



PRESS CUTTINGS



**SUNDAY
WORLD**
A REAL IRISH SUNDAY

Mum&Me

I've discovered the joys of pedal power

WORDS Denise Smith

IF ANYONE is going to get us on our bikes it's Alison Canavan. The supermodel mum is the pin-up girl for healthy living and now she's urging everyone to get up, get out and get cycling.

Mum to five-year-old James, the 37-year-old health and nutrition coach talks about being a single mum and how exactly she fits family exercise into her daily routine.

"I haven't cycled since I was a child," laughs the wellness guru as she talks all things bikes and nutrition to **Mum&Me**. "James just came off his stabilisers and both of us have been cycling non-stop for the past two weeks.

"I used to get in the car for everything and it's shameful; I will get in the car and go to the local Spar, which is a three-minute walk.

"Now I take the bike to the shops, to school, to my mum's.

"It's like this whole new world has opened up. Every day we are saying, 'where will we go today?'"

"We live beside the Phoenix Park so we had the park to practise in because we were a little wobbly-wobbly.

"I am thrilled to be an ambassador for Bike Week because it has changed my whole view on my lifestyle and what we can do in the community.

"People forget that three hours of cycling per week can reduce the risk of heart disease by 50 per cent. Then there are also so many mental health

AS SHE GETS READY FOR BIKE WEEK, MODEL, MUM AND HEALTH GURU ALISON CANAVAN TELLS OF THE BENEFITS OF TWO WHEELS FOR PARENTS AND CHILDREN

benefits that come with cycling."

The Dublin-born model, and author of *Minding Mum - It's Time to Take Care of You*, adds, "Doing things as a family makes exercise easier. I am a single mum, so to even go to the gym I need a babysitter, but with cycling I can get my exercise in and have quality time with James.

"Look at your favourite role model in the world - Beyonce only has 24 hours in the day too, there are no excuses.

"And activities don't have to be expensive, it's the simple things and those are the things they will remember. I never

remember the things my parents bought me; I remember the time we spent together, tumbles in the garden, ice cream in the sun."

Addressing the obesity epidemic, Alison says, "As a nation we are on target to become the fattest nation in Europe by 2030.

"I was always lucky that I was very thin. I was able to eat pizzas and sugar and I was getting away with it visually but I wasn't getting away with it mentally.

"I was becoming sicker, sicker and sicker and I was relating that to what I was eating; it had a huge part to play in how I was feeling.

"There are three golden rules in my house: no sugary cereals, no fizzy

Bike Week is coordinated at a national level by the Department of Transport, Tourism and Sport and demonstrates the social, health and environmental benefits of cycling. For more information, please visit bikeweek.ie, follow Bike Week on Twitter @BikeWeekie or on Instagram @BikeWeekie or like Bike Week on Facebook [facebook.com/bikeweekie](https://www.facebook.com/bikeweekie).





ALISON'S 20 MINDFULNESS TIPS

1. Buy fresh flowers - they brighten up my day.
2. Take a bubble bath - this is difficult as a new mum but try to make the time once a week.
3. Swing - no you didn't read it wrong, swing in the playground.
4. Listen to music - fast or slow music feeds the soul.
5. Sing your heart out - I bet you feel better?
6. Read your favourite book AGAIN.
7. Plan a cup of tea with a treat.
8. Organise a get together with friends - girly chats always help.
9. Meditate.
10. Colour - adult colouring is wonderful and I find it helps to focus and reduces my anxiety.
11. Knit or sew - a great way to pass the time and practice mindfulness.
12. Laugh - laugh at yourself, a funny movie or a silly book.
13. Go for a walk - it can boost your mood and energy.
14. Cook your favourite meal.
15. Take a nap - anytime someone you love offers to help, take it.
16. Journal - write down your ideas, dreams, hopes and worries.
17. Squeeze a stress ball - I love them as they help to release tension.
18. Try yoga or pilates - you might just find you love them.
19. Give yourself a compliment.
20. Breathing - it is essential, free and the most underused resource we have. Take five deep breaths.



FAMILY FUN: Alison and James spend quality time together on their bikes

drinks and no fast-food joints. Needless to say this doesn't make me very popular with some parents. I really think fizzy drinks and sugary cereals should be banned. They have absolutely no nutritional value.

"An excess of sugar over time has been shown to cause liver damage, heart attacks, stroke, dementia, kidney disease, blindness, amputation and depression. Is this really the future we want for our children? Worst of all, this is totally preventable."

Alison also has some recommendations. "Eat wholefoods, which are foods that are as close to nature as possible; so tomatoes, not tomato sauce. Basically foods that have been unchanged from their original form."

Stay on the outskirts of the supermarket, which in most supermarkets I have been to is where the fresh produce is displayed.

"If you can't pronounce the ingredients on the label, you should not be eating it."

"I want James to enjoy foods. I don't want him to think that sweets are

treats that he has to be really good for; he can enjoy an ice cream in the evening. I don't use food as a reward system so it doesn't become an emotional attachment for him."

"James loves eggs or porridge for breakfast now and I always cook with coconut oil. I'm still learning but there are lots of choices out there, you just have to step out of your comfort zone."

In Alison's book, she says: "I think everyone should include daily therapy/ mindfulness in their day-to-day lives. I use the word therapy here because I don't believe that therapy is a word that describes just sitting in a specialist's room. I firmly believe that our health and wellbeing is a daily job that needs to be worked on."

"Simple, everyday things like dancing and singing are examples of great therapy that we can include in our daily lives. Art is therapy, friendship is therapy, meditation is also therapy, so self-care of any kind is also therapy."

"I promise you - taking time out for yourself as a new mum will make the world of difference."

Pedal away for Louth Bike Week

Olivia Ryan

Published 18/06/2016 | 00:00

National Bike Week was launched in Louth yesterday (Monday) with a bid to enjoy eight days on two wheels celebrating and promoting all that is great about cycling!

Co-ordinated locally by Louth Sports Partnership, the event spun off to a great start as Louth County Council staff began a lunch time cycle.

And later in the week, primary school children from north Louth will get on their bikes for an organised cycle on the Greenway, an event being held on Thursday partnership with An Taisce.

Louth Local Sports Partnership are also holding a coffee morning Cycle this Saturday in partnership with Cuchulainn Cycling Club.

But the highlight of the week is the family fun cycle on Sunday from St. Helena's Park, also in partnership with Cuchulainn Cycling Club.

'Bike Week not only promotes the leisure and fun aspects of cycling as a family, with friends, to sightsee, it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands,' said Wayne Macken, Louth Local Sports Partnership.

He added that cycling is environmentally friendly, as it cuts congestion and has zero emissions, and is much lower in cost than travelling by public transport or a car.

'Commuting by bike to work, college, school or just to go to the shops, is a much faster way to travel.

'Cycling is the fastest mode of transport for journeys of six kilometres or less in urban areas,' said Wayne.

'It is also a great solution to beating traffic congestion in our towns and cities imagine no more sitting in traffic jams!'

He explained that cycling as an everyday pursuit is a healthy way to travel and has many physical benefits.

'Studies have shown that cycling is one of the most efficient ways to lose weight. And, cyclists who cycle regularly are seen to be on the same fitness level to those ten years younger.'

'Also, three hours of cycling per week can reduce the risk of heart disease by 50%! There are also mental health benefits derived from cycling.'

Wayne said that Louth Bike Week is a fun-filled family event, as well as catering for cycling enthusiasts.

'There is quite literally something for all ages and ability, from free bike checks, fun cycles, lunchtime city rides, school cycling races bikes festivals and much much more, Bike Week has something for everyone.'

Demonstrating the social, health and environmental benefits of cycling, Bike Week is coordinated at a national level by the Department of Transport, Tourism and Sport. For more information, please visit www.bikeweek.ie, follow Bike Week on Twitter @BikeWeekie or on Instagram @BikeWeekie or like Bike Week on Facebook www.facebook.com/bikeweekie.

For further information on local events taking place in Louth, contact Louth Local Sports Partnership on 042 9324318.

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THE CLARE HERALD

BREAKING NEWS FOR CLARE PEOPLE AT HOME AND ABROAD

Bike Week pedals to a close

By **Páraic McMahon** - June 17, 2016

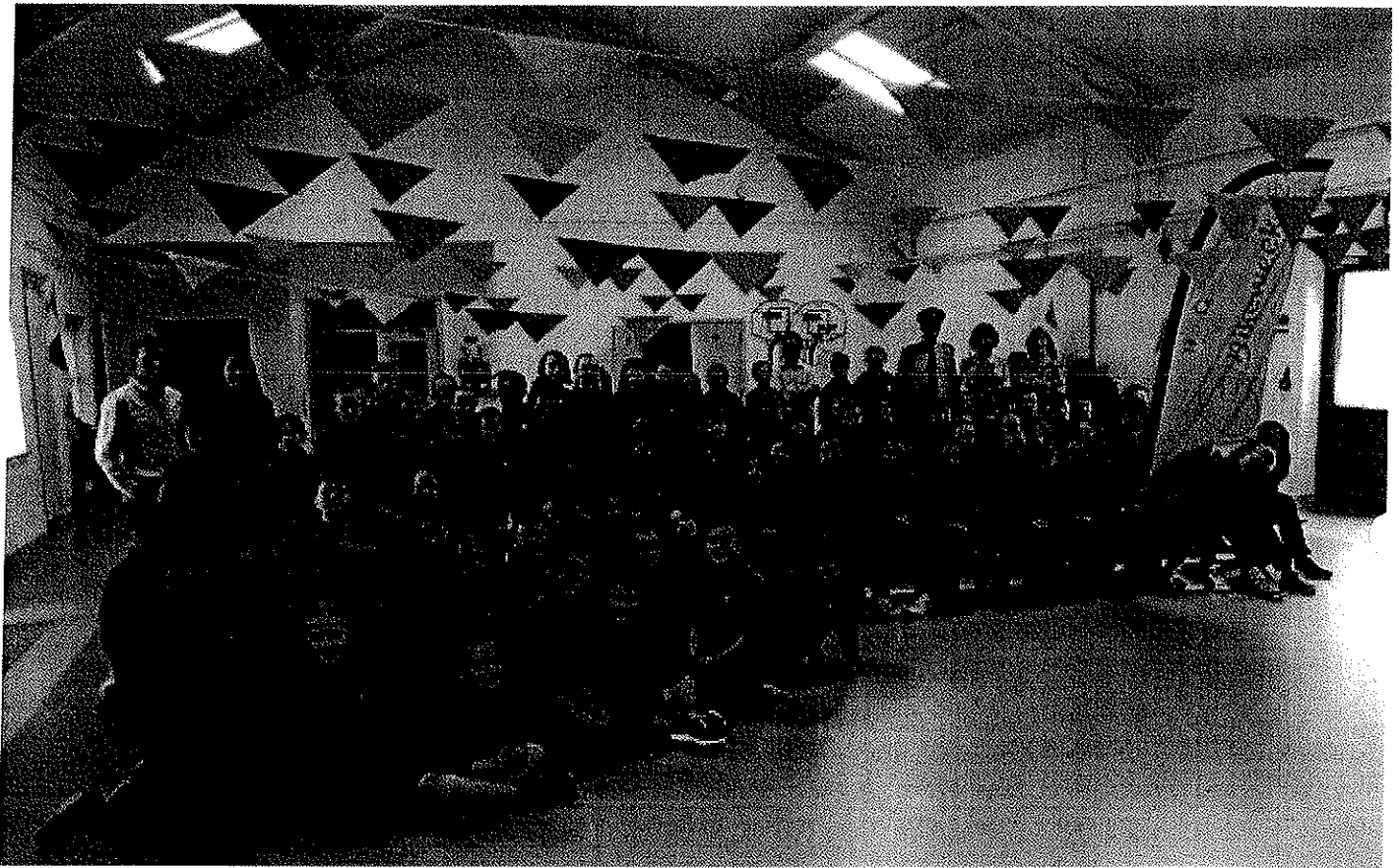


Mary Mac Mahon (HSE), Albert Hardiman (An Garda Síochána) and Gerald Fogarty (Clare County Council) pictured with students of Scoil Chríost Rí in Cloughleigh who participated in a Cycling Awareness Programme for students as part of Bike Week 2016.

Bike Week 2016 concludes this evening (Friday) with a Family Fun Cycle for all the community along the newly constructed West Clare Railway Greenway.

Taking place from 7.00 pm to 9.00 pm, the cycle will commence and finish at Cloughleigh Carpark via Active Ennis Sports and Amenity Park, Lees Road.

Bike Week 2016, the theme of which is 'Be part of the Clare Team: Get on your bike', is funded and co-ordinated by the Department of Transport, Tourism and Sport and features some 400 cycling events nationwide.



Students of Clarecastle National School participate in a Cycling Awareness Programme for students provided by Clare County Council, HSE and An Garda Síochána as part of Bike Week 2016

In County Clare, the annual initiative this year featured a range of events for all ages including family fun cycles, a schools awareness programme, bike fixing workshops and a Primary School Poster Competition

Throughout Clare Bike Week, representatives of An Garda Síochána, Clare County Council and the HSE also hosted an Awareness Programme for students at Primary Schools in Ennis on a range of issues from current and proposed cycling infrastructure (cycle parking, existing cycle road lanes, road signage and symbols and proposed project under Ennis Active Travel Town); bike theft, road safety aspects; and the health promotion benefits of cycling. A booklet containing key messages delivered during the Awareness Programme will be made available to schools across Clare following Bike Week.

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Races cancelled after only 25 riders enter and bad weather forecast

Posted on: June 15th, 2016

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Damien Shaw on his way to victory 12 months ago ahead of Mark Dowling, above, while Lakeside man David Casserly took a fantastic win in the A3 event (Photo: www.jimmymcelroy.com – follow Jimmy on [Facebook](#) and [Twitter](#))

The scene of many great criterium races in recent years, the event planned for Mullingar this evening, Wednesday, has been called off.

With parts of Dublin having experienced flashing flooding in the last 24 hours, heavy rain is forecast for this afternoon and evening in the Westmeath area raising safety concerns for the organisers of the criterium.

However, with very small numbers having entered online in advance for the two planned races, promoting club Lakeside Wheelers said it would not be viable to put in place road closures and expect several state agencies to work at the event with such a low turn out.

The race – and the €500 first prize – **was won last year by local favourite Damien Shaw**, then riding for Team ASEA but having since moved up to An Post-Chainreaction.



Local man David Casserly of promoting club Lakeside Wheelers shows his delight at winning the A3 race last year (Photo: www.jimmymcelroy.com – follow Jimmy on [Facebook](#) and [Twitter](#))

"It is with great regret that the Lakeside Wheelers promoted 'National Bike Week Criterium', scheduled to take place in Mullingar town centre tomorrow evening, Wednesday, June 15th, has been cancelled," the club said in a statement last night.

"The organisers of this event were left with no option but to cancel their plans due to the combination of an insufficient number of riders signed on and poor weather forecast for tomorrow afternoon and evening.

"On-line entry has been open for the last four weeks but to date there are only 25 riders signed on for the two races.

"Reluctantly, the club committee made the decision this afternoon and we hope our decision does not inconvenience those who had entered.

"An event of this nature involves the cooperation of several local agencies such as the Gardai, Civil Defence, business people, Co. Council and club members and with such a poor entry implementing a road closure and detour plan was simply not viable.

"There was also a safety concern for riders as the inclement weather which is forecast would make a criterium race very risky."

Tuesday night's Tweet



Kevin Monaghan
@whmono

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Mullingar Criterium due to be held tomorrow evening
CANCELLED due to forecasted rain. Riders who have
registered & paid will be refunded.

8:32 PM - 14 Jun 2016

2

Comments

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Dave Reilly · Dublin, Ireland

Just because the ras is over is not the reason riders are not riding Crits sticky bottle. Any organiser will tell you they don't make their money from A1's. A great number turned up for that race last year. I agree with Eddie, loads of options and ideas to try, cancelling should be last resort. Great pity it's off. I'd say the bunch quota was met with the A3 bunch never mind the A1/A2 last year.

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15/06/2016

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National Bike Week returns to the Wee County this week

NATIONAL BIKE WEEK

14 Jun 2016

41 share 0 comments



By@dundalkdemocrat

National Bike Week, which takes place annually, returns to Louth this summer from this Saturday, 11th June to Sunday, 19th June.

Enjoy eight days on two wheels celebrating and promoting all that is great about cycling. There are a wide range of events taking place throughout Louth including:

- 16th June 2016 - School Cycle on the Greenway in partnership with An Taisce.
- 18th June 2016 – Louth LSP Coffee Morning Cycle in partnership with Cuchulainn Cycling Club.
- 19th June 2016 – Family Fun Cycle from St. Helena's Park in partnership with Cuchulainn Cycling Club.

All of the events are organised by local authorities, community initiatives and cycling groups from throughout Louth For a full list of events and to join in a cycling adventure this June, log onto www.bikeweek.ie.

Bike Week not only promotes the leisure and fun aspects of cycling as a family, with friends, to sightsee, it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands. Cycling is environmentally friendly, as it cuts congestion and has zero emissions, and it is also much lower in cost than travelling by public transport or a car. If you spend as little as €1.20 daily on travel (bus fare, Luas fare or petrol) you can save €200 a year by switching to a bike!

Commuting by bike to work, college, school or just to go to the shops, is a much faster way to travel. SmarterTravel.ie estimates that approximately 400,000 people in Ireland travel 4 kilometres or less to work or school or college by car every day – distances that could easily be cycled. Cycling is the fastest mode of transport for journeys of 6 kilometres or less in urban areas; It is also a great solution to beating traffic congestion in our towns and cities imagine no more sitting in traffic jams!

Cycling as an everyday pursuit is a healthy way to travel too and it has many physical benefits. Studies have shown that cycling is one of the most efficient ways to lose weight. And, cyclists who cycle regularly are seen to be on the same fitness level to those ten years younger.

For further information on local events taking place in Louth, please contact Louth Local Sports Partnership on 042 9324318.

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VIP / NEWS

EXCLUSIVE: Alison Canavan dishes on her tips for staying healthy this summer

Alison says it's all about getting outdoors and fresh food this summer!

By [Pippa Doyle](#) | 15/06/2016 | [No Comments](#)

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Alison Canavan dishes on staying fit and healthy this summer!

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Model, tv presenter and fitness enthusiast Alison Canavan is no stranger to exercise and wellbeing. In an exclusive interview with vipmagazine.ie, Alison has dished on some key tips for staying fit this summer.

The Minding Mum author is the ambassador for this year's National Bike Week, and she says it's all about getting outdoors to exercise this summer.

Alison's new role has seen her leaving the car at home and taking to the great outdoors more often with her 5-year-old son James. The pair have been going cycling in the park, doing some shopping and visiting family all on the bike, and they're loving it!

"We cycle everywhere, I didn't realise how much I drove before. I hopped in the car for everything! So what we've done now is started to cycle everywhere and it's been brilliant, we've been having loads of fun," she said.



Alison feels that we need to incorporate exercise into our lives naturally.

"We go to the park and go on adventures. I'm bringing James to school on the bike, I'm picking him up from after school, we're doing little bits of shopping so it's been really cool actually!"

Alison believes that incorporating exercise into our day will relieve some stress from our busy lives. The 37-year-old feels that we should use the time we have wisely and try to eliminate stress from our lives. Preach Alison, preach!

"We're time poor, it's about using the time we have. For me, I've been a lot more relaxed about exercise since I've been cycling because I feel I'm getting it into my day naturally. We need to

stop stressing about trying to include things into our lives. There's no point in doing something if it's going to bring stress into our lives, it's counterproductive." We use cookies to ensure that we give you the best experience on our website. If you continue to use this site we will assume that you are happy with this.



The model says we should enjoy our food

In terms of healthy eating, the mum-of-one has a refreshing approach. She feels that simplicity is key; keep things fresh, colourful and enjoy your food.

"I'm about real food and keeping it simple. Fresh is key and in the summer we have access to loads of fresh, vibrant, colourful fruit and veg. We underestimate the power of colour in our diets. Also try enjoy your food, it shouldn't be a chore," she added.

For more fitness and wellness tips, check out Alison's website, Alisoncanavan.com. Also, why not get involved with some of the fab cycling events happening this week. You can find them all at www.bikeweek.ie

Tags: alison canavan

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Pippa Doyle

UP TO SPEED...

Health and fitness
news and events

MENTAL health awareness campaign launches in the run-up to Dublin LGBTQ Pride

ALONG with the fun and festivities of Dublin Pride comes a huge increase in calls to the LGBT helpline. It seems Pride, a festival of celebration, can also bring about feelings of anxiety.

To combat this, the LGBT Helpline has joined forces with Eir for a positive mental health awareness campaign. It's Good to Talk promotes the helpline's confidential support services to the tens of thousands of LGBT people, their families and friends taking part in Dublin Pride, which runs June 22 to June 25.

Established in 2010, the LGBT helpline is a national support service.

■ **THE LGBT Helpline is 1890 929 539. Visit lgbt.ie or follow @LGBT_ie on Twitter, #itsgoodtotalk**



BLOOD WORK

IF YOU'RE considering donating blood, now is an ideal time to do so. It's Blood 4 Life week, and the Irish Blood Transfusion Service is aiming to recruit 15,000 new donors.

Only 3% of the eligible population donate blood regularly, and summer is a challenging time because people are out of routine. You may well help save lives by taking 15 minutes out to attend a donor clinic. And one day, that person in need might be you — one in four of us need a blood transfusion at some stage.

■ **SEE giveblood.ie for clinic locations and details**

GET back in



the saddle for National Bike Week

CELEBRATE pedal power at one of many bike events across the country this week. There are some genius concepts: we like the UCC Secret Cycle in Cork that will explore scenic off-road routes, a Meet The Fawns bike tour of the Phoenix Park and a Sligo Bike Buffet with tasty breaks to fuel your energy levels. Bicycle-themed art and photography exhibitions and film festivals are even on the calendar for those who get saddle sore.

■ **SEE bikeweek.ie for more events**



ON A ROLL

FINDING tasty gluten-free bread is a challenge that faces 43,000 coeliacs around Ireland. Yes, there are plenty of 'free-from' brands out there, but do any of their products make a decent sambo? Now BFree, the wheat and gluten-free bakery, has launched Super Soft White and Brown Sandwich Rolls that may well be worth a try.

High in fibre with no added sugar, the white roll has only 99 calories

while the brown version is topped with crunchy sunflower, teff, flax and poppy seeds. That's lunch sorted, then!

■ **IN DUNNES, Tesco and SuperValu stores nationwide, from €2.95 for three rolls**



LISA BRADY





Western People

East Mayo in the spotlight

KILMOVEE

Kilkelly/Kilmovee Community Games

Well done to all the children who took part at the Kilkelly/Kilmovee Community Games which were held recently at Cannon Henry Park in Kilmovee. The winners were as follows: U-8 girls 60m Siofra Haran, Lucia Mc Donnell and Sophie O'Grady; U-10 girls were Sinead Regan, Amy Hunt, and Mary Moffatt; U12 100m girls Anna Hughes and Kiera Duffy; U14 girls 100m Aine Moffatt, Nicole Moran and Chloe Gallagher; U16 girls Zara Loftus.

The boys U8s 60m Conor Duffy, Michael Duffy; U10 boys Callum Sweeney; U12 boys Scott Towey, Adam O'Grady and Harry O'Grady; U14 boys, 100m Jonathan Regan; U8 girls 80m Siofra Haran, Lucia McDonnell and Sophie O'Grady; U10 girls 200m were Sinead Regan, Mary Moffatt and Amy Hunt; U12 girls 600m, Anna Hughes and Kiera Duffy; U14 girls 800m Nicole Moran, Aine Moffatt and Chloe Gallagher; U16 girls 1500m Zara Loftus.

Boys U8 80m Conor Duffy, Michael Duffy; U10 boys 200m Callum Sweeney; U12 boys 800m Scott Towey, Harry O'Grady, Adam O'Grady; U14 boys 800m Jonathan Regan and Harry O'Grady.

The county finals for the athletics will take place in Claremorris Athletics Track on Sunday, June 26 next, at 9.30am.

Congratulations to the girls who competed in the county swimming finals in Castlebar recently, Jessica Moran on winning a silver in the U14 girls breaststroke, Zara Loftus on winning silver in U16 girls butterfly and Lauren Frain a bronze in U16 girls backstroke. A great achievement at this

level, well done girls.

Bike Week

To celebrate bike week Kilmovee Family Resource Centre in conjunction with Mayo sports partnership will hold a cycling skills and road safety course for children from 6 to 13 years old at Kilmovee Community Centre on Thursday June 16, from 6 to 8pm. Children will learn safe cycling skills, participate in a cycle obstacle course and end with a family cycle. The cost is €2 per child.

Parish magazine

The committee of Kilkelly Kilmovee parish magazine are delighted to announce that they are currently compiling the 10th edition of the magazine. This year's edition again promises to be a great production and the committee wish to take this opportunity thank all those who have contributed material for last year's edition, for supporting the very successful launch and they are now looking for articles and photos for inclusion again this year.

If you have any stories / photos / parish information etc that you would like to be included in this year's edition, please send them to kil-kellykilmoveemagazine@gmail.com or contact any Committee Member.

There are a limited amount of 2015 magazines available for sale locally.

Summer Barbeque

Kilmovee Ladies Club are holding a summer barbeque on Wednesday, June 15, in Kilmovee Community Centre at 7.30pm. All ladies welcome. Admis-

sion is €5.

Kilmovee Shamrocks

The numbers drawn for the lotto for Saturday, May 28 last, were 22, 37, 38 and 41. There was no winner. The jackpot is now €9,200. The next monthly meeting takes place at the club house on Tuesday, June 14, at 9pm.

Thanks to all who supported the fundraiser/car wash recently and to Michael and the U16s team who organized the event.

Summer School

The 6th annual Seosamh Mac Gabhann Summer School takes place in Kilmovee from July 3 to July 8 next. Places are limited, so to secure your place please return your pre-registration booking form to Kilmovee Family Resource Centre (tel. no. 094 9649814) or book online at: www.smgsummerschool.com. Website: www.smgsummerschool.com Facebook: Seosamhmacgabhann Summerschool Twitter: @smgsumschool



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Festive city launch for Galway Bike Week

Breaking News by Our Reporter - Jun 11, 2016

Dental Treatment Unit

Exchange your old treatment unit stress free & benefit! Learn more.



Galway Bay fm newsroom – There was a strong turn out at Spanish Arch this afternoon for the launch of this year's Galway Bike Week.

The annual event is part of a national celebration and promotion of the benefits of cycling.

This afternoon's launch was hosted by An Mheitheal Rothar, Galway's Community Bike Workshop.

The event featured live music and art performances and included a workshop for cyclists to bring their old and sick bikes for a checkup and repair advice.

Bike Week runs until Sunday the 19th and a full list of events taking place can be found on the An Meitheal Rothar Facebook page.

Organiser Paul O' Donnell says Galway's cycling community is growing but challenges do remain.

Photograph: Christina Durst



THE IRISH TIMES

50 THINGS TO DO WITH KIDS THIS SUMMER

From sailing to spotting scarecrows and everything in between, parents will never hear 'I'm bored' again. By **Sylvia Thompson** and **Sheila Wayman**

1 FESTIVAL: Dublin City Council kite festival
North Bull Island
June 12th
All ages

Go fly a kite on Bull Island during a full day of free entertainment, courtesy of Dublin City Council, 11am-5pm. Bring your own, buy one there or children can join in one of the kite-making workshops. There's also a chance to watch "master" kite flyers in action and demonstrations of buggy and land-kiting. A free shuttle will run all day from the junction of Clontarf Road down the causeway.

Free, dublinskitefestival.ie

2 FESTIVAL: Carlow Arts Festival
Carlow town
Until June 19th
All ages

Bring your canoe, bike or just your swimming togs to meet the Barges on the Barrow as they make their way through Graigueenamanagh/Tinnahinch (June 14th, 6.30pm), Goresbridge (June 15th, 6.30pm) Carlow town (June 16th, 6.30pm) with musical and literary performances at each stopping point. Watch *Grease* on an

outdoor screen at the festival HQ in St Patrick's College (next to Carlow Cathedral) June 17th, 9pm €5 And enjoy Firebirds, a spectacular aerial circus performance by Fidget Feet at the festival HQ followed by a fireworks display (June 18th, 10pm).

Free; 059-9173380;
carlowartsfestival.com

3 ACTIVITY: Bike Week
Countrywide
Until June 19th
All ages

National Bike Week runs from today until June 19th with free cycling events popping up all over the place. Join a mystery history cycle tour of Cork city on June 14th at 7pm, a teenage dirt bike ride in Dungarvan, Co Waterford, on June 15th, a night cycle of Sligo town on June 17th, an introduction to mountain biking in Lough Key Forest Park, Boyle, Co Roscommon on June 18th or a bike fest in St Anne's Park, Raheny, Dublin, on June 19th.

bikeweek.ie

4 THEATRE: Chapterhouse Outdoor Productions
Various venues
June-August
All ages

Fabulous settings all over the country, such as Castletown House, Co Kildare, Malahide Castle, Co Dublin, Fota House, Co Cork, and the Battle of the Boyne Estate, Co Meath, provide the backdrops for the UK touring company Chapterhouse's charming open-air programme. This summer's repertoire includes children's classics *Peter Pan* and *The Railway Children*. Check out their schedule for the venue nearest to you.

Family tickets (two adults, two children) from €5; chapterhouse.org

5 CAMP: Irish National Sailing School
June-August
Ages: 4-18

The Irish National Sailing and Powerboat School on the West Pier in Dún Laoghaire, Co Dublin, is a veteran of



THE IRISH TIMES

summer sailing courses. Courses are provided for beginners and amateur sailors and cover all ages. All equipment is provided, and wetsuits can be hired if you don't have one already. From €143 a week; 01-2844185; inss.ie. Many sailing clubs around Ireland also run summer courses for new members so check out your local facilities.

6 HERITAGE: Hook Lighthouse Experience

Hook Head, Co Wexford
All summer
All ages
The appearance of life-sized hologram figures telling tales of the past is part of a new visitor experience at the lighthouse tower on the tip of the Hook peninsula. The final stage of the tour provides access to the previously private watchroom at the 800-year-old lighthouse, which is just one stop in the newly branded "Ireland's Ancient East". Family tickets (two adults, two children) €22; hookheritage.ie

7 CAMP: Acting/theatre/film making

Gaiety School of Acting, Sycamore Street, Temple Bar, Dublin. June-August.
Ages 4-19
Choose between weekend-long masterclasses in acting to theatre production to film-making to triple threat (sing, dance and act) bootcamp. Sixteen to 19 year olds can also join a team to make their own musical this summer. €120-€200. 01-6799277; gaiety.school.com

8 CARTOONS: "Get Animated!"

The Ark, Temple Bar, Dublin 2
June 11th-August 31st
Ages 8-12
A free exhibition about the making of Cartoon Saloon's Oscar-nominated film, *Song of the Sea*, is on view all summer at Ireland's only dedicated cultural centre for children. Around it will run a series of five-day camps (for ages eight to 12) and various workshops and events for children as young as two, all on the theme of animation. Irish band Kila play family gigs there too on August 13th and 14th. From free to €150 for camps; ark.ie

9 SEASIDE: Hooked on Rosslare

Rosslare Strand, Co Wexford
June 13th-August 26th
Ages 8-16
A new inflatable waterpark will be anchored offshore for the summer season at Rosslare Strand, Co Wexford. Compulsory lifejackets will be provided for children, who must be aged eight-plus, before they are boated out to the sea trampoline, slide

and swing. It's an initiative of Hooked kitesurfing, which runs weekly kids' camps (ages eight-16) from the shore, and lifeguards will be on standby. (Meanwhile, there's a larger, more established inflatable waterpark in Co Westmeath's Hodson Bay; see bay-sports.ie). €8 a go (lasting about 25 minutes); hookedonrosslare.ie

10 FESTIVAL: Cork Midsummer Festival

Cork City
June 17th-19th, 21st and 24th-26th
Over-12s
Take a backseat in one of four parked cars to see *Backseat* performed by Activate and Lightbulb youth theatre companies, Emmet Place (outside Cork Opera House) June 24th-26th, 3pm and 5pm, €5. Grab a good picnic spot in Fitzgerald Park to watch circus, dance and music acts, June 19th, noon-5pm admission free. Bare Cheek Theatre transpose Shakespeare's classic love story, *A Midsummer Night's Dream*, to a post-apocalyptic city and an enchanted forest. The Granary Theatre, June 21st-22nd, 5pm and 8pm; June 23rd, 5pm, €12/€10; 021-4215136; corkmidsummer.com

11 OUTDOORS: Explore and Roar After Hours

Tayto Park, Ashbourne, Co Meath
June 18th. All ages
A chance to enjoy the theme park at twilight, at an after-hours event (6.30pm-10pm) for which pre-booking is essential. In addition to rides such as the Cú Chulainn Coaster, Air Race and the new Grand Carousel, there will be animal feeding and talks by park rangers, face-painting and barbecue. €20 adult/€17 child; taytopark.ie

12 FILM: IFI Family Festival

Irish Film Institute, Dublin 2
June 24th-26th
Ages 4-12
A real-live golden eagle on display in Temple Bar's Meeting House Square will mark the start of this children's cinematic feast, which opens with *Brothers of the Wind*, about a boy who rescues an eagle chick. Children aged four to 12 can enjoy films from around the world, along with creative workshops and a chance to meet the makers of Zig and Zag. If you can't make this weekend, much of it will be repeated at the Riverbank Arts Centre, Newbridge, Co Kildare, July 2nd-3rd. All films €5, family of four €15; ifi.ie

13 READING: Summer Stars

Public libraries
June-September
Under-13s
Public libraries all over the country have started giving out "Be a Summer Star" reading cards to children, which they can then get stamped for every book they finish. There are fun rewards along the way to keep them reading and an awards event at the end of the programme. Free; librariesireland.ie

14 FESTIVAL: Summerval

Waterford
All ages
June 24th-September 4th
Summer is now one long festival, it seems, for the Déise, with the launch of a new programme of 33 events - of which 17 are free - under the one umbrella. "Summerval". Live music and theatre in the streets of Waterford, painting workshops, train trips, medieval archery, birds of prey shows and family surfing on the coast are just some of the all-age activities. As well as the glorious Spraoi (July 29th-31st), the region's 10 multi-day festivals include the more recent Promenade Festival in Tramore (July 1st-3rd). From free upwards; summerval.ie

15 CARNIVAL: Belfast Carnival Village

Ormeau Park, Belfast
June 25th
All ages
Be part of the action as the south end of Ormeau Park is transformed into a carnival village for the day. Puppets, mad hatters, crazy golfers, musicians and other walk-about performers will play and dance, while there will also be hands-on arts sessions and a chance to join the parade. Free; beatcarnival.com

16 SPORT: Parks Tennis

Countrywide
July-August
Ages 5-18
Channel Wimbledon fever into on-court action at what is one of the most ubiquitous, best-value summer programmes for children from the age of five upwards. With at least an hour's coaching every day, Monday-Friday, it gets everybody out of the house. Operating at

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more than 160 parks and clubs throughout the country, schedules and costs vary; equipment can be provided. Registration for all venues on June 30th, 2pm-4pm. From about €15 a week; parkstennis.com

17 FARM: Causey Family Experience
Causey Farm, Fords town, Navan, Co Meath
Fridays, 2pm, July-August. All ages

Get down and dirty on the farm by trying your hand at milking a cow, herding sheep and cutting turf. For those less agriculturally minded, there's also bodhrán playing, mural painting and blowing of giant bubbles. Bog-jumping is optional - but you are advised to wear your oldest clothes. €14 per person (under threes free), €50 for family of four; causey.ie

18 OUTDOORS: Wild Air Run
Touring venues in Dublin and Cork
July 1st-August 17th
All ages

Walk, run or crawl, it's fun not personal bests that count in the 5k Wild Air Run over an inflatable obstacle course. The novelty circuit will pitch up in Dublin's Cabinteely and Marlay parks and Malahide Castle, and in Forth, Cork, at various times during the summer. Families and children (aged seven-plus) participate in gentler sessions between 11am and 4.40pm. From €16.50 child/€28.50 adult, spectators free; wildairrun.com

19 FESTIVAL: River to Lough Festival
Antrim Castle Gardens
July 2nd
All ages

Join in the celebrations of Lough Neagh and its waterways from noon to 5pm on July 2nd. Try out local food at markets and pop-up restaurants, take a tour of the community gardens, listen to stories from local fishermen and view the heritage boats.
048-794 17941; rivertolough.co.uk

20 CAMP: Ballyhaas Lakes
Mallow, Co Cork
July 4th-29th
Ages 8-16

Ballyhaas Lakes runs adventure summer camps for eight-16 year olds with trainee-instructor foundation courses for those over 14. The wide range of water and land-based activities include raft-building, archery, kayaking, abseiling, wakeboarding and zip-lining. Campers can opt for half-day or full-day week-long summer courses. €185 per week. 022-27773; Ballyhasslakes.ie

21 CAMP: Multi-sports Academy
National Sports Campus, Abbotstown, Co Dublin
July 4th-August 26th

Ages 5-13
With more than 20 sports to choose from in state-of-the-art facilities, these weekly camps (9am-3pm) will be all-go for children aged five to 13. They can try archery, fencing, water polo, trampolining and cricket, to name a few. Parents may be delighted to know too that there's an "extra time" option, whereby children can stay until 4.30pm for an additional payment. €90 per child, €85 for siblings; national-sportscampus.ie

22 CAMP: Lego Education
Various venues
July 4th-August 26th
Ages 6-12

The famous Danish brand of interlocking plastic pieces is the raw material in these hands-on, mind-on camps for ages six to 12. They will get to grips with some basics of engineering and robotics in five-day sessions that are run now in more than 10 counties.
From €105; learnit.ie

23 CAMP: TeeNature Summer Camps
Crann Óg Eco Farm, Derrymore, Gort, Co Galway
July 5th-6th and August 8th-11th
Ages 13-17

Based in Crann Óg Eco Farm, these residential camps teach survival skills to 13-17 year olds. Expect to come away knowing how to build rope ladders and a shelter, light a camp fire, and forage and cook your own food. Orienteering and nature observation and games are also incorporated in the two-day and four-day camps.
€148 and €248. 091-631602; ecostayireland.com

24 THEATRE: The Gruffalo's Child
Dublin and Cork
July 6th-10th
Under-12s

Tiptoe out into the deep, dark wood... in the Tall Stories' touring adaptation of the much-loved picture book by Julia Donaldson and Axel Scheffler. Suitable for aged three upwards, you'll catch it in Dún Laoghaire's Pavilion Theatre (July 6th-8th) and for the following two days in Cork Opera House. (And did you know there is a permanent Gruffalo trail in Colin Glen Forest Park in west Belfast?)
Child €13/adult €15, from €10 in Cork; paviliontheatre.ie; corkoperahouse.ie

25 FESTIVAL: City Spectacular
Dublin and Cork
July 8th-10th, 16th-17th

All ages
The biggest family-friendly festival of the summer (to which your pooch is welcome too) pours into Dublin's Merrion Square and then Cork's Fitzgerald Park the following weekend. International street performers are at the heart of the action at what's an entirely free event, sponsored by Laya Healthcare. A diverse range of entertainment includes children's dance and yoga classes, science workshops and even a "Kids' Court" where parents may find themselves on trial.
Free; cityspectacular.com

26 FESTIVAL: Earagail Arts Festival
Donegal
July 8th-24th
All ages

Holidaying in Donegal or a local? Either ways, consider joining walks - for over-12s - through the living landscape of Arranmore Island (July 9th, 10am), along the old light gauge railway from Cresslough to Falcarragh station (July 16th, 10am) or to Ireland's most northerly tip at Inishowen (July 23rd, 10am). Don't miss the Fanzini Recording Company's free street performances in Malin as part of the Inishowen carnival of street art and spectacle on July 23rd and 24th.
€15 per walk. 074-9168800; eaf.ie

27 CAMP: Space Camp
Blackrock Castle Observatory, Co Cork
July 11th-29th
Ages 7-12

Budding astronauts from ages seven to 12 can prepare for blast-off at three week-long camps, 9.30am-12.30pm. From learning about the latest Mars and Jupiter

missions, to using a real telescope and making model rockets, this is one to broaden their horizons. Camps apart, it's an engaging place to visit at any time over the summer, with daily planetarium shows as well as castle and gunnery tours.
€95; bco.ie

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28

CAMP: Airfield Estate
Dundrum, Dublin 14
July 11th- August 26th
Ages 5-12

Children (aged five to 12) are guaranteed to get their hands dirty and their boots muddy at this 38-acre oasis in the heart of the south Dublin suburbs. Farm and forest experiences, and nature as art inspiration are the main strands of the three types of camps on offer.
From €115 for four days; airfield.ie

29

READING: West Cork Literary Festival
Bantry, Co Cork
July 17th- 23rd
All ages

A free "book clinic" on July 18th, where youngsters can have one-on-one consultations about what to read next, is one feature of the children's festival within the festival. There are also free workshops and readings by authors such as Darren Shan, Kieran Crowley and Chrissie Gittins.
From free to €5; westcorkmusic.ie

30

CAMP: Persian Arts & Crafts Teens Club
Chester Beatty Library, Dublin
July 18th-22nd

Over-12s
A chance to discover traditional Persian art techniques and create original manuscript designs inspired by the Lapis and Gold exhibitions at the Chester Beatty Library, Dublin Castle. Classes run Monday to Friday, 10.30am-1pm for 12-14 year olds and 1.45pm-4.15pm for 15-17 year olds.
Free. 01-4070772; cbl.ie

31

FESTIVAL: Children's Sunrise Festival
Brigit's Garden, Co Galway
July 23rd-24th

Under-13s
Wake up with the sunrise at a new weekend festival just for children and their families, in the beautiful Celtic gardens in Roscahill, 20km north-west of Galway city. Day-time activities include live music, puppet shows, story-telling and a fire spectacular. There's no extra charge for camping overnight. Family (four people) €160 for weekend, €95 a day; brigitsgarden.com

32

DAY OUT: Bray Air Display
Co Wicklow
July 23rd-24th
All ages

The crowds fill the Victorian promenade of Bray seaford and ribbon along the cliff walk from Bray to Greystones, Co Wicklow, for this annual air display. Aviation enthusiasts will already know that Royal Airforce Red Arrows are among the confirmed planes partaking in the aerobatics over the two days. Now in its 11th year, the air show

is part of Bray Summerfest funfair and food/craft markets in July/August.
Free. Brayairdisplay.com

33

FESTIVAL: Scarecrow Festival
Dunrow, Co Laois
July 24th- August 1st
All ages

There's something wacky and wonderful about a community festival that revolves around a bunch of scarecrows. But these are no ordinary scarecrows and they pop up in the most unexpected places... go see

them for yourself. There's a week-long camp for children too, 10am-1pm, as well as an on-street buzz of music, games and other entertainment.
Free events and €50 for camp; dunrowscarecrowfestival.com

34

CAMP: Forest School
Kippure Estate, Co Wicklow
July 25th-August 5th

Ages 6-12
A taste of wilderness awaits children aged six to 12 in two separate, week-long camps, running 10am-3pm. They will be climbing trees, building shelters, whirling wood and cooking on an open fire for a much-needed dose of child-led, outdoor education.
€175 per child; adventurewicklow.com

35

FESTIVAL: Waterford Spraoi International Street Arts Festival
July 29th-31st
All ages

Join the throngs of onlookers catching a glimpse of acrobats, aerial dancers, comic artists from Mexico to Australia at this massive three-day street party. Choose your location carefully to watch how performers, decorative floats and fire-works transform the streets of Waterford in the grand finale Spraoi Festival parade on Sunday, July 31 at 9.30pm.
051-841808; Spraoi.com

36

FESTIVAL: Lughnasa
Craggaunowen, Quin, Co Clare
August 2nd-3rd
All ages

There's nothing like a "real live" Viking trader or crannog dweller to engage children with tales of bygone ages. To mark the ancient pagan festival of Lughnasa that heralded the harvest season, the Claiomh Living History Group will bring the past alive at the re-constructed island ringfort and 16th-century castle at Craggaunowen. Re-enactments will span the Iron Age right up to the Easter Rising.
Family tickets (2+2) €21.50, (2+6) €24.50; shannonheritage.com

37

SEASIDE: Sand Sculpture Festival
Duncannon, Co Wexford
August 5th-7th

All ages
Bring your sand-castle building to a whole new level at this sand-sculpting contest, where professionals and amateurs alike dig in. With fireworks, magic shows, games and street theatre, it's party time too for the whole family.
Free; hookpeninsula.com

38

FESTIVAL: Kilkenny Arts Festival
Kilkenny city
August 5-14
All ages

The travelling international ensemble, Footsbar Theatre, pitch their tent in Kilkenny for irreverent and unpredictable performances of *The Incomplete Works of Shakespeare* and *The Cuckoo's Nest*. Famed for its classical music programme, this festival is also the perfect one for young classical performers to hear world-renowned performers play works such as Mozart's great string quartets or quintets or Bach's arias and cantatas.
Prices vary. 056-7763663; Kilkennyarts.ie

39

HERITAGE: National Heritage Week
Countrywide
August 20th-28th
All ages

If your enthusiasm and finances for day trips are flagging, this comes as a welcome last hurrah of the school holidays. There are always lots of free and intriguing events for children all over the country. A county-by-county guide to all the activities will be available online nearer the time.
Many free; heritageweek.ie

40

VISIT: GPO Witness History Exhibition
Dublin
Ongoing
All ages

An Post's brand new visitor centre at the iconic GPO on O'Connell Street promises to give locals and tourists alike an interactive experience of the 1916 Easter Rising. With its mix of technology and artefacts - many previously unseen - it will give you plenty to digest, discuss and debate. Daily 9am-5.30pm.
€10 adults/€5 children; 01-816 9538; gpowitnesshistory.ie

41

ACTIVITY: Phoenix Park by bike
Dublin
All summer
All ages

Tired of or outgrown the zoo? How about exploring the outer reaches of Dublin's largest park by bike? You can hire single bikes or tandems for a couple of hours for

THE IRISH TIMES

€5 or €10 for the whole day from Phoenix Park Bike Hire. To book a bike, contact Paul on 086-2656258 or email paul@phoenixparkbikehire.com

42

ACTIVITY: Dublin Bay Tours
Dublin
All summer
All ages

Viewing Dublin bay from Howth Head or Killiney beach will seem so tame once you take a cruise of Dublin Bay. Dublin Bay Cruises takes about 120 passengers every day throughout the summer months. The boats have plenty of seating and a heated indoor cabin if the weather turns nasty. Tickets can be bought for single or return journeys without reductions for return train trips by Dart. Pick a nice day and get as many people to join you as possible as prices go down as numbers go up. Choose between a cruise from Dún Laoghaire to Dublin city at 9.30am, Dublin city to Dún Laoghaire at 11am, Dún Laoghaire to Howth at 12.30pm, Howth to Ireland's Eye at 2.15pm, Howth to Dún Laoghaire at 3.30pm or Dún Laoghaire to Dalkey Island at 5.30pm.

Prices vary; 01-9011757; dublinbaycruises.com

43

ACTIVITY: Adventure West
Westport, Louisburgh and Clare Island, Co Mayo
All summer. Ages 6-adult

Adventure West offers groups of six or more experiences in zorbing, zipwire, climbing and abseiling, coasteering, gorge walking, snorkelling and hillwalking. Based in Westport, Louisburgh and Clare Island, the instructors have fun at the top of their agenda. Advanced booking required. Prices vary. 087-3627828; adventurewest.ie

44

ACTIVITY: Zip-it
Dublin, Roscommon and Cork
All summer
Ages over 7s

Zip-it Forest Adventures are four-hour-long obstacle courses with zip lines in the Tibbradden Wood in the Dublin Mountains, Lough Key Forest Park in Co Roscommon, and Farran Woods, Co Cork. Only for those exhilarated by being up high, it includes climbs, swings and flying

through the tree tops on zip lines up to 20 metres high.

From €15, 051-858008; zipit.ie

45

ACTIVITY: Squirrel's Scramble
Kilruddery Estate, Bray, Co Wicklow
All summer

Ages over-4s

Squirrel's Scramble is a gentler zip-line course at Kilruddery Estate. Enclosed in a small section of the informal gardens in the estate, the ropes, treetop walks and zip-lines are suitable for all adventurous young people.

From €14; 085-8627011; squirrelsscramble.ie

46

ACTIVITY: Biking in Ballyhoura
Co Tipperary
All summer
Ages over-7s

The mountain bike trails in the Ballyhoura region of Tipperary are deemed some of the best on offer with clear maps of various routes. You can rent mountain bikes or road bikes on location and choose your distance on the day.

Bike hire from €35 at trailriders.ie; 087 2717330; ballyhoura.com

47

LANGUAGE: Camp Irish
Dublin
All summer
Over-12s

While the annual exodus to the Gaeltacht has already begun, some teenagers prefer to opt for non-residential Irish courses closer to home. The Dún Laoghaire-based Moontours is the new kid on the block in experiential language learning. Its two-week-long courses mix yoga, kayaking and paddleboarding with speaking Irish. So what's not to love about that?

€399 for two weeks. Moontour.ie

48

LANGUAGE CAMP: French
Dublin
All summer
Over-12s

The Alliance Française on Kildare Street, Dublin runs French courses for all ages. The biggest advantage for teenagers is the genuine francophone environment with native French teachers. Classes run from June to August from 10am-1pm Monday to Friday and then you can pop downstairs and order your lunch en français in the cafe afterwards.

€300 for two weeks. 01-6761732; alliance-francaise.ie

49

LANGUAGE CAMP: German
Dublin
June-July
Over-12s

The Goethe Institute on 62 Fitzwilliam Square, Dublin runs two-week-long German language courses for secondary school students in June and July. Check out the useful German language learning apps on its website too.

€430 for two weeks. Goethe.de/ins/ie

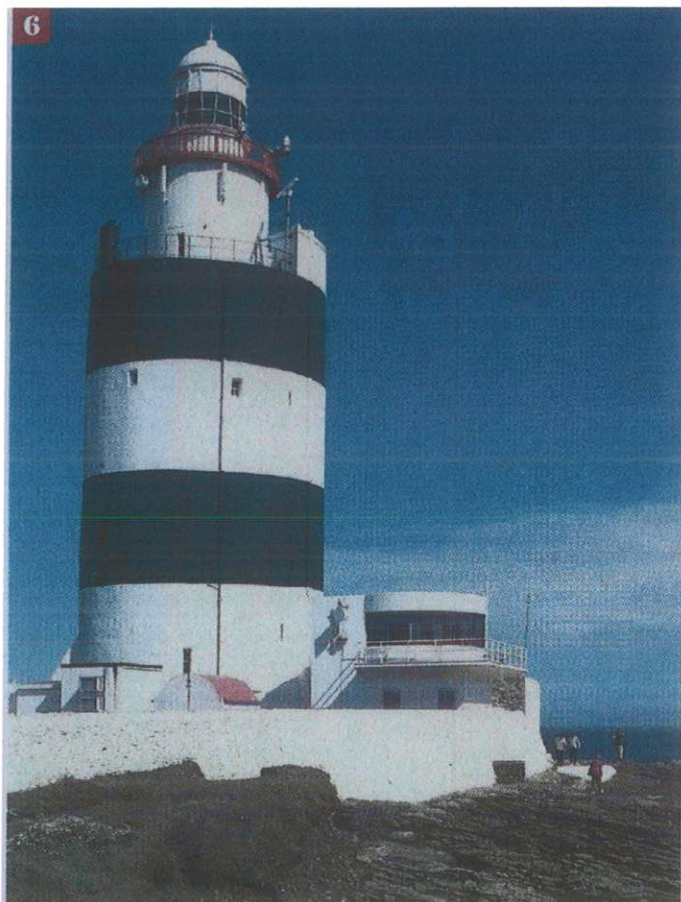
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LANGUAGE CAMP: Spanish
Dublin
All year
Over-12s

The Instituto Cervantes on Lincoln Place, Dublin 2, is the official cultural centre for Spain. There is a vast choice of language learning options, including revision courses for the Junior and Leaving Certificate.

€285/€325. 01-6311500; dublin.cervantes.es

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6 Towering prospect: Hook Lighthouse, Hook Head, Co Wexford



1 Out and about (clockwise from above): kite flying on Dalymount strand; cycling in the Phoenix Park; reading at the library; a performer at Cork Midsummer Festival; and meeting the animals at Airfield Estate in Dublin. PHOTOGRAPHY: JASON CLARKE, MARK O'SULLIVAN, EILEEN CLARKE, KERRY FENNELSON AND SARAH LAMBERT FOR THE IRISH TIMES



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■ Summer fun (clockwise from top left): Witness History at the GPO; zipwire adventure in Co Mayo; Earagail Arts Festival, Co Donegal; face-painting at the City Spectacular in Merrion Square, Dublin; mountain biking in Ballyhoura, Co Tipperary; sailing in Dún Laoghaire; and building blocks at Lego Education.

PHOTOGRAPHS: MAXWELLS, MATT KAVANAGH, BRYAN O'BRIEN, CYRIL BYRNE, FAIRTE IRELAND AND BRENDA FITZSIMONS

Bike Week

Drogheda Independent:

<http://www.independent.ie/regionals/droghedaindependent/lifestyle/cyclists-are-off-to-wheels-and-heels-34777158.html>

Date: 11/06/2016

Monday 13 June 2016

Hi 17°C | Lo 12°C Drogheda | WEATHER

Drogheda
Independent

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From [Independent.ie](http://www.independent.ie)

Cyclists are off to Wheels and Heels

PUBLISHED

11/06/2016 | 00:00



SHARE

National Bike Week returns to Louth again this summer from Saturday the 11th of June to Sunday the 19th of June with a wide range of events planned by local authorities, community initiatives and cycling groups to celebrate and promote cycling.

Fathers Day Hotel Voucher

gleneaglehotel.com/Fathers-Day

Gleneagle Hotel Killarney. Treat Your Father to a Voucher This Year!

Life Insurance Quotes

irishinsurance.ie/Life-Insurance

€250,000 cover from €17.71 / month. Get An Instant Quote in 30 Seconds.

Pat's Louth LSP Saturday Morning Coffee Cycle takes place on 18 June, 12:45pm - This event which has been planned by Louth Local Sports Partnership will start at Felda, Dublin Road, Dundalk and participants will be lead by Pat to Wheels and Heels in Ardee.

Cyclists will be rewarded with a coffee and some treats before they return to Dundalk. The total duration of this cycle from Dundalk to Ardee return is 45km and held in partnership with Cuchulainn Cycling Club and Pat's Saturday Morning Coffee Cycles.

Drogheda Independent

News

It's time to get on your bike!

Friday, 10th June, 2016 3:15pm



Jump to comments

It's going to be a busy week for Westmeath Sport Partnership (WSP) as National Bike Week approaches - this year running from June 11 to 19 next.

And there are plenty of local events for cycling enthusiasts or those who simply want to go for a spin.

The week starts in Westmeath with the 'Tour of the Lakes' sportif on Sunday, June 12 led by Mullingar Lakeside Wheelers. Great numbers are expected along to participate in the different routes catering for all levels and abilities with the Sports Partnership looking after the 30km route.

On Monday we focus on the kids, with CycleSafe and Sprocket rocket programmes. Tubberclair NS will participate in a CycleSafe event with young people from the Gateway Project tackling the Old Rail Trail cycle route from 3pm.

Tuesday sees Westmeath County council staff take to the Greenway, along with a cycle roadshow in Castlepollard.

Then on Wednesday is the main Cycle to School Day in Mullingar with seven schools participating in cycling to school and its followed up by some speed cycle around the town of Mullingar with the Mullingar Criterium Race with a lot of the big names in cycling in Ireland participating.



Also, Kinnegad Cycling club is opening up its club spin for non-members to join in and dip their feet into cycling to see if it's the sports for them; Thursday along with the Kids Roadshow in Kilbeggan in the morning, it will be followed by a 10Km Time Trail hosted by Esker cycling club and also WSP host a 'meet and spin' group from the barracks in Mullingar.

Friday sees a small change with the school's duathlon taking place along the canal with six schools taking part. On Sunday, June 19 the week finishes off with a Sprocket Rocket programme in Kilbeggan.

More information on these events and other events taking place around the country can be found on www.bikeweek.ie or on www.facebook.com/westmeathsport or call Westmeath Sports Partnership office on 044-9390208.

Bike Week Events 2016

Sunday, June 12th

Tour of the Lakes - Meeting point Army Barracks Mullingar,
Registration 8am, Start 10am
More information www.lakesidewheelers.ie

Monday, June 13

CycleSafe Schools - Tubberclair NS
Gateway Greenway Cycle - Foroige Youth Club, Start 3pm
Sprocket Rocket Mullingar - Army Barracks, Mullingar
More information www.lakesidewheelers.ie

Tuesday, June 14th

Cycle for your Lunch Westmeath County Council
Castlepollard Road Show - Westmeath Sports Partnerships

Wednesday, June

Cycle to School Day - Westmeath Sports Partnership
Mullingar Crit Mullingar Town 6.30pm
www.lakesidewheelers.ie

Kinnegad Open Spin
Kinnegad Cycling Club

Thursday, June 16

Kilbeggan Road Show - Westmeath Sports Partnership
Meet and Spin - Westmeath Sports Partnership 7pm

Esker Cycling Club 10km TT
Esker Cycling Club Kilbeggan 7pm

Friday, June 17

Bridge to Bridge Duathlon - Westmeath Sports Partnership, 10am

Sunday, June 19

Sprocket Rockets - Esker Cycling Club Kilbeggan, 10am

Mummyspages.ie

Link: <http://www.mummyspages.ie/check-out-whats-happening-across-the-country-over-the-next-few-weeks>

Date: 10/06/2016

Search MummyPages

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Check out what's happening across the country over the next few weeks



Why not make the most of the good weather by taking the family along to one or all of these really cool events happening in the next few weeks?

Whether you are looking for free fun or something a little different, you are sure to find an event below that will interest you.

3. Bike Fest

Marking the end of National Bike Week, the event takes place in St. Anne's Park, Clontarf/Raheny, Dublin 3 on Sunday, 19th June. For the last six years, Cycling Ireland's have hosted a free family festival to promote cycling for all ages, and last year over 5,000 people turned up.

For more information, [click here](#).

Get on your bike! FREE cycling festival in Dublin this June



For the last six years, Cycling Ireland's have hosted a free family festival to promote cycling for all ages, and last year over 5,000 people turned.

Every since it's first launched, Bike Fest, has been going from strength to strength, and the 2016 event will be no exception!

All the usual activities will take place, with a Sprocket Rocket Zone, Gearing Up Zone and the popular family cycle around one of Dublin's most picturesque parks.

The Cycle Safety Zone is a fun area where the young riders are put through their paces while learning how to cycle safely on the roads.



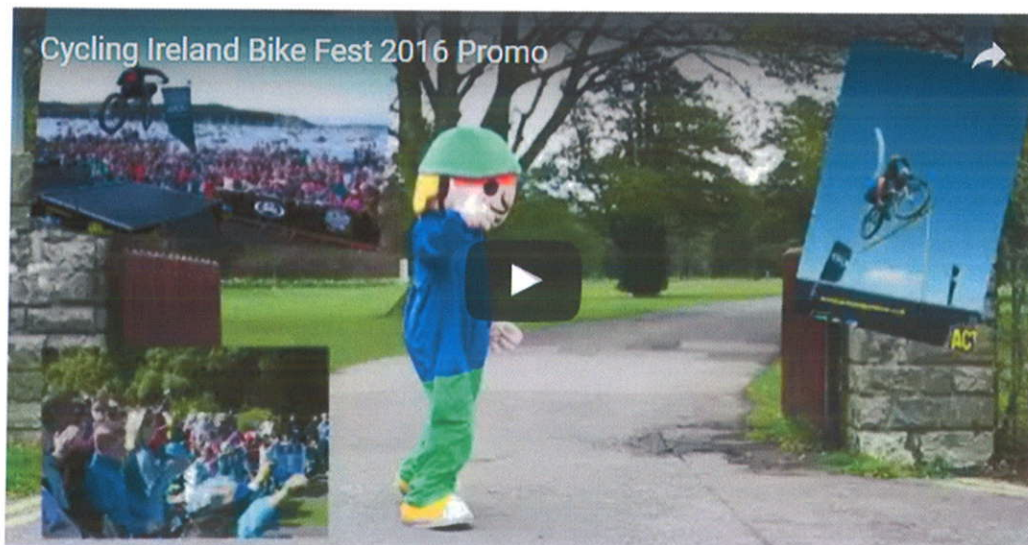
Think your child might be too young to cycle? Why not check out the Balance Bike Zone. Got a speed machine in the family? Let them test themselves in the Single Speed cycle zone. The RSA will be present with their popular simulator to help and advise on cycle safety.

Maybe you just want to sit back, soak up the cycling filled atmosphere and enjoy some of the many market stalls.

Stunt crew Savage Skills will make their Bike Fest debut this year, and they will be happy to provide some coaching to any dare devils out there too.

The event is fully insured by Cycling Ireland and pre-registration is not required; all zones are supported by fully qualified Cycling Ireland coaches and instructors. This is an opportunity not to be missed!

Marking the end of National Bike Week, the event takes place in St. Anne's Park, Clontarf/Raheny, Dublin 3 on Sunday, 19th June. For more information, click [here](#).



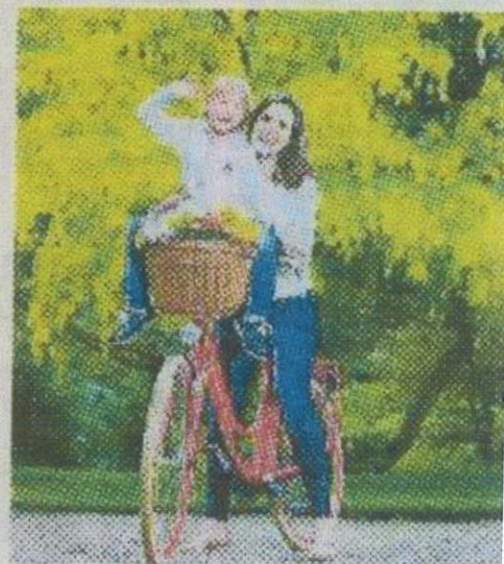
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SHARE to spread the word.

Online and in the shops

NATIONAL BIKE WEEK: Enjoy eight days on two wheels as hundreds of free cycling events take place across the country from tomorrow for National Bike Week. Alison Canavan and her son James, were at the launch of the event, held annually to promote the fun aspects of cycling as a family and with friends, as well as highlighting the health and environmental benefits of choosing cycling as a means to commute to work, to do the crèche or school run, or to run errands.



Studies have shown cycling is one of the most efficient ways to lose weight and that three hours of cycling per week can reduce the risk of heart disease by 50%. As well as being greener and low-cost, cycling is also the quickest mode of transport in an urban environment for trips up to 6km. Bike Week has events for all ages and abilities from free bike checks and family-fun cycles to school safety and cycling lessons. For more information see www.bikeweek.ie.



CONNACHT TRIBUNE



Pictured at the launch of the National Bike Week cycle in Loughrea were Janice Fuller and Brian Ó Meacháin (back), with Emma ní Mheacháin, Áine Goodwin, and Liam Ó Meacháin.

PHOTO: JAMIE CONAGHAN.



The Anglo-Celt

National Bike Week returns to County Cavan this June

Where Will Your Bike Take You?

National Bike Week 2016, which takes place annually, returns to County Cavan from

Saturday 11 to Sunday 19 June.

Enjoy eight days on two wheels celebrating and promoting all that is great about cycling. Bike Week provides an opportunity to promote cycling, and show how cycling can easily be part of everyday life by encouraging 'everyday cycling for everyone'.

Bike Week is coordinated at a national level by the Department of Transport, Tourism and Sport. For a complete listing of events taking place please visit www.bikeweek.ie.

At a local level, Cavan Sports Partnership in association with Cavan County Council, have worked closely with Cycling Clubs and Bike Stores to deliver a fun filled week of cycling events for all ages and levels of fitness around County Cavan.

This year, free bike checks and discounts are available in those cycling shops who have signed up to participate there are events for everyone including: 40 to 50k cycles, family fun cycles, time trials and women only cycles.

The week will be launched on **Saturday, 11 June** at the **Ballyconnell Community Centre** from 1pm by the Smuggler's Cycling Club who are hosting a family cycle, bike safety demonstrations, information on membership and bike safety training courses they offer.

Bike Week is a great opportunity for people to hop on their bikes and participate in some of the events taking place throughout the county. Cycling is a wonderful way to keep fit and relieve stress, whether you use the bike to get to work or for leisure. To keep an eye on all events and find details on Cavan Sports Partnership on our face book page or www.cavansportspartnership.ie.

The Anglo-Celt





National Bike Week Returns To Offaly This June

WHERE will your bike take you this June during National Bike Week, which returns to Offaly from Saturday, June 11th to Sunday, June 19th. Enjoy eight days on two wheels celebrating and promoting all that is great about cycling.

There's a wide range of events taking place throughout Offaly including a lunchtime cycle supported by Offaly Sports Partnership and the Wolftrap Cycle Club on Wednesday, June 15th

next. Meet at the Wilmer Road Car Park, Birr at 12.30p.m. A roadworthy bicycle and helmet is essential to join the lunchtime cycle. For more information, contact (057) 93 57462 or by email to sports@offalycoco.ie

Tandem cycling for people with visual impairments; supported by National Council for the Blind in Ireland (NCBI), Wolftrap Cycling Club and Lough Boora Parklands; on Wednesday, June 15th. Meet at the Lough Boora Parklands Visitor Centre at 11a.m. For more information, contact NCBI on (086) 8371937.

Birr Bike Week supported by Wolftrap Cycling Club

Tuesday, 14th and Thursday, 16th June - Couch to 60km (Aimed at adults wishing to begin or return to cycling; and kicking off a six week Couch to 60k training programme culminating in the Billy Butler Cycle on Sunday, 24th July). Meet at 6.30p.m. at Horan's Shop, Newbridge Street, Birr. For more information, contact Wolftrap Cycling Club by email to wolfftrapcc@gmail.com.

Daingean Bike Week supported by Grand Canal Wheelers

Saturday, 18th June - Kidz cycle (10+ years). Meet at 10.30a.m. at the Grand Canal Wheelers clubhouse, Daingean Town Hall. For more information, contact Grand Canal Wheelers on 86 4021113 or by email to caroline.darren@me.com.

Edenderry Bike Week supported by Team 905

Wednesday, 15th June - Novices cycle for adults. Meet at 6.30p.m. at the harbour in Edenderry. For more information, contact Team 905 on (086) 1203192 or by email to brendanlynch05@gmail.com

Ferbane Bike Week supported by Lynx Cycling Club (meet at Ferbane Business Park for all events)

Monday, 13th June - Novices cycle for adults and teenagers (15km). Meet at 7p.m.

Tuesday, 13th June - B group leisure cycle for adults (45km). Meet at 9.30a.m.

Wednesday, 15th June - Kidz Skillz. Meet at 7.30p.m.

Thursday, 16th June - Novices cycle for adults (17.5km). Meet at 9.30a.m.

Friday, 17th June - Kidz Skill. Meet at 7.30p.m.

Saturday, 18th June - Kidz cycle (8+ years and 20km). Meet at 4p.m.

Sunday, 19th June - A group spin (100km+) & B group spin (70km+). Meet at 8.30a.m.

For more information, contact Lynx Cycling Club on (086) 8505537 or by email to lynxcyclingclub@gmail.com.

Offaly Sports Partnership will also be running two Facebook competitions as part of Bike Week 2016:

1. Like our article on 'Family Opportunities for Cycling in and around Offaly' on Facebook/OffalySportsPartnership to win one of four half day family bike hires in Lough Boora Parklands

2. Share your 90 second video of #WhyILoveMyBikeOffaly to win a half day bike hire for you and three friends in Bike Park Ireland. Entrants must be over eight years of age

All of the events are organised by local authorities, community initiatives and cycling groups from throughout Offaly. For a full list of events and to join in a cycling adventure this June, log onto

www.bikeweek.ie . Bike Week not only promotes the leisure and fun aspects of cycling as a family, with friends, to sightsee...it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands. Cycling is environmentally friendly, as it cuts congestion and has zero emissions, and it is also much lower in cost than travelling by public transport or a car. If you spend as little as €1.20 daily on travel (bus fare, Luas fare or petrol) you can save €200 a year by switching to a bike.

Commuting by bike to work, college, school or just to go to the shops, is a much faster way to travel. SmarterTravel.ie estimates that approximately 400,000 people in Ireland travel four kilometres or less to work or school or college by car every day - distances that could easily be cycled. Cycling is the fastest mode of transport for journeys of six kilometres or less in urban areas; It is also a great solution to beating traffic congestion in our towns and cities imagine no more sitting in traffic jams.

Cycling as an everyday pursuit is a healthy way to travel too and it has many physical benefits. Studies have shown that cycling is one of the most efficient ways to lose weight. And, cyclists who cycle regularly are seen to be on the same fitness level to those ten years younger. Also, three hours of cycling per week can reduce the risk of heart disease by 50%! There are also mental health benefits derived from cycling. Bike Week is a fun-filled family event, as well as catering for cycling enthusiasts. There is quite literally something for all ages and ability, from free bike checks, fun cycles, lunchtime city rides, school cycling races bikes festivals and much much more, Bike Week has something for everyone. Demonstrating the social, health and environmental benefits of cycling, Bike Week is co-ordinated at a national level by the Department of Transport, Tourism and Sport. For more information, please visit www.bikeweek.ie, follow Bike Week on Twitter @BikeWeekie or on Instagram @BikeWeekie or like Bike Week on Facebook www.facebook.com/bikeweekie.

The Northern Standard

Circulating in Counties Monaghan, Cavan, Armagh, Louth and Fermanagh



Cathaoirleach of Monaghan County Council, Noel Keelan, right, with members of Monaghan Sports Partnership at the launch of their events as part of national bikeweek. In photo are (L-R) Eamon Hackett, Michelle Murphy, co-ordinator, Monaghan Sports Partnership, Jennifer Treanor, John O'Callaghan, Chairman, Malachy Marron, Sean Conlon and Noel Keelan, Cathaoirleach, Monaghan County Council.
©Rory Geary/The Northern Standard



The Corkman

A week on two wheels for Bike Week

AMY REIDY

CELEBRATE all that is great about cycling by spending a whole eight days on two wheels for the 2016 National Bike Week.

Taking place from Saturday, June 11 to Sunday, June 19, and co-ordinated by the Department of Transport, Tourism and Sport, there will be something for all of the family to enjoy with a jam packed schedule of events planned around

the county for the week.

Saturday kicks off with Operation Transportation and Safe Cycle Training. Also included on the programme is a Tour de Romance, Mystery History Cycle Tour and Lunchtime Cycle to the Park.

National Bike Week highlights how cycling is environmentally friendly, cutting congestion and reducing emissions. It is also lower in cost so abandon the old reliable and pull out that bike,



Southsiders urged to get on their bikes

A NUMBER of events are taking place on the Southside next week to mark National Bike Week.

The annual event returns to Dublin from Saturday, June 11 to Sunday, 19.

There are a wide range of events taking place throughout the capital over the eight days to celebrate and promote all that is great about cycling.

In Cabinteely Park the Pedal in the Park takes place on Sunday, June 12 while a 1916 Commemorative Cycle from the Pearse Museum in St Enda's Park, Rathfarnham takes place on the same day.

Bike Fest will be in Eamon Ceannt Park in Crumlin on Sunday, June 19 while Dublin City's Council's Bike Week Safe Cycle takes place on June 15.

All events are organised by local authorities, community initiatives and cycling groups throughout Dublin. For a full list of events and to join in a cycling adventure log onto www.bikeweek.ie.

Bike Week not only promotes the leisure and fun aspects of cycling as a family or with friends, and to sightsee, it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands.

Cycling is environmentally friendly, as it cuts congestion and has zero emissions, and it is also much lower in cost than travelling by public transport or a car. It is estimated that if you spend as little as €1.20 daily on travel (bus fare, Luas fare or petrol) you can save €200 a year by switch-

ing to a bike.

Commuting by bike to work, college, school or just to go to the shops, is also a much faster way to travel.

SmarterTravel.ie estimates that approximately 400,000 people in Ireland travel four kilometres or less to work or school or college by car every day - distances that could easily be cycled.

Cycling is the fastest mode of transport for journeys of six kilometres or less in urban areas and is also a great solution to beating traffic congestion in our towns and cities.

Cycling as an everyday pursuit is a healthy way to travel too and it has many physical benefits. Studies have shown that cycling is one of the most efficient ways to lose weight.

And, cyclists who cycle regularly are seen to be on the same fitness level to those 10 years younger. Also, three hours of cycling per week can reduce the risk of heart disease by 50 per cent. There are also mental health benefits derived from cycling.

Bike Week is a fun-filled family event, as well as catering for cycling enthusiasts.

There is quite literally something for all ages and ability, from free bike checks, fun cycles, lunchtime city rides, school cycling races bikes festivals and much more.

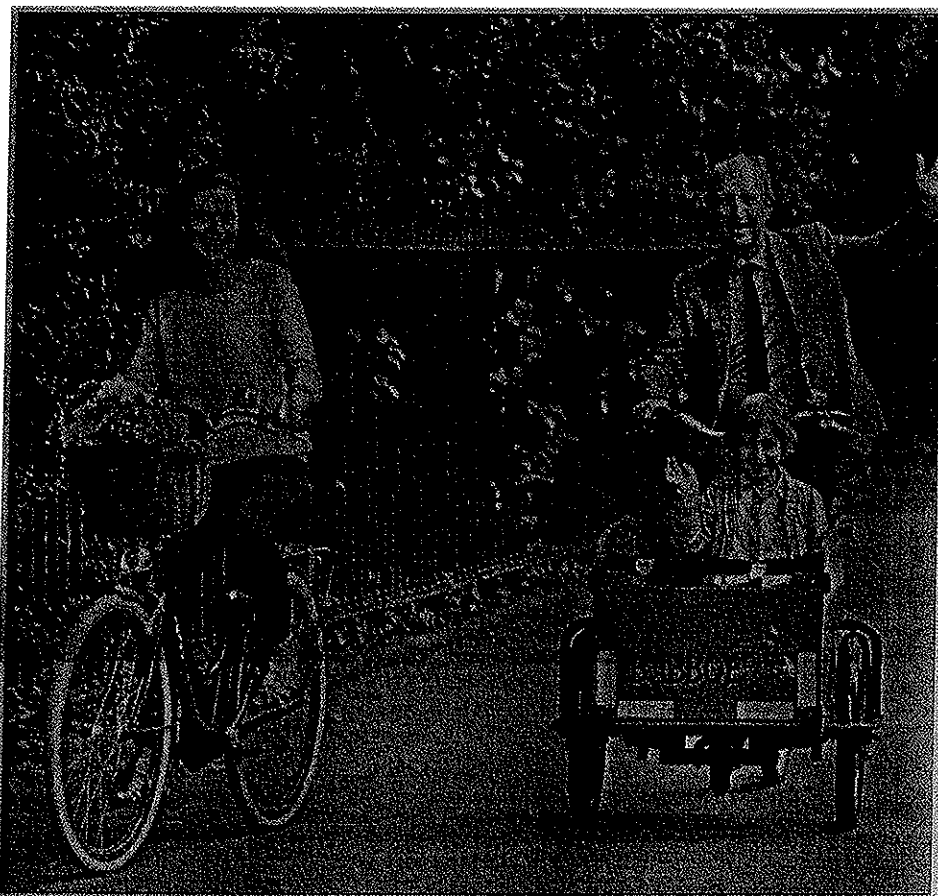
Demonstrating the social, health and environmental benefits of cycling, Bike Week is co-ordinated at a national level by the Department of Transport, Tourism and Sport.

For more information, visit

www.bikeweek.ie

Also, follow Bike Week on Twitter @BikeWeekie or on Instagram @BikeWeekie or like Bike Week on Facebook www.facebook.com/bikeweekie.

Southside People



■ Shane Ross, Minister for Transport, Tourism and Sport, and Alison Canavan and her son James launch Bike Week 2016. PHOTO: MARG O SULLIVAN



Kildare Nationalist

Get on your bike

By Noel O'Driscoll

A TWO-day bike maintenance course, a heritage cycle and a cycle picnic are among six events taking place in Co Kildare as part of National Bike Week.

National Bike Week takes place from Saturday 11 June to Sunday 19 June to celebrate and promote all that is great about cycling.

All of the events are organised by the local authority and community and cycling groups from throughout Kildare.

Athy Lions Club, in conjunction with Athy Triathlon Club, have organised two cycles, the first aimed at under 10s and the other aimed at over 10s.

The under 10s cycle will take place on the grounds of Athy Community College and the over 10s will take place around Athy. Both cycles will take place from Athy Community College between 7pm and 9pm on Saturday 11 June. For more information on this event phone 087 237 3458 or email hdowling@gmail.com.

Athy Mens Shed have organised a two-day bike maintenance course for all interested in maintaining and keeping their bike in working order.

The course will take place at the Athy Community Enterprise Centre from 10am on Tuesday 14 June to 4pm on Wednesday 15



Photo for illustration purposes only

June and booking is essential as places are limited. To book or for more information on this event phone 087 237 3458 or email hdowling@gmail.com.

On Tuesday 14 June Monaster-evin Youth Action have organised a 5km and a 10km family fun cycle around the town of Monaster-evin from 7pm to 9.30pm. For more information on this event phone 087 237 3458 or email hdowling@gmail.com. All are welcome to attend.

On Sunday 12 June Maynooth Cycling Campaign have organised a heritage cycle starting at 2.30pm from Castle-town House. This promises to be a beautiful 28km cycle along Arthurs Way. For more information on this event email deirdremcgowan@gmail.com.

The Green-Schools group in Maynooth have organised a cycle picnic in Maynooth on Wednesday 15 June between 9.30am and 2pm. All Maynooth primary school pupils are invited to partake. Cycle skills and games are organised on the day and of course, the picnic with lots of fun for all. For more information on this event call 087 942 2502 or email kmoore@eeu.antisce.org.

Finally Maynooth Cycling Campaign have organised a family cycle to Larchill Arcadian Gardens on Sunday 19 June. Starting at 2.30pm from Maynooth Town Square families will have lots to see along the 22km route. For more information on this event email deirdremcgowan@gmail.com.



Enniscorthy Echo

Safe cycling at forefront of bike week activities

WEXFORD COUNTY Council has a number of events planned to coincide with National Bike Week which takes place from June 13 to 21.

The national initiative is aimed at promoting cycling – especially with regard to it being part of a healthy lifestyle.

In conjunction with the scheme local authorities across the country will be promoting different initiatives throughout the week.

With the fine weather finally arriving there will be plenty of opportunities for people to get out on their bikes and while obviously that's to be welcomed cyclists need to exercise extreme caution when taking to public roads.

Wexford County Council has always been at the forefront of promoting safe cycling and among its Bike Week initiatives will be a Cycling Safety Signage Campaign which will take place from Saturday, June 11, to Sunday, June 19.

It already launched its 'Staying Alive at 1.5' campaign which is aimed at promoting awareness among motorists with regard to overtaking cyclists at a safe distance.

The local authority erected numerous signs throughout the county as part of that campaign.

On Sunday, June 12, a family cycling event will take place at Kilcannon, Enniscorthy, with regis-

tration taking place at 9.45 a.m. and a similar event will be held by the KBK Velo Club from St. Joseph's AFC grounds at Grove Park, Kilmuckridge, on Saturday, June 18.

That event will get underway at 10.30 a.m. and everyone in the community is encouraged to participate.

Family cycling events will form a big part of the programme of events throughout National Bike Week in Wexford with the Ounavarra Cycling Club hosting an event from Goslin's Pub, Ballycanew, on Sunday afternoon, at 2 p.m. June 12.

For the more adventurous there will be two Sportiff rides taking place from Bunclody Soccer Pavilion on Sunday, June 19. One of the routes will cover a distance of 50km while the second, longer event, will take place over 100km.

While the 'Staying Alive at 1.5' campaign has been very successful there is also an onus on cyclists themselves to adopt a responsible approach to road use.

While cycling two abreast is allowed great care should be given for surroundings and if traffic is approaching from behind the best and most courteous course of action is to cycle single-file and wave the traffic by.

Cycling is something that all members of the

family can enjoy and is one of the few healthy lifestyle activities that adults and children and fully participate in together.

National Bike Week is a very commendable initiative and Wexford County Council fully embraces it each year. With events taking place across the county there is no excuse not to get out, get active and get involved. Happy and safe cycling.

For more information log onto www.bike-week.ie

With events taking place across the county there is no excuse not to get out, get active and get involved.





The Nationalist

Get ready to saddle up for national bike week

By Suzanne Pender

CARLOW looks set to enjoy eight days on two wheels celebrating and promoting all that is great about cycling.

National Bike Week returns to Carlow from Saturday 11 June to Sunday 19 June, with a wide range of events taking place throughout the county. Bike Week not only promotes the leisure and fun aspects of cycling as a family, with friends or to sightsee but it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands.

Bike Week is a fun-filled family event, as well as catering for cycling enthusiasts. There is quite literally something for all ages and ability, from free bike checks, fun cycles, lunchtime city rides, school cycling races,

bikes festivals and much, much more.

Some of the local events taking place include cycle to school events, bling your bike, slow bicycle races, a bike maintenance and 6km fun cycle on 15 June, the seventh annual four-mile 'Ouragh Cycle' on 15 June, a cycling extreme

adventure camp from 14 to 16 June, learn to cycle on 14 June and community bike fest on 18 June and much more.

All of the events are organised by the local authority, community initiatives and cycling groups from throughout Carlow. For a full list of events, see www.bikeweek.ie.





June is Mayo in Motion walking and cycling month

Events are taking place in communities throughout the county from June 11 to 18

MAYO Sports Partnership, together with Mayo Walking and Trails Partnership, has been hugely involved in the promotion and development of walking and cycling trails throughout the county.

Membership of the partnership includes representatives from Mayo County Council, South West Development Company, Mayo North East Leader Partnership Teo, Fáilte Ireland, Mayo Sports Partnership, Community Forum and other stakeholders.

As well as details of local

community walks, a full listing of Bike Week events, taking place from June 11 to 18, can be found by logging on to www.mayosports.ie/news.

Need support to set up a walking club or group in your community?

As an addition to this year's programme Mayo Sports Partnership in association with Get Ireland Walking are rolling out phase two of the Active Community Walking Programme in six communities.

This programme aims to support the creation of vibrant

walking communities throughout Mayo. To express interest in joining phase two just contact the Sports Partnership office at (094) 9047025 or email mssp@mayococo.ie.

You can register your community group or work place for the Mayo in Motion initiative by contacting the Mayo Sports Partnership office at (094) 9047025.

Also log on to www.mayosports.ie or www.mayotrails.ie for more details or go to the Mayo Sports Partnership Facebook page.



Participants of the Men on the Move programme at Lough Lannagh in Castlebar.



Western People

National Bike Week rolls back into Mayo

Cycling: National Bike Week returns to Mayo this summer from Saturday, June 11 to Sunday, June 19. The event is a week-long celebration to promote all that is great about cycling.

There are a wide range of events involving schools and families taking place throughout Mayo, including:

The Foxford Schools and Public Cycle, June 13; the Swinford Schools and Public Cycle, June 13; the Belmullet Schools and Public Cycle, June 14; the Claremorris Schools and Public Cycle, June 15; the Ballyhaunis Schools and Public Cycle, June 15; the Ballinrobe Schools and Public Cycle, June 16; the Westport Schools and Public Cycle, June 17.

All of the events are organised by local authorities, community initiatives and cycling groups from throughout Mayo. For a full list of events and to join in a cycling adventure this June, log onto www.bikeweek.ie.

Bike Week not only promotes the leisure

and fun aspects of cycling as a family or with friends, it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands.

Cycling is environmentally friendly, as it cuts congestion and has zero emissions, and it is also much lower in cost than travelling by public transport or a car.

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National Bike Week returns to Mayo next week. There are a wide range of events involving schools and families taking place throughout the county. Visit www.bikeweek.ie for more.



Transport Minister Shane Ross had help from young James Canavan as he launched National Bike Week, which runs from next Saturday, June 11. More information is available on www.bikeweek.ie. Photo: Marc O'Sullivan



SIRRY PEOPLE FRIDAY EDITION

DONEGAL NEWS

RAY

STREET FEAST

A Street Feast will take place on Sunday 12th June from 1pm at Ray

Community Centre in conjunction with National Bike week. There will be a number of bicycles available for both adults and children if you don't have one. Families are encouraged to be at the centre for 1pm where a short cycle will take place followed by a Street Feast. Everyone is encouraged to bring their own food with them and a portable barbecue if required. The idea is to share a meal with your neighbours and get to know them better. There will be also be bouncy castles available for the children.

RAY OUTDOOR SCHOOL FOR EARLY LEARNING

The school for early learning is holding an open day on Tuesday, 21st June from 10am-12noon. Anyone interested in availing the two free pre-school years feel free to come along. Any questions and queries will be answered on the day. Feel free to contact the team on 086 4107974

Also holding a summer madness summer camp week from Monday 27th June to 1st July places must be booked with deposit paid before 17th June to secure place.

THE RAY COMMUNITY CENTRE

Is there anything you would like to see being held in the Ray Community Centre? Have your say and contact the office, speak to one of the committee members or drop a message on Facebook. If you are looking for a venue the centre has a lot to offer: spacious hall with stage area if required, other smaller rooms, fully fitted kitchen. For more information please call into the office or phone Liam on 0864519656.

MEN AND WOMEN ON THE MOVE

The very successful Men and Women on the Move programmes which have seen over 120 men and over 130 women participate in twice weekly exercise programmes is finishing now at the end of May but will resume again in September. Thanks to everyone who has helped to make it so successful from the nurses doing the free health checks, the two tutors, Ray Community Group committee members and also Donegal Sports Partnership, especially Karen Guthrie who helped fund and develop the programmes initially. A special thanks to all the participants and we look forward to welcoming you all back again in September

along with anyone new interested in joining.

COUCH TO 5K

Monday Wednesday and Friday evenings at 7.30pm and is free to join. Contact Aisling Mc Ateer on 086 3717675.

TAKE YOUR PICK

The winners of Take Your Pick on Sunday last were Charlie Barrett (senior), Brid Barrett and Aisling Hannigan. Each received €20. The Jackpot this Sunday 5th June is €725. This is in the Beachcomber Bar every Sunday night.

GENEALOGY

Are you interested in tracing your Donegal ancestors. The centre is hoping to start a 6 week Genealogy course in the September (subject to funding). Contact the Ray Community Centre on 0864519656 and leave your contact details please.



Bike Week 1916 commemoration cycle

BIKE WEEK 2016, the national promotional week for cycling in Ireland, takes place from June 11 to 19.

This year to mark the centenary of the 1916 Rising, South Dublin County Council, in partnership with Dublin City Council, is holding a very special commemorative cycle from the Pearse Museum in St. Enda's Park, Rathfarnham to Eamon Ceannt Park in Crumlin.

The cycle will mark the role that the bicycle played in the Rising as volunteers left what was Scoil Eanna on the morning of Easter Monday and made their way by bike into the city centre to participate in the rebellion.

The 1916 Commemoration Cycle will take place on Sunday, June 19th at 11.30am, preceded by a free tour of the museum and a talk by the museum curator.

At the finish at Eamon Ceannt Park/ Sundrive Park there will also be a brief talk about the role of Eamon Ceannt and Joseph Plunkett, who's family had an estate where volunteers trained at nearby Larkfield.

The cycle is free of charge and at approximately 5km in length (10km return) will be a leisurely cycle ideally suited to all levels of participants.

To register for the cycle please visit www.eventbrite.ie



ON YOUR BIKE: Thos McDermott, South Dublin County Sports Partnership co-ordinator with Cian O Lonargáin, Sheila Kelly, Antonia Martin and Gary Walsh at the launch



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ON YOUR BIKE: Thos McDermott, South Dublin County Sports Partnership co-ordinator with Cian O Lonargáin, Sheila Kelly, Antonia Martin and Gary Walsh at the launch



Families urged to join Pedal in the Park



GET ON YOUR BIKE: John and Fiona Brosnan, pictured with their children, Aolbhinn, Fionan, Oisín, and Sean Óg, at the launch of 'Pedal in the Park' which will take place during National Bike Week 2016 running from June 11th-19th.

■ Bike Week initiative includes events in Tralee, Killarney, Listowel
KERRY COUNTY COUNCIL and the Kerry Recreation and Sports Partnership, in collaboration with local cycling clubs, are inviting families of all ages to participate in a series of forthcoming Pedal in the Park events aimed at getting more families to cycle together more often.

Pedal in the Park is now in its sixth year and is part of National Bike Week which runs from June 11-19th June.

Building on the success of Pedal in the Park Killarney, the Pedal in the Parks initiative is being expanded this year to include fun cycling events in Listowel, Killarney and Tralee.

All events take place as part of National Bike

Week and are free. Online registration is now open for Listowel on 10 June, Killarney on 17 June and Tralee on 19 June.

All of the information – including times, suggested age ranges and route maps – is available on the KRSP website, www.kerryrecreationandsports.ie.

Córa Carrigg, Co-ordinator of the Kerry Recreation and Sports Partnership

said the expansion of the number of cycles this year is testament to the popularity of the Pedal in the Park concept and the popularity of cycling generally.

She said that over the years it has been wonderful to see several generations of families taking part in what is ultimately a family fun occasion and so inspiring to see parents act as such positive influential active role models for their children.

"Pedal in the Park gives both young children and adults an opportunity to jointly participate in physical activity while having fun.

"And this year, there are plenty of opportunities to take part with cycles tak-

ing place in three towns in a safe and fun environment.

"Following on from our Cycle to Work Initiative – which is also part of National Bike Week – these cycles are part of the ambition of Kerry County Council and the Kerry Recreation and Sports Partnership to promote sport, recreation and keeping fit and to do so against the backdrop of our beautiful county," said Córa.

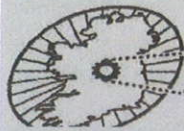
"The route in Killarney will be in the National Park; in Listowel we will be in the Town Park; and in Tralee, participants will meet at the Wetlands and cycle along the cycle path into Tralee Town Park," she added.



The Northern Standard

Circulating in Counties Monaghan, Cavan, Armagh, Louth and Fermanagh

National Bike Week returns to Co Monaghan in June



Bikeweek.ie

11th – 19th June 2016

National Bike Week, which takes place annually, returns to Co Monaghan this summer from Saturday, June 11 until Sunday, 19th.

The public can enjoy eight days on two wheels celebrating and promoting all that is great about cycling.

There is a wide range of events taking place throughout Co Monaghan including:

- Bike Week Primary School

Poster Competition May 20th to 17th June

- Four Counties Social Cycle 15th June

- Ballybay Duathlon 17th June
- Mountain Bike Skills 18th June

- Margaret Skinnider Heritage Cycle

All of the events are organised by local authorities, community initiatives and cycling groups from throughout Monaghan. For a full list of events and to join in a cycling adventure this June, log onto www.bikeweek.ie.

Bike Week not only promotes the leisure and fun aspects of cycling as a family, with friends, to sightsee - it also highlights why it is important to choose cycling as a means to commute to work, to do the crèche or school run or to run errands. Cycling is environmentally friendly, as it cuts congestion and has zero emissions, and it is also much lower in cost than travelling by public transport or a car. If you spend as little as €1.20 daily on travel (bus fare, Luas fare or petrol) you can save €200 a year by switching to a bike!

Commuting by bike to work, college, school or just to go to the shops, is a much faster way to travel. SmarterTravel.ie estimates that approximately 400,000 people in Ireland travel 4 kilometres or less to work or school or college by car every day - distances that could easily be cycled.

Cycling is the fastest mode of transport for journeys of 6 kilometres or less in urban areas; it is also a great solution to beating traffic congestion in our towns and cities imagine no more sitting in traffic jams!

Cycling as an everyday pursuit

is a healthy way to travel too and it has many physical benefits. Studies have shown that cycling is one of the most efficient ways to lose weight. And, cyclists who cycle regularly are seen to be on the same fitness level to those ten years younger. Also, three hours of cycling per week can reduce

the risk of heart disease by 50%! There are also mental health benefits derived from cycling.

Bike Week is a fun-filled family event, as well as catering for cycling enthusiasts. There is quite literally something for all ages and ability, from free bike checks, fun cycles, lunchtime city rides, school cycling races bikes festivals and much much more, Bike Week has something for everyone.

Demonstrating the social, health and environmental benefits of cycling, Bike Week is coordinated at a national level by the Department of Transport, Tourism and Sport. For more information, please visit www.bikeweek.ie, follow Bike Week on Twitter @BikeWeekie or on Instagram @BikeWeekie or like Bike Week on Facebook www.facebook.com/bikeweekie.



Waterford News & Star

Wheels turning for National Bike Week

NATIONAL Bike Week 2016 will take place from Saturday, June 11 until June 19, with a series of bike related events taking place across Waterford city as well as the county.

The events are geared toward suiting people of all ages and fitness levels and the programme will primarily target those new or returning to cycling or people who enjoy leisurely spins in the outdoors with friends and family.

All of the events taking place throughout Bike Week are free, although some are fully open to the public. A Dawn Cycle will be held in the city from the RSC at 7am on Sunday, June 12 and a week later people can participate in a 10k Family Cycle from the Carrickphierish Community Sports Hub between 11am and

2pm. On Wednesday, June 15 a Lunchtime Cycle will leave the Mall at 1pm.

Thursday 16th June: Free bike checks and minor repairs will be available at TREO in Unit 2, Block 4 of Lacken Road Business Park between 12pm and 2pm.

Bike Week is funded by the Department of Transport, Tourism and Sport and celebrates all of the benefits of cycling for both recreation and transport.

To get a full list of the events taking place during Bike Week visit www.bike-week.ie/events or www.waterfordcouncil.ie or call 0761 102682 for more details on how to get involved; with bike barbecues, bike maintenance workshops and other community cycles arranged across the city.



One of the winning entries in the recent Waterford Council-sponsored photography competition promoting bicycles, taken by John O'Connor of Waterford Camera Club.



Sports Club Notes

MAYO SPORTS PARTNERSHIP

MAYO IN MOTION WALKING AND CYCLING MONTH

MAYO Sports Partnership, in association with Mayo Trails Partnership, facilitate an annual initiative to promote walking and cycling as an enjoyable way towards a healthy and active lifestyle. In 2015 over 20 communities throughout the county participated in walks, with 16 cycling events taking place during bike week. The initiative proved to be an outstanding success with people of all ages and abilities participating.

Based on its success, a calendar of events will be once again be coordinated to promote walking and cycling during the month of June. This year national bike week takes place from Saturday, June 11, to Sunday, June 19.

The programme is promoted under the banner of Mayo in Motion Walking and Cycling Month and communities are invited to schedule walks or cycles in their locality which will then be advertised in the local media and website.

If you or your community and/or workplace are interested in participating

In this initiative, please complete a registration of events form and return it to Donal Newcombe at msp@mayococo.ie by Friday, June 3.

Also as part of this year's initiative the partnership are rolling out phase two of the community walking activation programme where we are seeking six more groups and communities who would like to get a walking club or group going in their area. It is being promoted to get communities walking. A trained facilitator will attend six sessions and provide advice and resources which will help the group become sustainable.

To find out more about the Get Ireland Walking Active Community Walking Programme contact Mayo Sports Partnership at (094) 9047025 or download an application form from www.mayosports.ie/news.

Further information on the above is available from Donal Newcombe, Mayo Sports Partnership, at (094) 9047025 or email msp@mayococo.ie.



National Bike Week

11th-19th June 2016

Bike Week is a celebration and promotion of all that's great about bikes and cycling. Held over a week in June of each year with bike themed events organised by local authorities, community groups and cycling groups throughout Ireland

Why Bike?

- Cycling is fun
- Cycling is healthy
- Cycling is low in cost
- Cycling is an adventure
- Cycling gives you freedom
- Cycling is the quickest mode of transport in an urban environment for trips up to 6kms
- 3 hours of cycling per week can reduce your risk of heart disease by 50%
- The average car produces 1.3 tonnes of carbon emissions. A bike produces none
- Cycling speed is approximately three times that of walking speed

Bike Facts

- There are approximately one billion bikes in the world (about twice as many as cars)
- Every year some 50 million bikes are produced
- There are almost 400 million bikes in China
- Air-filled tyres were used on bikes before they were used on motorcars
- The term "bicycle" first entered into popular usage in France in the 1860s
- The prototype of the mountain bike was not developed until 1977
- Twenty bikes can be parked in the same space taken up by one car
- The bike as we know it today – with two wheels of the same size – looks almost exactly the same as one from 1900
- Half of all the parts of a typical bike are in the chain
- The fastest speed ever recorded on a bike was attained by American Olympic Cyclist and

Ironman triathlon competitor John Howard, when he reached 152.2 mph in 1985

Bike Safe

- Always look and signal to show other road users what you plan to do, and make eye contact where possible so that you have been seen
- Always stop at red lights, and obey the rules of the road
- Avoid cycling up inside vehicles such as trucks, vans or buses. You will not be seen
- Always use lights on your bike when visibility is poor, and in the evening and at night
- Wear reflective or light coloured clothing when cycling during the day to increase your visibility
- We recommend you wear a fitted cycling helmet when cycling

Bike Care

- Invest in a secure bike lock and always park your bike where it is visible.
- Pump up your tyres regularly
- Check tyre pressure before you cycle
- Clean your bike chain regularly, and use a lubricant on the chain to improve performance
- Check your tyres for splits, cracks or tears, especially along the sides. Also check tyre tread for uneven or excessive wear
- Check your break pads to ensure they are in good working order
- Check the cable and surrounding rubber for cracks, rust, dirt and looseness
- If you cycle regularly, have your bike serviced about twice a year





Busy week of cycling events lined up for Bike Week

SOME of Clare's best known sporting figures have pledged their support for Clare Bike Week 2016 which takes place from June 11-19.

Chloe Morey (Camogie), Laurie Ryan (Ladies Football), David Reidy (Hurling) and Eoin Cleary (Gaelic Football) joined with representatives of Clare County Council, An Garda Síochána, Clare Sports Partnership, An Taisce Green Schools Office and the Health Service Executive (HSE) at Scoil Chríost Rí, Cloughleigh, for the launch of this year's programme of events, the theme of which is 'Be part of the Clare Team: Get on your bike'.

Funded and co-ordinated by the Department of Transport, Tourism and Sport, Bike Week has some 400 cycling events nationwide. In County Clare, the annual initiative this year features a range of events for all ages including family fun cycles, a schools awareness programme, bike fixing workshops and a Primary School Poster Competition.

Throughout Clare Bike Week, representatives of An Garda Síochána, Clare County Council and the HSE will host an Awareness Programme for students at Primary Schools throughout Ennis on a range of issues from current and proposed cycling infrastructure in Ennis (cycle parking, existing cycle road lanes, road signage and symbols and proposed project under Ennis Active Travel Town); bike theft, road safety aspects; and the health promotion benefits of cycling.

A booklet containing key messages delivered during the Awareness Programme will be made available to schools across Clare following Bike Week.

Meanwhile, 6th class students from the eleven Primary Schools in Ennis and its environs are being invited to participate in a cycling-themed Poster Competition.

The top three posters, which will be selected following a panel review by Clare County Council, HSE and An Garda Síochána, will receive a voucher for cycling accessories from one of the participating Cycle shops

in Ennis. All entries must be submitted to Gerald Fogarty, Assistant Engineer, Clare County Council, Áras Contae an Chláir, New Road, Ennis, Co. Clare no later than Monday 13th June 2016 at 5.00pm.

On Thursday, June 16 from 10.00am to 1.00pm, staff from a number of bicycle sales and service shops will be on hand at Abbey Street Carpark for a Community Bike Repair Workshop and Bike Expo.

Minor bike adjustments, brake checks and saddle height checks will be carried out by mechanics who will also offer advice on any visual safety issues observed, annual bike repairs, bike maintenance, and the importance of undertaking regular and routine bike safety inspections. The free event is aimed at encouraging children and young people to consider taking up cycling or increasing their cycling activity. Bicycles Cyclists who present their bikes on the day will be entered into a draw for a range of prizes.

On Friday June 17 from 7.00pm to 9.00pm, a Family Fun Cycle for all the community will take place along the newly constructed West Clare Railway Greenway, commencing and finishing at Cloughleigh Carpark via Active Ennis Sports and Amenity Park, Lees Road.

Light Refreshments (water and fruit) will be provided for participants at a designated point along the cycle route.

"Bike week is all about getting back on the bicycle and seeing the bike as a clean, green cheap mode of transport," said Cllr James Breen, Cathaoirleach of Clare County Council.

He continued, "There are a number of events specifically targeted at getting children and their family on their bikes and I would urge people to view www.bikeweek.ie to learn about the events taking place in Clare this year."

Gerald Fogarty, Assistant Engineer with Clare County Council's Road Design Office said the Local Authority will use Bike Week as an opportunity to promote sustainable travel options and a more cycle-friendly culture throughout County Clare.

"The introduction of people to physical activity at an early stage is important as participation in recreation is key to maintaining a healthy lifestyle.

"The completion of new cycleways and the progression of plans to develop similar projects is part of ongoing efforts to promote cycling through the installation of top class facilities and as a result, a method of encouraging greater numbers to consider cycling more regularly," he added.

"I would like to acknowledge An Garda Síochána and the HSE for their support in organising Bike Week events, and thank the Clare County Board Chairman Joe Cooney as well as Scoil Chríost Rí Principal Gearóid Roughan, his students and teachers for their participation and support in organising the launch of Bike Week," stated Mr. Fogarty.

Mary Mac Mahon, Health Promotion & Improvement Services – Midwest commented; "The HSE and Clare Sports Partnership are delighted to support National Bike Week in Clare. This week of events supports the delivery of national health policies and programmes in particular, the Healthy Ireland and national Physical Activity Plans to 'Get Ireland Active' and the Health Promoting Schools programme."

Ms. Mac Mahon added, "The health benefits of physical activity are well established, and the HSE encourages everyone to take part in national Bike Week in Clare. Further information is available at www.gettingirelandactive.ie or to find out what's happening in Clare, contact Clare Sports Partnership at 065 -6865434 or email claresportspartnership.ie."

Superintendent Brendan McDonagh said the Clare Garda Division will be utilising Clare Bike Week 2016 to reinforce key bike safety messages.

"It is important that all cyclists make sure their bicycles are regularly examined to ensure they are in good working order and safe. People should never cycle without the use of proper safety equipment such as a helmet or reflective clothing. Cyclists should always be aware of their sur-

ClarePeople

roundings, traffic and road users, and should use cycle lanes where possible," he said.

Superintendent McDonagh added, "People should always secure their bicycle properly with a proper lock as well as take a picture of their bike and identification number in the event of their bike ever being stolen."

Full details regarding Bike Week 2016 events taking place in County Clare are available from www.bike-week.ie / www.clarecoco.ie.

Minor bike adjustments, brake checks and saddle height checks will be carried out by mechanics who will also offer advice on visual safety, bike maintenance, and the importance of undertaking regular and routine bike safety inspections. The free event is aimed at encouraging children and young people to consider taking up cycling.



Left: Scoil Chríost Rí students Carissa, Alex and Daniel with David Reidy at the launch of Bike Week.

Natasha Barton

ClarePeople



Above: Scoil Chríost Rí students Carissa, Alex and Daniel with Chloe Morey and Eoin Cleary at the Bike Week launch.

Natasha Barton

On yer bike - national bike week is near

Published 28/05/2016 | 00:00

Did you know that 3 hours of biking per week can reduce your risk of heart disease by 50 percent? Or that cycling speed is approximately three times that of walking speed? Well, these are just some of things to ponder on as Kerry County Council and Kerry Recreation and Sports Partnership call on workplaces to participate in the 2016 'Cycle to Work Challenge' which aims to get people onto their bikes and cycling to work more often.

National Bike Week runs from June 11 to 19 when businesses are asked to encourage their employees to take part in the challenge. So far this year a number of businesses and organisations have already signed up including Killorglin-based Astellas, the Health Service Executive, the Institute of Technology Tralee and Kerry County Council.

"We are asking companies to encourage their employees to cycle to work, even just for one or two days. Even if it's only parking up somewhere en route and cycling the rest of the way, that's a start," explained Córa Carrigg of Kerry Recreation and Sports Partnership.

So it's very much a case of 'on your bike!' For more information, call 066 7184776. E-mail: info@kerryrecreationandsports.ie and www.kerryrecreationandsports.ie

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