

PRESS RELEASE

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For immediate release



Get cycling this summer. Colne Cycling Campaign shows the way

With summer upon us (despite what the weather might suggest) a Colne cycling group is putting on a show to help everyone get on their bikes. Colne Cycling Campaign hosts a promotion day on Saturday [23 June] with events and information outside Colne market from 10 am.

As part of the national Bike Week event, you will be able to find out about local cycling routes, have your bike checked over by a mechanic, and have it postcode marked by the police to help keep it safe.

Nathan Fox of Fox's cycles will be on hand to show you how to fix a puncture, keep your brakes and gears adjusted and generally take care of your bike.

The Campaign's chair Steve Lax said:

'We're hoping people will come along and find out what they can do and where they can go with their bikes round Pendle. There'll be plenty of information and a chance to meet people who cycle regularly round here.

'It may be surprising to most people, but there are more bikes than cars in this country. A lot of them perhaps don't get ridden so much for day to day cycling and we're hoping to show how they can be used for short trips around town as well as wider afield on the quiet roads and tracks around the area.'

Last weekend the group led a family cycle ride on back roads and cycleways between Colne and Nelson, returning along the canal towpath with a stop at Barrowford park. In all, 25 riders, half of them children, took part, showing that it is possible to cycle around Pendle's towns without using the busier main roads.

[ENDS]

Notes:

1. The cycling promotion day is advertised on our website at www.colnecycling.org.uk/promotion.htm.
2. Colne Cycling Campaign's aim is to make cycling better in Colne and to improve access between the town centre and the surrounding countryside. More at www.colnecycling.org.uk.
3. Details of National Bike Week, an annual event, are at <http://www.bikeweek.org.uk>.