



Share snacks – and your love of cycling

Bike Week

BIG BIKE BRUNCH IN JUNE

Love cake? Brunch? If the answer is yes, then it's time to gather your cycling friends and colleagues and be part of something special. From 7-15 June, join us and host a Big Bike Brunch for Cycling UK – a celebration of cycling, community and great food.

This year marks 102 years of Bike Week, and what better way to celebrate the joy of cycling than with a ride followed by a well-earned brunch? Across the UK, people just like you will be hosting Big Bike Brunches – riding together, sharing good food and making memories.

Simply gather your group, enjoy a ride and connect over food and friendship. By asking everyone there to make a donation to Cycling UK, you can help others experience the freedom, happiness and joy that cycling brings.

Register your Big Bike Brunch today: visit cyclinguk.org/bbb-register or scan the QR code above.



Right & above left: Cycling UK

Get involved

PEDAL FOR YOUR MEDAL IN MAY

Whether you are two or 102, just learning to ride or a seasoned cyclist, we are inviting you to take part in Pedal for your Medal this May. One of the greatest losses of liberty of the past century has been children's freedom to move around their neighbourhoods. According to a study commissioned by Cycling UK, there has been a 97% reduction – from six miles to just 300 yards.

By taking part in Pedal for your Medal and raising funds, you can help us work towards making cycling not just safe but enjoyable. Let's give children back the freedom that is so important for them and their community.

With half term coming up, it is the perfect time to get your family involved. You could cycle throughout the whole of May and add up your miles, or just pick half term and get out on your bikes every day with the kids or grandchildren. Set a distance that is a personal challenge for you, then get

pedalling and fundraising. Whether you cycle a mile or a hundred miles, the challenge is yours to choose.

Once you have registered, we will send you a pack with everything that you need to get started. It'll show you how to set up a fundraising page so that you can really make a difference by clocking up the miles.

Everyone who takes part will receive a certificate, and if you raise £100 or more you will also receive a medal – perfect for back-to-school assembly, show and tell or just to wear with pride.

Looking for inspiration for your kids? Nathan set himself a target of learning to ride and to cycle one mile as his fundraising challenge

when he was six. Now, five years later, he is planning on cycling a marathon throughout May to support Cycling UK.

Register today to start your Pedal for your Medal adventure. Visit cyclinguk.org/pedal-for-your-medal or scan the adjacent QR code.



Pedal for your Medal is an ideal half term activity – or pedal the whole of May! cyclinguk.org/pedal-for-your-medal

