



Dear Supporter

Are you ready for some quick maths?

In the 77 days since we launched the Big Bike Revival we have reached over 19,600 people.

That's nearly 11 people per hour that have been reached so far this year. If those 19,610 people were to stand shoulder-to-shoulder, we would need 2 whole football fields to put them in!



On the theme of numbers, read on to find out why you're never too old to cycle, BBR groups helping mums to move and our new partners' map.



Age is just a number

Have you ever been inspired by an elite sporting event, but lacked the confidence to give it a go? Linda Billett, age 70, first started to take an interest in cycling after being inspired by the London 2012 Olympic games.

She often wondered how it would feel to have the freedom of cycling around her local community, but she didn't get behind the handle bars until May 2018 with her husband's help.

"I never even had a bike as a kid, so it has been slow progress with learning how to actually ride. Starting, stopping, using brakes and trying to build up confidence," she said. "We live in a rural area so it can be hard to find a car park or school yard to practise in."

Linda describes herself as a "timid novice" with the aim of becoming a confidence leisure rider for her health and wellbeing. Linda knew she wanted to find a group and not attempt this new challenge alone. With the help of the Big Bike Revival and our Cycling UK North East twitter, Linda was able to find the Creative Arts Community Cycle Club for a gentle ride along the seafront.



“I was really nervous at the beginning, nervous to get on the bike” she said. “Once I met everyone and we talked about what we would be doing I was instantly reassured.” Linda knew that the group was perfect for her and her future goals.

“During the ride, we crossed a few busy roads and that was very carefully managed. I liked how the leaders looked out for me all the time indicating when to keep right or left and flagging up what was coming and also saying it was okay to stop and walk if I felt unsure.”

Linda's husband Paul was a lapsed mountain biker after their move to Northumberland in 2008. “He now mountain bikes once a week as well as supporting my efforts,” she said. “He always escorts me on my rides and carries the tools in-case we need them.”

Linda's confidence has grown so much, she has since completed a family fun ride and many more cycles with her husband. They both plan on attending a celebration ride together in September.

You can find out more about Linda making tracks in her cycling journey by [reading her story on our website](#).



Mums on the move

Sarah Connolly hadn't cycled since the birth of her daughter nearly two years ago. With the help of Parenting North East and the hire of a cheap bike and the use of a child seat for free, she could soon experience cycling again.

“I wanted to get back into cycling with my little girl, but I was apprehensive doing it myself, putting a child seat on my bike and going out on my own,” she said. “The club support also meant I could easily try and have a go...It wasn't as daunting as I thought and everyone was so supportive!”

Sarah enjoyed cycling for leisure and commuting before she was pregnant but she found the idea of having a child on board her bike a bit too scary. She was worried about what

her little girl might actually think of it all. She quickly realised she had nothing to be worried about. Her daughter spent the ride laughing at her new adventure.



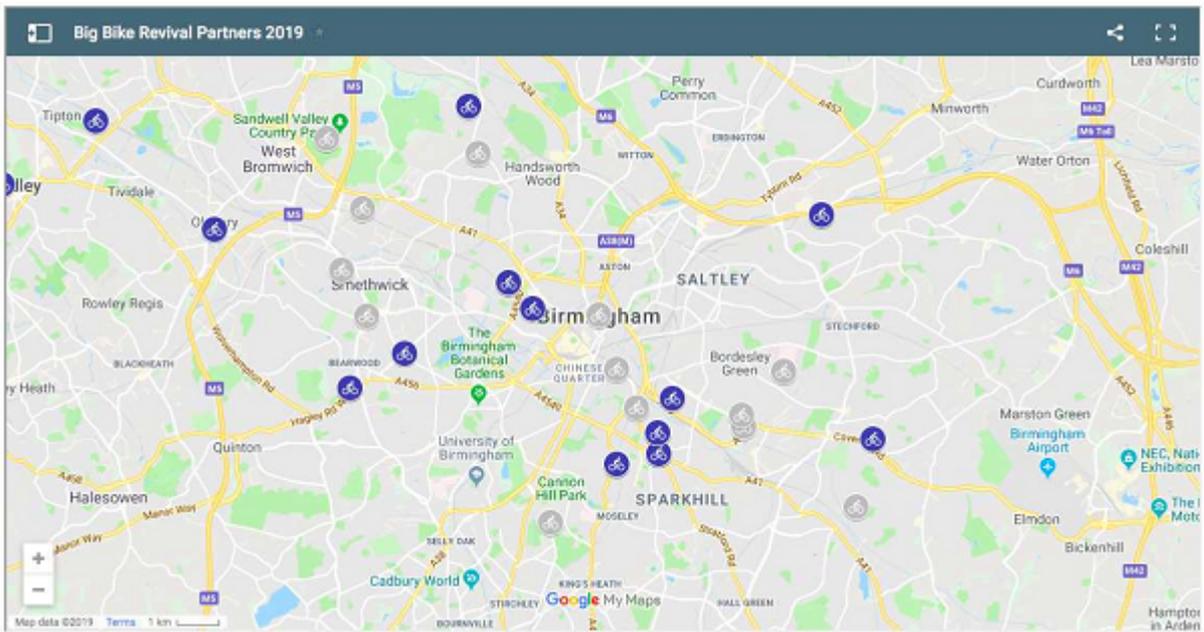
Sarah now plans to continue to join the group on more cycling activities with the ambition to get her own bike and bike seat so she and her daughter can enjoy cycling this summer and beyond.



All mapped out

We have launched our BBR partners' map! We're really pleased to partner with volunteer-led cycling groups, charities, community interest and grassroot organisations up and down the country to deliver the Big Bike Revival.

With partners delivering cycling activity all year long, they become a safe-haven for the novice cyclist. With knowledgeable people to answer questions or queries, the BBR team have created a network to help this happen throughout the summer and beyond!



Our newly developed map allows our partners and beneficiaries to see who's on board so far in England. The main BBR partners are highlighted with a blue bike, with community groups in grey.

Once groups confirm their celebration rides, they will also become an addition for all to find their local ride and celebrate a successful BBR period with new friends and bikes alike.

[Find out more](#)

Tell us your story:

We love to share stories of partners, groups and beneficiaries enjoying their summer of cycling. If you have a story to tell, no matter how big or small, get in touch with us!

If you have been having fun in the sun, share your pictures with us on [Twitter](#) and [Instagram](#).

Susan Keywood

Big Bike Revival Project Manager

And lastly,

If you have not been on our forum why not take a look?
There is great technical advice on there and they are a friendly bunch.
Come on over and take a look.

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Registered office: Cycling UK National Office, Parklands, Railton Road, Guildford, GU2 9JX

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Registered as a charity in England and Wales no.1147607 and in Scotland no.SC042541.