

# Cheshire West & Chester Council Media Release



**Date:** February 2010

## **Cycling gets Chester pupils' hearts racing**



To celebrate Valentine's Day, last week 387 children across Chester showed just how much they love cycling by participating in a 'Love Your Bike' week.

Sustainable transport charity, Sustrans, helped to organise the fun filled cycle week with four schools from the area, to improve the children's cycle skills and teach them how to look after their bikes.

All children from Newton Primary School, Guilden Sutton Primary School, The Arches Community Primary School and Dee Point Primary School took part in various activities, including bike washes, playground cycling skills games, and Dr. Bike sessions.

Lydia Wilde, Sustrans Bike It Officer said, "We were over whelmed with the enthusiasm from the children at these schools; we had well over 100 bikes in the playground on some days.

"The Most popular activity had to be the 'Bike wash' - the children used sponges, toothbrushes and lots of soapy water to get rid of all the dirt and get their bikes gleaming again."

Mr Griffiths, Head teacher of Newton Primary school, which saw 124 bikes in the

playground last Tuesday, said, "I have been very impressed with the 'Bike it Crew' and the way they have encouraged our children to 'Love their Bikes'.

"Sustrans' Lydia Wilde and our Bike It Champion, Jane Fisher, were over whelmed that over 120 children bought their bikes in for the 'Love Your Bike' day. This will have a positive influence on the children's health and the environment."

Sustrans works with 10 schools in the Chester area, in partnership with Chester West and Chester Council.