

the great taranaki Wild West ** February 2010 ** bikefest



summer of cycling
Events guide

Get onto it!

North Taranaki Cycling Advocates (NTCA)

The NTCA aim to look after the interests of commuter cyclists in the North Taranaki area and work with NPDC, TRC, central Govt, other cycling interested groups and the wider CAN network.

email: north-taranaki-cycling-advocates@hotmail.com
web: www.ntca.org.nz

Cycling New Plymouth Club (CNP)

CNP is a friendly New Plymouth based club catering for racing and leisure cyclists from novices to veterans. CNP actively encourages cycling in the Northern Taranaki region.

email: brett.murray@dol.govt.nz
web: www.cyclingnewplymouth.co.nz

New Plymouth Mountain Bikers Club

A big thanks must go to New Plymouth Mountain Bikers who have organised many of the February Bike fest events. **Look online for the full event calendar and full trail maps**

email: info@taranakimtb.co.nz
web: www.taranakimtb.co.nz

New Plymouth BMX Club

New Plymouth BMX club is very welcoming to new riders, getting them started out in a friendly environment with superb facilities. Rider development is strong and the club has national and world champion riders in its membership. The BMX Club will host the "Super Class Series" final on 24 April 2010.

email: bmxnpl@me.com



Cycle Park and Velodrome

For more information on the proposed cycle sports venue at Hickford Park, where you can train, skill-build and ride in a traffic-free, purpose built-environment, contact Velodrome Trust secretary Pamela Coe at coecorp@xtra.co.nz

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Go to www.newplymouthnz.com
Key word: "Bike Fest" for more info

Event highlights

Refer to the February programme on the opposite side for more details

Sunday 7 March, 10am

The Bikewise Mayoral Challenge

Sunday 21 February 10am – 12pm

Wild West Street Party

Wednesday 17 February 7.30am – 9am

The Bikewise Go by Bike Day

Did you know?

- When cycling, you can travel 3 times faster than you can walk, for the same amount of energy. www.abdn.ac.uk
- On a bicycle you can travel up to 1037 kilometres on the energy equivalent of a single litre of petrol. www.abdn.ac.uk
- Up to twenty bicycles can be parked in the same space taken up by one car. www.abdn.ac.uk
- On a bicycle you can expect to be as fit as an average person ten years younger, if you cycle frequently. www.somerset.gov.uk
- Almost anyone can cycle, whatever your age or level of fitness. www.bupa.co.uk
- Cycling reduces the risk of serious conditions such as heart disease, high blood pressure, obesity and the most common form of diabetes. www.bupa.co.uk



Grab your family, friends and work colleagues, and join in the wild bike fest out west!

hang onto your handlebars

The Wild West Bike Fest is coming your way!

A variety of bike-themed fun will be held throughout February and March to mark Bikewise Month, where we celebrate the bicycle as a vehicle for our times – quiet, non-polluting, space-efficient, healthy, economical and convenient.

Dubbed the Wild West Bike Fest, we have four weeks of cycle-themed events to encourage people of all ages to hop on a bicycle and enjoy themselves.

There are events for mountain bikers, families, workers and those who'd like to try a bit of orienteering with their cycling, and a car-free street party too.

Whether you're already cycle-mad or haven't been on a bike for years, there's something just for you in the Wild West Bike Fest.



summer of cycling

1-28 February 2010

Bikewise Challenge

The challenge is not about cycling the most kilometres but encouraging more people to experience and remember how fun and easy cycling can be. If you registered for the 2009 challenge then you won't need to register again. Simply log back into the Bikewise site and start logging your rides.

Full details at www.bikewisechallenge.co.nz

COST: Free

Tues 2 and Thurs 18 February 8.30pm

The Night Rider

Need a new edge to your mountain biking? Then an after dark mtb ride in the Colson Road Forest trails is just the medicine. Meet at Colson Road outside the driveway entrance to the SPCA at 8.30pm with your bike, helmet and strong bike lights.

Venue: Colson Road Forest ~ COST: Free

Wed 3, 10, 17, 24 February
Wed 3 and 10 March

Kiwi Outdoor ~ Urban Rogaine Series

Come by bicycle or on foot for this series of city rogaines. Registration opens at 5.30pm followed by a briefing at 5.50pm, then you're off at 6pm for 180 minutes or 90 minutes ~ it's up to you. Teamwork, exercise, speed and route planning are all features of this sport. Discover a whole new way of navigating your city! Register your team (2-5 members) now at KIWI OUTDOORS to get reduced prices: Cash Only!

3 Feb Venue: Avanti Plus Mitchell Cyclers,
467 Devon Street East, NP

10 Feb Venue: Brooklands VIP Aquirum & Pet
Products, 21 McGiven Drive, NP

17 Feb Venue: Bubbles Early Learning Centre,
22 Aubrey Street, NP

24 Feb Venue: 100-102 Gill Street, NP

3 Mar Venue: Kiwi Outdoors, 18 Ariki Street, NP

10 Mar Venue: 336 Tukapa Street, NP

Cost: \$8 adults, \$5 juniors, season ticket \$30, \$15 for juniors, prepay discount at Kiwi Outdoors

Sat 6 February 2pm

Women's Mountain Bike Skills Ride

Ladies head out to lake Mangamahoe today to build your confidence and skills through a workshop designed for, and run by, women. Meet the instructor in the carpark at the end of Plantation road for an afternoon ride on the cross country trails at Mangamahoe mountain bike park. This ride is suitable for all riders including first timers.

Venue: Lake Mangamahoe (10 minutes drive south of New Plymouth on SH3) ~ Cost: Free

Sun 7 February 9am- 12pm

Bike Sell Swap Meet and Women's Bicycle Workshop and South Taranaki Mayoral Challenge

Ladies you and your beautiful bicycle are invited to attend the Farmers Market for the "essential guide" to bicycle maintenance. The Farmers Market (Sunday 7) is also the place to sell or swap your surplus bicycles or bike parts (there is no such thing as an unwanted bike!). Today is also the South Taranaki Mayoral Challenge so if you are in the beautiful south get along to Te Kiri Hall (start/finish point) on Eltham Rd 10km inland from Opunake. the ride starts at 10am.

Venue: The Farmers Market on Currie Street,
New Plymouth or Te Kiri Hall, Opunake ~ COST: Free

Tues 9, Wed 10 & Thurs 11 February 5.30pm-7pm

Women's Skills City Ride

Cycle skills training for women. Come on down to Puke Ariki landing on any or all of these three evenings for a refresher course in commuter/road cycling etiquette. An experienced cycle instructor will guide you through what you need to know to commute with confidence through our city's streets. Street riding can be a little daunting for those of us that haven't been out there for a while but with a little help you can get back into everyday riding, for fun, health and fitness!

Venue: Puke Ariki Landing 5.30pm-7pm

COST: Free

Sat 13 February 10am-11am

Frocks On Bikes Foreshore Frolic

Yes ma'am, this is a women's cycling movement for normal, funky women who embrace the bicycle as a fun and sustainable way to move. www.frocksonbikes.org 'Frocks' are not advocates or politically motivated: They are simply a stylistic group of women who ride for fun. Here are "6 of the best" reasons why you should come along for the ride.

- The world will be better looking
- There is safety in numbers
- Your bike will love you
- Style over speed wins
- More women bikers shows our city is civilising
- For friendly and complete streets

Venue: We meet at the Wind Wand ~ COST: Free

Sun 14 February 9am-12pm

Bike Sell Swap Meet and Family Bicycle Workshop

Kids bring your bicycles and your grown-ups to the Farmers Market for the "mini guide" to bicycle maintenance. A bike mechanic will demonstrate essential bike maintenance, safety checks and simple adjustments to correctly fit the bike to the rider. If you are in the market for a new ride or just want to sell your old bike then the sell or swap stall is the place for your surplus bicycles or bike parts (there is no such thing as an unwanted bike!).

Venue: The Farmers Market on Currie Street ~
COST: Free

Mon 15 & 22 February & Mon 1 March 6pm-7pm

Short Course Mountain Bike Race Series

This is short course (approx. 2 mins/lap), spectator friendly, fast paced off-road racing to suit all riders. The terrain is generally easy, and races last only a few laps. Points collected at each race will determine series places and prizes, and there will be spot prizes at each event. Racing starts from 6pm.

15 Feb Race 1: Fitzroy Beach Domain: meet at the
carpark at the end of Record St.

22 Feb Race 2: Huatoki Domain: access off
Huatoki St near the Huatoki Tennis Courts.

1 Mar Race 3: Marsland Hill: meet at the carpark
atop Marsland Hill, off Robe Street.

Cost: Free

Wed 17 February 7.30am-9am

Bikewise ~ Go By Bike Day

Leave the car keys hanging on the hook today my friend and get yourself to work carbon free and feeling fine! Gather on Puke Ariki landing between 7.30am and 9am for big prize giveaways and a free breakfast! That's right come on down and enjoy fresh coffee, delicious New York bagels, chill to the sound of smooth jazz or throw yourself into the bike fun. All commuting cyclists, walkers, skaters and any other self propelled superstars are welcome.

Venue: Puke Ariki landing ~ COST: Free

Sun 21 February 9.30am- 12pm

Wild West Street Party

Ditch the car, hop on a bus, bike or simply walk your way to a morning of fun, bumping fashion and easy beats in the city centre this Sunday. From 9.30am till high noon Devon Street West between Currie and Brougham streets will be a heavenly car-free street party. The .LTD boutique urban fashion show kicks off at 11am. Ladies and Gents (erhmmm) get out your best frock and enter the Frocks On Bikes parade following the fashion show (please register at .LTD or online at www.frocksonbikes.org). Lay down some rubber in the skid comp, bunnyhop or tricycle-limbo your way to big prizes. For those who like their ride on the wild side there is a big prize for the most outrageous bicycle too. Kids bling your bike at home and parade it around to win spot prizes.

Venue: Devon St West & Huatoki Plaza ~ COST: Free

Sun 21 February 10am-4pm

Pukeiti Community Mountain Bike Challenge

If you have three friends who you wish to spend a day with raising money for a charity or local community group, and have access to a mountain bike and reasonable level of fitness, then Pukeiti has the day for you! The Mountain Bike Challenge starts at 10am and finishes by 4pm, teams must be made up of 4 members. A section of road into the event will be temporarily closed and free buses will be provided for supporter's and support staff. The event is limited to 50 teams, all applications must be on the official form. For full details and an entry form contact Josh@pukeiti.org.nz

Venue: Pukeiti Gardens ~ COST: \$60 per team

Sun 28 February 9am-12pm

Methanex Family Fun Ride

This is a great family day out on your bikes, with route options for any rider. All rides start and finish at Ngamotu Beach, you choose which one is for you and your family. There are three ride options: a 6 km loop, an 11 km loop, or if you are up for it a 16 km loop! As ever there are stacks of great spot prizes to be won by anyone, all you need to do is enter and be at the prize giving at Ngamotu beach following the ride. Register for the ride anytime in February at Mitchell Cycles in Strandon and get a free bike and helmet check while you are there. Late registrations will be accepted on the day. For full details visit www.familyfunride.co.nz/events

Venue: Ngamotu beach ~ COST: a gold coin donation

Wed 3 March 7.30am-12pm

Car Free Day

Take a walk, ride a bike, catch the bus, scoot skate, skip...just leave the keys on the hook today. Why? To make a difference. Fewer cars means less pollution, less congestion, healthier people and a more civilized place to live. Everyday is an opportunity to change your life, make a commitment today to drive less tomorrow. Head down to the green park on the foreshore next to the Wind Wand and enjoy a fresh coffee for the big-uns and fresh fruit for the wee-uns. There will be plenty of bike entertainment, cycle skills training and bike safety workshops for the kids happening till midday for those schools participating. And yes there will be some cool free stuff to give away too.

Venue: The Foreshore Green (by the Wind Wand) ~
COST: Free

Sun 7th March 10am

Bikewise Mayoral Challenge ~ 2010 Title Defence

Join Mayor Peter Tennent on a bike ride along our stunning Coastal Walkway and help New Plymouth retain the title of Most Cycle Mad City. Bring family and friends along to this free event on Sun 7 March. The ride will begin at 10am leaving from Ngamotu Beach and finishing at East End Reserve with a huge prize giving. We are proud of our carbon and waste reduced events in Taranaki, you can help us by riding to and from the event if you are able and by bringing your own drinking bottles - refill water will be available at the beginning and end of the ride. Parents please accompany the little 'uns. Don't forget your helmets now!

Venue: Ngamotu Beach ~
COST: Free

