogate Cycle Group to promote Bike Week 2004 (12/20 June 2004). Cycling is a healthy, pleasant and non-polluting way of getting around and, during this special, week there will be a variety of events to prove it including: beat the school run; taster sessions on a tandem; and the Great Yorkshire Bike Ride.

But for those who might still feel a bit wobbly on a bike and would like the services of a biking buddy, experienced cyclists will be available all week to accompany potential pedallers on their ride to work within Harrogate and Knaresborough.

A full map of cycle routes in Harrogate and Knaresborough has also been produced by Harrogate Borough Council and is available from Tourist Information Centres.

The full list of events includes:

**All week: Need a buddy?** Experienced cyclists are available any day this week to accompany you on your ride to work within Harrogate and Knaresborough. Book your 'Guardian Angel' by emailing [info@opencountry.org.uk](mailto:info@opencountry.org.uk) or phone 01423 507227

**All week: Beat the School Run.** Give your kids a treat! Have a free go at using a child seat, child buggy, trailer bike or small tandem. To arrange a trial ring Andrea on 887064

**Saturday 12<sup>th</sup> Try a bike!** A chance to try out some of the huge range of cycles now available – trikes, tandems, trailer bikes and child buggies for those with small children, recumbents & adapted bikes for people with disabilities. Meet in the corner of ASDA Lorry Park, Dragon Road 3 - 5pm

**Sundays 13<sup>th</sup> and 20<sup>th</sup> Trailblazers MTB club.** Offers quite a variety of riding. The club caters for everyone, in whatever state of physical repair, be that bikes or people! Meet at 9am outside the Bike Shop on Coronation Road just off Hookstone Road every Sunday for a 3 or 4 hour ride. Contact Pete on 01423 545413 or [pete@pychlosport.ndo.co.uk](mailto:pete@pychlosport.ndo.co.uk)

**Monday 14<sup>th</sup> Harrogate Cycle Group tour.** 5 miles at a gentle pace, looking at recent improvements to cycling provision. There will be plenty of opportunity to stop and discuss the routes and facilities. Meet Bill Whale outside Harrogate Library, Victoria Avenue at 6.30 pm.

Tuesday 15<sup>th</sup> **Open Country Tandem Club.** A gentle taster session for more experienced cyclists who may fancy helping with weekly tandem rides for cyclists with visual impairments. Ring for details.

Wednesday 16<sup>th</sup> **Trailblazers MTB club.** Meet at 6.30 pm outside the Bike Shop on Coronation Road, just off Hookstone Road. Contact: Pete on 545413 or [pete@psychlosport.ndo.co.uk](mailto:pete@psychlosport.ndo.co.uk)

Thursday 17<sup>th</sup> **Bilton Triangle.** 5 mile traffic free route on cycle paths and quiet roads. Pub stop at journey's end. Meet in Bilton Lane car park 6.30 pm.

Friday 18<sup>th</sup> - Sunday 20<sup>th</sup> **Cycling Weekend in the Peak District.** Cyclists with disabilities are invited to join Open Country for a residential weekend on traffic free trails. We will stay in a converted barn. Cost £63.00 includes cycle hire.

Saturday 19<sup>th</sup> **Great Yorkshire Bike Ride.** A 70 mile charity ride between Wetherby and Filey. Riders receive full instructions, Bike Week badge, lunch and refreshments en route, support and repair services included in the entry fee. An additional fee is charged for return transport for bike and rider. Entry by pre-registration only – forms from 07774 806023 (6pm – 9pm only please) or [www.gybr.org.uk](http://www.gybr.org.uk)

Sunday 20<sup>th</sup> **Trailblazers MTB club** – see above.

**For more information on individual rides, unless stated otherwise contact David or Kerry on (01423) 507227 or [info@opencountry.org.uk](mailto:info@opencountry.org.uk).  
Cyclists under 16 years must be accompanied by an adult.  
All rides are FREE unless stated otherwise.**