

## Donegal wheels in motion for National Bike Week 2010

National Bike Week takes place in Ireland from the 13<sup>th</sup> – 20<sup>th</sup> June with multiple events happening at local level throughout the country and organised at local level by local authorities in conjunction with local sports partnerships, cycling clubs and communities.

Sean Kelly in launching the initiative said he was delighted to be an ambassador for Bike Week.

***‘Cycling has given me a terrific life and I’m privileged to continue my work for the sport, particularly in association with the An Post Cycle Series. The Series has already visited Sligo this year and will visit Clare, Cork, Meath and Waterford over the summer months. I’m delighted that An Post’s Tour de Burren takes place on 19 June this year, and will be a key Bike Week event’***

National Bike Week is about getting all types of cyclist from the regular cycling commuter, to sports and leisure cyclist out and active, the government through the implementation of the National Cycling Policy is trying to get more people to think bike in planning their journeys. It is also important to note the key benefits of cycling as a health enhancing activity which minimises the risk of coronary disease, trims and tones muscles and builds stamina providing a good overall fitness level

In Donegal local clubs and communities have been building on the keen interest in cycling in the county with many events to attract the leisure cyclist or those that enjoy a greater challenge. The growth of the sport in the county has been huge with the established clubs such as North Pole, Errigal and Four Masters cycling clubs providing a wide range of club events, youth coaching and education programmes ably assisted by Cycling Ulster and Donegal Sports Partnership.

This year’s Bike Week events sees a safer cycling programme being delivered to young children in primary schools around the county including schools in Camdonagh, Dunfanaghy, Letterkenny and Manorcunningham. The programme which is delivered with the support of the Donegal Road Safety Working Group provides young children with a good understanding of the skills of cycling and good practice while cycling on public roads.

Club events have been organised in a number of areas through the support of Donegal Sports Partnership and the Department of Transport. The cycling clubs are keen to stress that these events are for all the family and for all abilities of cyclist. Among the events being organised as part of the week are Women’s Mini Tour at Glenveagh National Park on Sunday 13<sup>th</sup> June, Introduction to Cycling Session at Bunrana Leisure Centre also on the 13<sup>th</sup> and an Introduction to Off Road Cycling in Clonmany on the 16<sup>th</sup> June. Other events include Youth Cycling Training and a Team Time Trial organised by the Errigal Cycle Club.

Further information on the events is available on [www.bikeweek.ie](http://www.bikeweek.ie) or through Donegal Sports Partnership [www.activedonegal.com](http://www.activedonegal.com)