## WATERFOR **BIKE WEEK EVENTS**









12th-18th SEPT 2021



**DON'T FORGET YOUR HELMET!!** 



**Contact: Brian** T. 086 0201219 E. boneill@waterfordsportspartnership.ie Monday 7:30pm - 8:30pm **By Zoom** 

**Online Bike Maintenance Webinar** 

Free Event. 60 minute Webinar, Bike maintenance kits sent pre Webinar. Registration essential on www.eventbrite.ie

> **Contact: Peter** T. 087 1015130 E. pjones@waterfordsportspartnership.ie

**MONDAY Local Schools** 

**BALANCE BIKE BONANZA** 

**West Waterford** 

**Free Event for West Waterford Schools Junior/Senior infants** 

(30 mins) delivered by tutor. **Contact: Peter** 

> T. 087 1015130 E. pjones@waterfordsportspartnership.ie

Online Online Balance

Free Event. Short interactive videos to help you to develop your child's fundamental move skills as well as improving their cycling ability. All you need is a well maintained balance bike & helmet! Registration essential on www.eventbrite.ie

Bike Programme

**Contact: Peter** T. 087 1015130

E. pjones@waterfordsportspartnership.ie



**Contact: Peter** T. 087 1015130 E. pjones@waterfordsportspartnership.ie **MONDAY** Online

**South East Spin** 

Partnerships, 30K spin challenge for each County,

**Contact: Peter** T. 0871015130 E. pjones@waterfordsportspartnership.ie MONDAY

8.30am-3pm **Waterford City** 

**TREO Free Bike Check Up** 



Free Event. Want to know if your Bike is road worthy? Free Bike Check and Free Minor Repairs with Renev Enterprises. Contact Keith on 089 2436006 for further information

**Contact: Brian** T. 086 0201219 E. boneill@waterfordsportspartnership.ie TUESDAY

**MONDAY** 

From 8.30am drop off and collect at 5.30pm

**Dungarvan RFC** 

**Park and Pedal to Work (Bike Hire Included)** 

Car Park zone set up 3km outside town. Registration essential on www.eventbrite.ie

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TUESDAY From 8:30am drop off and

collect at 5.30pm

**Dungarvan RFC Park and Pedal to Work (Bike Hire not included)** 

Car Park zone set up 3km outside town. Registration essential on www.eventbrite.ie

> **Contact: Peter** T. 087 1015130 E. Pjones@waterfordsportspartnership.ie

TUESDAY 6pm-7.15pm

Walton Park, Dungarvan

**Adult Social Cycle** 

Would you like to give cycling a go? Join us for a relaxed leisure cycle on the Greenway. Registration essential on www.ev

> **Contact: Peter** T. 087 1015130 E.pjones@waterfordsportspartnership.ie

Tuesday 11am-11.45am & 6.30pm-7.15pm

Cappoquin AFC

Turbo Training **Cycling Session** 

Free Event. 1 x 45 minute turbo taster session. Registration essential on www.eventbrite.ie

> **Contact: Peter** T. 087 1015130

E. pjones@waterfordsportspartnership.ie

Wednesday 12:45pm - 2pm

Walton Park, Dungarvan

LUNCHTIME CYCLE

Free Event, A leisurely lunchtime cycle to Dungaryan Greenway

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## WATEREOR BIKE WEEK EVENTS









12th-18th SEPT 2021



**DON'T FORGET YOUR HELMET!!** 

Wednesday 12.45pm - 2.00pm Meet at the House of SEPT Waterford Crystal, The Mall, Waterford LUNCHTIME **CYCLE** 

Free Event for over 16's, 6km Picnic Cycle via Green Route to Bilberry and on to the Greenway. Must use own Bikes and helmet, light lunch provided on the day. gistration essential on www.eventbrite.ie

Contact Jemma 087 214 2385

WEDNESDAY 5pm-6.30pm

**Waterford City-Regional Sports Centre (RSC)** 

YOUTH GROUP CYCLE **NATERFORD CITY** 



Free Event. Free guided 10K Cycle around Waterford City for teenagers (13-17 year olds). Bikes and helmets provided.

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WEDNESDAY 6pm-7.15pm

Coach House Car Park, Kilmachthomas

**Adult Social Cycle** 



Would you like to give cycling a go? Join us for a relaxed leisure cycle on the Greenway Registration essential on www.eventbrite.ie

**Contact: Peter** 

T. 087 1015130 E.pjones@waterfordsportspartnership.ie WEDNESDAY 11am-11.45am & 6.30pm-7.15pm

**Lismore Community Centre** 

**Turbo Training Cycling Session** 



Registration essential on www eventhrite ie

T. 087 1015130

Thursday & Saturday

2pm-3pm 10am-11am Cappoquin AFC

LEARN TO CYCLE

Free Event. Small group sessions on a 1:2 basis with Teacher/After School Parent at 15 minute intervals.

> **Contact: Peter** T.087 1015130 E. pjones@waterfordsportspartnership.ie

**Thursday & Friday** 

16/17 9.30am - 1.30pm Regional Sports Centre (RSC)

**RSC Schools Cycling Festival** 

Free Event. Invite Only. For 6th Class students who completed cycle training in 5th class with our cycling tutors

Contact Jemma 087 214 2385

**THURSDAY** 11am-11.45am & 6.30pm-7.15pm

**SATURDAY** 

Waterford City -

11.30am-1.30pm

**Cycle Tour** 

**Regional Sports Centre (RSC)** 

**Waterford Wa**lls

**Turbo Training Cycling Session** 

Free Event. 1 x 45 minute turbo taster session. Registration essential on www.eventbrite.ie

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Free Event, 1 x 45 minute turbo taster session.

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Villierstown Community Centre

YOUTH GROUP CYCLE

THURSDAY

5pm-6.30pm

Free Event. Free guided 10K Cycle around Dungarvan for teenagers (13-17 year olds). Bikes and helmets

Walton Park, Dungarvan

**Contact: Brian** T. 086 0201219

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**THURSDAY** 

7.15pm-8.30pm

**Greenway Car Park** at Durrow

**FAMILY NIGHT CYCLE** 

Free Event. Experience a Family Cycle (over 12's) on the Greenway as Dusk settles. Free front and back lights fitted on all bikes for registered participants before the cycle. Registration

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7.15pm-8.30pm

Waterford City -**WIT Greenway Car Park** 

**FAMILY NIGHT CYCLE** 



Free Event. Experience a Family Cycle (over 12's) on the Greenway as Dusk settles. Free front and back lights fitted on all bikes for registered participants before the cycle. Registra ential on www.eventbrite.ie.

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Free Event. Take a guided cycling tour of the magnificent Waterford Walls Street Art Murals and find out the meaning behind some of the Murals. Bikes and Helmets provided. Participants must be over 14 years of age.

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**SATURDAY** 6AM

Meet at the House of Waterford Crystal, The Mall, Waterford

DAWN CYCLE

Free Event for over 16's. Leaving The Mall, Waterford City to cycle to Tramore and watch the sunrise. F

Contact Jemma 087 214 2385

For more information, please visit www.waterfordcouncil.ie www.bikeweek.ie Bike Week is funded by the Department of Transport