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| The hashtag for Women’s Festival of Cycling is **#wfoc2018** on Twitter, Instagram and Facebook. You can also use **#cyclelib**, if highlighting how cycling liberates you, and **#breakthemould** if you are up to something new or daring! Remember to tag us in your posts to: @wearecyclinguk  The general website link for Cycling UK’s Women’s Festival of Cycling is: <http://www.cyclinguk.org/womens-festival>  **Facebook** – You can help spread the word by sharing the Women’s Festival content that we put out on Facebook. The Cycling UK Facebook page is: <https://www.facebook.com/CyclingUK/>.  Here is some content if you’d like to promote the Women’s Festival of Cycling on Social Media:  “The Women’s Festival of Cycling is taking place throughout the whole of July. Why not join hundreds of women across the country are getting on their bikes to celebrate and support the festival and inspire someone you know. Find an event close to you or go for a ride and post your photos on Instagram and Twitter using #wfoc2018 <http://www.cyclinguk.org/womens-festival>  **Instagram –** Upload your photographs to Instagram and tag @wearecyclinguk in your picture. You can also use hashtags #wfoc2018 #cyclelib #breakthemould to your pictures to get others taking part to see your rides and events  **Twitter** - You can help by retweeting any of our Women’s Festival tweets and if you’d like to do some Tweeting yourself that would be fab! Please use the hashtag **#wfoc2018** I’ve popped a few examples below:  “I’m out cycling to celebrate **#wfoc2018** [add photo and  <http://www.cyclinguk.org/womens-festival>]”  “Women’s Festival of Cycling has arrived #wfoc2018 how are you getting involved <http://www.cyclinguk.org/womens-festival>”  **YouTube** – Throughout the month we’ll be collecting videos of rides, so please feel free to comment on our uploads and share what we put up  **LinkedIn** - You could also do some posting on your LinkedIn profile –here is something that you can post:  “Throughout July Cycling UK are celebrating women in cycling and encouraging more women to get on their bikes. There are whole host of free cycling events happening across the UK so you can join a ride near you. Find out more! ”  **Take lots of pics and videos!**   * If possible please take lots of photographs and video content of the women-only rides/events that you are supporting. If you do use social media, please make sure you tag us so we can share them, with **#wfoc2018** and please can you make sure that you have the right permissions to take photographs. * Please can you send all your photos to [lucy.watherston@cyclinguk.org](mailto:lucy.watherston@cyclinguk.org) and we’ll add them to a lovely WFOC album that we are creating.   If you have lots of high res images or large video files you can send them using <https://wetransfer.com/> it is a free sharing tool (make sure you select the free option).  If you want any help getting onto social media or with posting, I’m happy to help. Really appreciate all your participation during the month.  Lucy Watherston  **Digital and Social Media Officer**  **Cycling UK**  Mobile: 01483 238 328  Email: [lucy.watherston@cyclinguk.org](mailto:lucy.watherston@cyclinguk.org)  Web: [www.cyclinguk.org](http://www.cyclinguk.org/)  *Twitter: @WeAreCyclingUK* |