



BIKE
WEEK
2015

enjoy the ride

Saturday, April 25 – Sunday, May 3

www.mackay.qld.gov.au/bikeweek2015



Queensland
Government



Mackay REGIONAL COUNCIL

Active Towns

A key initiative of the Queensland Government and Mackay Regional Council's Active Towns project.

SPONSOR *shout out*

Thank you to our wonderful sponsors for helping us to provide a fantastic line-up of free events to celebrate Bike Week!



A WORD *from the Mayor*



By June 30, our Active Towns program (a jointly funded initiative with the Queensland Government) will have invested \$6 million over three years on shared pathways plus programs and activities to get more people walking and cycling for fun, fitness and transport.

The new pathways include sections of the Bluewater Trail, the Cross City Link (running down the old rail corridor from Archibald to Victoria Street) and the missing link, under the Bruce Highway at the Gooseponds. Once fully complete, a total of seven kilometres of new shared pathways will have been constructed.

This Bike Week program details all of the events and activities, most of them free, that will be running during the week, offering so many opportunities for you to get out and explore the new and existing pathways. Whether you're a recreational rider, regular rider or you haven't been on a bike for years, Bike Week has something for everyone!

I would like to also take this opportunity to thank the local businesses who are sponsoring Bike Week. Their contribution to this event and the local community is what makes these types of activities possible and creates a great sense of community. Please support these local businesses as they support our community.

Cycling has many benefits including personal health and fitness, reduced traffic congestion and pollution, increased social interaction and an enhanced sense of community safety. So I encourage you to get on your bike this Bike Week and enjoy our wonderful Mackay region. **#MackayPride**

Cr Deirdre Comerford
Mayor of Mackay Regional Council

Great value health cover to suit your lifestyle and budget



Call us to discuss which cover best suits your needs

07 4957 8188

www.westfund.com.au

Visit us at: 24 Sydney Street, Mackay QLD

WELCOME TO

BIKE WEEK 2015

enjoy the ride

Bike Week is held each year to pedal the message of getting more people cycling more often. For 2015, the Mackay region will be celebrating with a great range of free events and activities to encourage people of all ages, sizes and cycling abilities to get on your bike!

Bike Week also provides you with the perfect opportunity to explore our beautiful city by bike and to experience for yourself how easy and enjoyable cycling can be. Mackay's expanding network of shared paths are giving people a safe and convenient way to ride, whether that's to work, the shops, school, to visit friends or just for fun.

contents...

- 1** > cyclefest mackay – powered by Westfund Health
- 3** > Weekly Social Riding Groups
- 5** > Free Community Monthly Bike Ride
- 6** > Bike Mechanics
- 7** > City Cycling Circuits
- 8** > Brekkie Ride
- 9** > Mums and Bubs Morning Ride
- 10** > Corry Cycles Roller Derby
- 11** > Superhero Community Ride
- 12** > Ride and Seek Photo Competition
- 13** > Adult Cycling Confidence Education Program – Expressions of Interest
- Back cover** > Calendar of Events

CYCLEFEST MACKAY

powered by Westfund Health

Sunday, April 26 > 8am - 12pm > Bluewater Quay > Free entry!

The flagship event of Bike Week 2015, the inaugural **cyclefest mackay** powered by Westfund Health will offer something for everyone! No matter your age or level of experience, if you love being on a bike or want to get back on your bike – **cyclefest mackay** is the place to be.

Discover the many different cycling styles, the local services and businesses that support cycling and the various benefits of jumping on your bike.

Check out these great stalls at **cyclefest mackay**
- powered by Westfund Health:

- > Westfund Health
- > Amart Sports
- > Corry Cycles
- > Bicycle Connection
- > Mackay Cycles
- > Pro-lite
- > Mackay PCYC
- > Bicycle Queensland
- > Queensland Police Service
- > Mackay Cycling Club
- > Walkerston BMX
- > MAD Mountain Bike Club
- > Smiling for Smiddy
- > River2Reef Ride
- > Work + Play Therapies Sports Massage

Get geared up for some exciting family friendly entertainment with the...

EXPRESSIVE BIKES

stunt show

Performance schedule:

8.30am, 9.30am, 10.30am & 11.30am

The Expressive Bikes demo team will perform their exciting show featuring amazing bike handling and daring stunts.

FUN FOR THE *whole family*

- > Free jumping castle
- > Free popcorn
- > Unicycling clowns
- > Food stalls
- > Free kids activities
- > Live radio broadcast on Zinc 101.9

- > Prizes and giveaways on the day – including the chance to win a girl's bike and a boy's bike
- > Ride to **cyclefest mackay** for a free bike check at the Amart Sports stall



sponsored by:



AMART
SPORTS



BICYCLE
CONNECTION

WEEKLY SOCIAL

riding groups

Social riding groups are a great way to meet new people, build cycling confidence and have fun outdoors – all for free. Rides are taking place every week (weather permitting), and cater for all ability levels.

New riders are welcome to join these groups any time, so why not jump on your bike and go for a spin!

Saturdays

Saturday Social Rides > 6.30am

Meeting point: Metro Café, River Street

Ability levels: **Team Caffeine** (beginner-intermediate) > 15-20km/h. **Team Tour de Latte** (intermediate) > 25km/h. **Team Slipstream** (intermediate-advanced) > 30km/h. **Team Titanium** (advanced) > 35km+/h.

SPECIAL SATURDAY RIDE *for Bike Week*

May 2 > Bring a Friend > 6.30am

Regular riders are encouraged to bring a friend and all new riders are encouraged to have a friend join them.

Meeting point: Metro Café, River Street



Sundays

Sunday Lazy Riders > 7am > beginner-intermediate

Held every second Sunday (including May 3 during Bike Week)
– stay for breakfast after the ride!

Meeting point: Bridges Café, Bluewater Quay

Sizzle'n Sausage Sunday Sesh* > 6am > beginner-advanced

Mountain bikers of all abilities are welcome to come out for a ride, held every Sunday and followed by a sausage sizzle from 8.30am.

Meeting point: Rowallan Mountain Bike Park, Glendaragh Road, Farleigh

Wednesdays

Bicycle Belles > 6am > beginner-intermediate

A social riding group just for ladies, held every Wednesday.

Meeting point: Bicycle Connection, 20 Victoria Street, Mackay

Mountain Bike (MTB) Night Ride* > intermediate-advanced

Meets every Wednesday to ride the trails – lights on bike and helmets are a must!

Meeting point 1: Corry Cycles, 5 Kay Court, North Mackay, 6pm

Meeting point 2:

Rowallan Mountain Bike Park, Glendaragh Road, Farleigh, 6.30pm

Thursdays

Thursday Night Social Ride > 7pm > beginner-intermediate

A weekly evening get together for a ride and catch up, on each Thursday.

Meeting point: Metro Café, River Street

*MAD MTB or MTBA membership is required to use the trails and \$2 park entry fee.
Why not take advantage of the 2 MONTHS FREE MTBA membership for new members?
Visit www.mtba.asn.au/join



FREE COMMUNITY *monthly bike ride*

Sunday, April 26 > 8 - 10am > Bluewater Trail East > Free entry!

Meeting point: Bluewater Quay, Brisbane Street end

Registration open: 7.15am

These regular bike rides are for young and old alike, with families, couples and individuals all welcome. The aim of the ride is to provide a safe, inclusive environment for people to enjoy the outdoors, be physically active, improve confidence when cycling and meet new people.

Each ride has a leader, with routes no longer than 15km on paths and quiet streets. All ages and abilities are welcome. Helmets must be worn by every rider and children under 12 years of age must ride with a parent/carer.

The community bike rides take place on the last Sunday of the month at various locations.

Check council's website for more details at:
www.mackay.qld.gov.au/activetowns.



BIKE *mechanics*

Tuesday, April 28 > 7pm
Corry Cycles, 5 Kay Court, North Mackay
Free entry!

Join the team at Corry Cycles for a workshop and have all your basic mechanical questions answered! We'll cover:

- > Basic mechanics
- > How to change a tyre
- > How to tune your gears
- > How to wash your bike

All are welcome and RSVPs are essential!
 Please RSVP to Corry Cycles at sales@corrycycles.com.au

AMART
SPORTS

GOLDCROSS
cycles

**We want to complete a quick friendly
 safety check of your bike.**

What will we look at?

- ✓ **Brakes are in safe working order.**
- ✓ **Drive train in working order .**
- ✓ **Handlebars and stem checked for safety.**
- ✓ **Tyres in good condition and at correct pressure.**
- ✓ **Wheels are true.**

MACKAY (07) 4942 4777
 Heaths Rd, North Point Retail

CITY CYCLING CIRCUITS

a ride to work initiative

This is a new program that offers the opportunity to ride to work in the Mackay City Centre with a local who currently rides to work. These locals have the experience and knowledge, and they are ready to pass it onto you – free!

Locals will ride into the Mackay City Centre with anyone wanting to join them on the same day for four weeks, starting during Bike Week, to support you and show you how easy it can be to ride to work.

Route maps showing the day, times and pickup points for suburbs listed below are available on council's website at

www.mackay.qld.gov.au/ride2work.

Routes will include pick up points in the following suburbs:

Route 1 > Andergrove, North Mackay

Route 2 > Ooralea, West Mackay

Route 3 > Rural View, Beaconsfield, Mount Pleasant

Route 4 > South Mackay

Route 5 > Glenella, Mount Pleasant, North Mackay

The thought of riding to work can be daunting. To help you do the "leg" work, the City Cycling Circuits program will help you to find the best route to beat the traffic, and get an idea of the timing so you won't be late to work.

To prepare yourself for riding to work, there is also plenty of useful information at www.ride2work.com.au and www.bq.org.au. Have a read, check the council website and plan to join your local ride this Bike Week.





BREKKIE *ride*

Wednesday, April 29 > 6.30 - 8am > Bluewater Quay

Cycle in to Bluewater Quay on your way to work on April 29 and pick up a **FREE** breakfast for your efforts. Take the time to sit and enjoy the blue river views before starting on your work day, or do a grab and go for an early start to the day.

For catering purposes, registration is required by close of business Monday, April 27.

To register, visit
www.mackay.qld.gov.au/bikeweek2015.



MUMS AND BUBS

morning ride

Wednesday, April 29 > 10 - 11.30am > Gooseponds > Free entry!

Meeting point: Car park at the end of Willis Street, North Mackay

This weekly riding group has been designed as a way for Mums, with kids who are not yet at school, to socialise and be active with their child/children in tow. Depending on the age and ability of your child, they can either ride alongside you or catch a lift in a bike seat or bike trailer.

The ride will take place at the Gooseponds every Wednesday, starting during Bike Week. The Gooseponds is a great, safe location for young children to gain confidence to ride a bike or a scenic location for the kids to just enjoy the ride.



Bring a picnic rug and some snacks from home to enjoy at the playground after your ride – the kids can have a play while Mum catches up with friends new and old.

Check council's website for more details at www.mackay.qld.gov.au/activetowns.





CORRY CYCLES

roller derby

Friday, May 1 > 7pm > McGuires Hotel, 17 Wood Street, Mackay

Cost: \$5 to enter, free to watch

RSVP: To Corry Cycles at sales@corrycycles.com.au

What is roller derby you ask?

Great question.. it is a bike race that is stationary. Two bikes are balanced on rollers side by side, the rollers are connected to a timing system on a large analogue clock with a hand for each rider representing their distance travelled. The two riders then ride as fast as they can in the hope that their clock hand will reach the finish line first!

Bring your friends and family along for a race and to watch the fun!



SUPERHERO

community ride

Sunday, May 3 > 7.45am for 8am start
Bluewater Trail > Free entry!

Start location: Mackay Regional Botanic Gardens,
 car park opposite Mackenzie Street

Finish location: Caneland Park, next to Bluewater
 Lagoon

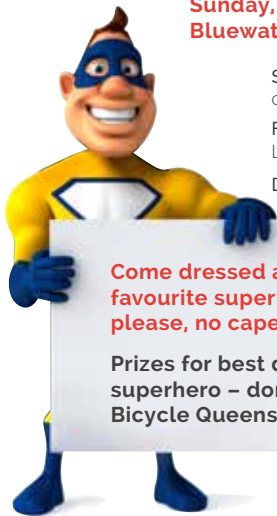
Distance: 5km

**Come dressed as your
 favourite superhero but
 please, no capes!**

**Prizes for best dressed
 superhero – donated by
 Bicycle Queensland.**

Join the Police men and women who fight crime every day in our local community for a ride along the Bluewater Trail.

Free bike engraving by Queensland Police at the finish point.



RIDE AND SEEK

competition

Competition closes 5pm Wednesday,
May 6 > Free entry!

Explore the Mackay region on your bike, with the chance to win great prizes! **How to enter:**

1. Ride around Mackay seeking out the answers to the clues below.
2. Take a photo of your bike with each answer.
3. Send your answers with your name and phone number to **active.towns@mackay.qld.gov.au** by 5pm Wednesday, May 6.

The winning photos will be posted on council's Facebook page and winners will be notified by email. **Happy hunting!**

Bring your friends and family along for a race and to watch the fun!

CLUE 1

Octopus or mangrove root,
Rusted iron or weathered steel,
Close by the way that you can scoot,
When you're on your spinning wheels.

CLUE 2

When you shop there you'll be near,
The place and if you look, my dear,
You will see the white/red sphere,
It's near the river Pioneer.

CLUE 3

Go past the place that makes you well,
The fishing's great or so they tell,
When at the bridge that's now cut short,
It's the place where fish are caught

CLUE 4

With your faithful friend,
To the north side wend,
To share a joyful run,
And fetch is so much fun!

CLUE 5

Have a whale of a time,
And throw in a line
Or stop for a snack,
And see the rib rack.

CLUE 6

Where trees and plants and butterflies live,
And the banyan tree its shade does give,
There children laugh and play and sing,
Stop right there! Enjoy a swing.

For the full terms and conditions,
please visit www.mackay.qld.gov.au/bikeweek2015.



ADULT CYCLING CONFIDENCE EDUCATION PROGRAM

expressions of interest

Active Towns is seeking expressions of interest to take part in a cycling confidence building course. The details for the course are:

- > Cost: \$30pp (for PCYC insurance)
- > Venue: PCYC, North Mackay
- > Slow paced course on quiet streets and pathways
- > 4 x 1 hour sessions held over 4 weeks
- > Austcycle accredited coach
- > Small group sizes (max 6 per group)
- > Bring your own bike or bikes can be provided

To register your interest, please complete the form on council's website at www.mackay.qld.gov.au/bikeeducation.

Please note:

You will be contacted if you submit this form, but there is no obligation to participate.



BIKE WEEK DOESN'T HAVE TO END HERE!

There are so many opportunities to get out and about for a ride in our region.



Electronic versions of maps of places to ride can be downloaded from www.mackay.qld.gov.au/ridesoftheregion

A QR code scanner can be downloaded from Apple App Store or Android Market.

For information on more opportunities to ride, please visit www.mackay.qld.gov.au/activetowns.



BIKE WEEK

enjoy the ride

Saturday, April 25 – Sunday, May 3

www.mackay.qld.gov.au/bikeweek2015

CALENDAR *of events*

Date	Time	Event/Activity
Sunday, April 26	6am	Sizzle'n Sausage Sunday Sesh
	7:15am	Free Community Monthly Bike Ride
	8am	cyclefest mackay – powered by Westfund Health
Tuesday, April 28	7pm	Bike Mechanics
Wednesday, April 29	6am	Bicycle Belles
	6.30am	Brekkie Ride
	10am	Mums and Bubs Morning Ride
	6/6.30pm	Mountain Bike (MTB) Night Ride
Thursday, April 30	7pm	Thursday Night Social Ride
Friday, May 1	7pm	Corry Cycles Roller Derby
Saturday, May 2	6.30am	Saturday Social Ride – Bring a Friend
Sunday, May 3	6am	Sizzle'n Sausage Sunday Sesh
	7am	Lazy Sunday Riders
	7.45am	Superhero Community Ride

Ride and Seek Photo Competition – closes May 6



Queensland
Government



Mackay
REGIONAL
COUNCIL

Active Towns