



## Events

# SADDLE UP FOR SUMMER

Get ready for the World's Biggest Bike Ride, Bike Week, 100 Women in Cycling, and the Women's Festival of Cycling.

**Helen Cooks** has the details

**B**ike Week is the most exciting week in our cycling calendar. This year, with lockdown behind us, it's packed with amazing routes and inspirational ideas for you to try.

Bike Week launches on Sunday 30 May with the World's Biggest Bike Ride. We're calling on all of you to head out for a ride. We want to get tens of thousands of people pedalling on one day. Let's show the country how great cycling is for the environment, for combating congestion, and for our own health and wellbeing. You don't need to ride for a particular duration or distance. Any kind of cycle ride counts, no matter how far you go or what your motivation is. The more of us there are out on our bikes and trikes, the bigger an impact we can make.

Try out our new routes, events, and challenges – you could do a different one every day as part of #7daysofcycling. There's something for

everyone, plus free resources for families to get their children excited by cycling.

Why not check out the Cathedrals Cycle Route? This is launching with a relay event starting at Newcastle Cathedral. It links all 42 Church of England cathedrals with a bike-friendly 2,000-mile loop. You don't have to ride all 2,000 miles; each of the 42 legs is detailed on the Cycling UK website, and the shortest of them is just one mile long.

The pandemic has shown people how bikes can keep us fit, motivated and inspired. Let's build on that momentum for Bike Week. Just head out on your bike and tell us you did it. There are prizes to win if you log your ride on the Bike Week website.

**Bike Week runs from Sunday 30 May to Saturday 5 June 2021. Find out more and log your ride [cyclinguk.org/bikeweek](https://cyclinguk.org/bikeweek).**



## THANK EVANS

Evans Cycles is 100 years old this year. The company is proud to be supporting the World's Biggest Bike Ride as part of the celebrations. Evans will be encouraging thousands of people to take part. Find out more at [worldsbiggestbikeride.uk](https://worldsbiggestbikeride.uk).





## 100 Women & Women's Festival

In the UK far fewer women cycle than men. Men make three times as many trips by bike as women and cover four times as many miles. Men are also much more likely to cycle to work than women.

Cycling UK works towards making cycling accessible to everyone. That's why, five years ago, we set up the Women's Festival of Cycling: to shine a spotlight on the female cycling role models who are encouraging women to get out on their bikes. The festival raises awareness of women's cycling and aims to empower more women to cycle.

This year's festival, which is sponsored by Raleigh, has a wide-ranging line-up. Events include online cycle maintenance sessions, yoga, talks about women in the cycle industry, discussions about saddle soreness, and more.

We want you to share your rides with us on social media using #BeYouByBike. And we're encouraging cycling groups to put on some women-friendly or women-only rides for newcomers to try.

As in previous years, we are also profiling 100 Women in Cycling. This list celebrates exceptional women who are passionate about cycling and who inspire others to take part. On the list you'll find women from all walks of life and every corner of the cycling world, from mountain bikers and endurance cyclists to community group leaders, cycling school-run mums and industry entrepreneurs. We received hundreds of nominations, and the 2021 list will be published on 17 July to kickstart the festival.

New this year, we will also be following the progress of six women who are all new or fairly new to cycling as they work towards their personal cycling goals. Find out how they get on as they plan their first bikepacking trip, join a cycling club for the first time, or train on an adapted bike in order to ride it up a Scottish mountain. There will be more about our digital cycling champions in the next edition of Cycle.

**The Women's Festival of Cycling takes place from Saturday 17 July to Sunday 1 August 2021. Find out how you can get involved by visiting [cyclinguk.org/womensfestival](https://cyclinguk.org/womensfestival).**

## RALEIGH ROUND

Raleigh is thrilled to be able to support the Women's Festival of Cycling for a second year, helping to shine a light on women's cycling.

RALEIGH