



Alive on Two Wheels

A celebration of cycling. Come and meet some cycling clubs and take part in taster cycling activities. Fun for all the family!

At **Alive Lynnsport** (Indoor Barn/Track)
Saturday **23rd April 2016, 10am - 4pm**

Come and find out all you need to know!
More detail at www.cyclewestnorfolk.org.uk
Or from Alive Sports Development on 01553 818015

Alive
sports development



Come and join us at Alive Lynnsport on **Saturday 23rd April** and meet members of many of the cycling clubs from around West Norfolk, as well as British Cycling, local cycle shops and the County Council Road safety team.

If you are already a keen cyclist and want to meet like-minded people, if you're returning to cycling after a long break, or even a complete beginner, there will be something for everyone!

Learn about bike maintenance, the best way to keep your bike secure, safety on the roads, as well as a chance to try out different bikes from local suppliers.

Come and meet representatives from:

- Go Ride
- Cyclists' Touring Club (CTC)
- Sandringham and West Norfolk Cycle club
- Kings Lynn Cycling Club
- King's Lynn Mountain Bike Club
- BUG (Bike Users Group)
- Cycle Together Sandringham
- The Samaritans Bike Ride
- The Shed Skatepark Lynnsport-Freestyle BMX

There will be plenty of opportunity to join in:

- 2 led bike rides around King's Lynn with BUG at 12.30pm and 2.30pm
- Freestyle BMX demonstrations and workshops in the Shed from Team Riders 3.00-4.00pm
- Freestyle BMX only in the Shed 4.00-6.00pm
- Fun activities with GO RIDE, for adults and children, on the track (*or in the Barn if wet*)- with prizes!

**Get into Cycling and Come
ALIVE on Two Wheels!**



Alive on 2 Wheels is organised by the West Norfolk Sports Council with support from local cycle organisations and Alive Sports Development.