

Sunday 21 May 2017 Wheels for All Accessible Community Bike Ride



As part of 'Ride Rochdale' the cycle sportive for women, Link4Life are offering an opportunity for disabled people to try out a variety of accessible cycles. The day is about showing how biking is available for everybody and ability is no barrier.

National organisation Cycling Projects with Link4Life Rochdale Wheels for All will provide a broad range of bikes to go out for a led ride. Bikes provided will be accessible to all abilities including wheelchair bikes, three wheelers, arm powered bikes and duet bikes. We'll also have two wheeler bikes if you want to make it a family and friends ride.

Cost and Booking

Rides are FREE...no need to book... just turn up. You'll also get a goody bag!

Rides

Rides will leave every half hour starting at 10am. There'll be a choice of routes including the running track at Kingsway and Sir Isaac Newton Way which has designated cycle ways. Either ride will be very safe offering an opportunity to get familiar with bike and test those legs & arms. The last ride will go at 3.30pm.

Information

During the day you'll be able to speak to lots of cycling experts about where you can continue cycling how you can progress and what types of bikes are available.

Venue

Kingsway Park Sports Centre
Turf Hill Rd
Rochdale
OL16 4XA

Car parking is free with a parking attendant to direct you. When you arrive go to the information desk for Cycling Projects to give your details, meet your ride leader and have a look at the bikes. Once you have chosen your bikes it's time to ride.

Accessibility

A mobility hoist is available on the day and will be operated by qualified staff members. If you require a sling or slider board please can you bring this with you. There's an accessible toilet and accessible changing room with hoist and changing bed in the sports centre.

Clothing

Please wear suitable clothing for cycling for example clothing that will not get trapped in wheels or chains and suitable clothing according to the weather including the passenger. Please remember if a person has a disability they may be prone to getting colder quicker.

Food and Drink

Drinks and Food will be available for purchase at the event

To find out more about the bikes available on the day please follow this link

<http://cycling.org.uk/wheels-for-all/>

Frequently Asked Questions

Can wheelchair users ride the bikes?

Yes. We have bikes that you can transfer into which you can power with your arms. We also have bikes that you stay in your chair and ride.

Do I have to be fit to ride these bikes?

No not at all. You can choose whatever distance you want to ride. The running track offers very short distances the cycle ways on Sir Isaac Newton offer longer rides.

Can I ride if I have a learning disability?

Absolutely. You can either ride on a tandem bike or get on your own. We'll match a bike to your ability.

Do I have to be an experienced rider?

No not at all. These bikes are designed to allow anybody to cycle regardless of ability. Many of the bikes have 3 wheels so are very stable.

Will it be safe?

Yes very safe. Rides will be lead by an experienced cyclist and will be in safe environments.

Will I be able to do short rides?

Yes. The running track provides that option.

Can I ride if I am blind?

Yes we have tandem/duet bikes.

If you would like more information please contact Link4Life Disability Programme Manager Graeme Hill on graeme.hill@link4life.org or 01706 926203.

Link4Life



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Have a great day!