

## Fun for all at Bike Week 2002

Come cycling! That's the message going out to Cambridge cycle owners of all ages and abilities, with a special invitation to participate in the city's annual Bike Week. But you don't even have to have a bike to take part in some of the events which run this year from 15 - 23 June.

One highlight will be the Cycle Tryout Show, held on Parker's Piece on Sunday 16 June from 10am-4pm. This will feature 30 outstanding bikes - from racers to recumbents, from tandems to tricycles - which members of the public can take for a spin on the try-out track. Admission to the show is free and open to everyone.

Other events planned for the week include:

*Dr Bike:* a free cycle maintenance and safety check in the Market Square with discounted repair available at many local bike shops. Cambridgeshire Police will be offering security coding of cycles. 10am-3pm, Saturday 15 June.

*Bike2Work breakfast:* free cyclists' breakfast to celebrate Bike2Work Day, at Hobbs Pavilion Restaurant, Parker's Piece. 8am-9am, Wednesday 19 June.

*Picnic ride to Grantchester:* a gentle evening ride to Grantchester meadows - bring a picnic. Departs from Hobbs Pavilion, 6pm, Thursday 20 June.

*Countryside ride:* a leisurely all-day ride through the Cambridgeshire countryside - bring a picnic lunch. Departs from Hobbs Pavilion, 10am, Sunday 23 June.

Simon Nuttall of Cambridge Cycling Campaign said "Cycling can be the fastest, cheapest and most convenient way of getting around the city. It also offers real health benefits - research demonstrates that regular cyclists are as fit as non-cyclists ten years younger. This is the biggest Cambridge Bike Week yet, and offers everyone an opportunity to get on their bike and discover the long-term advantages of cycling."

Cambridge Bike Week is organised by Cambridge Cycling Campaign in partnership with Cambridge City Council, South Cambridgeshire District Council, Cambridge County Council Travelwise, Cambridgeshire Constabulary and the Cambridge Primary Care Team. It forms part of the nationwide Bike Week festival, which is co-ordinating more than a thousand cycling-related events throughout the UK.

For further information on Bike Week events, pick up a leaflet from bike shops, community centres, libraries, the Tourist Information Office and The Guildhall, visit [www.camcycle.org.uk](http://www.camcycle.org.uk) or phone 01223 690718.

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Notes for Editor:

Full event listings can be found at [www.camcycle.org.uk/events/bikeweek/2002/](http://www.camcycle.org.uk/events/bikeweek/2002/)

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