

# 2013 CYCLE TO WORK WEEK SCHEDULE OF EVENTS

DATE	EVENT
<b>Monday 17 June</b>	<p><b>Cycle Clinic</b> As part of a campaign to promote cycling at the University a Cycling Clinic will be coming to Heath Sciences Campus. This will offer staff a FREE safety check on your bike with helpful hints on cycle maintenance. The McConvey's Cycles Clinic will be located at the front of the MBC between <b>11am – 3pm</b>.</p>
	<p><b>Cycling Maintenance Workshop</b> Staff are invited to learn more about regular bike maintenance in a workshop environment <b>FREE</b> of charge. The workshop will take place at Chain Reaction Cycles, Boucher Road between <b>6pm – 7pm</b>. For more information and to book your place, email <a href="mailto:transport@qub.ac.uk">transport@qub.ac.uk</a></p>
<b>Tuesday 18 June</b>	<p><b>Increase Your Bike Security</b> For improved security, why don't you get your bike identified with a security marking kit and register with immobilise.com the National Property Register. Security marking will be available at the front of the McClay Library between <b>10am – 3pm</b>.</p>
<b>Wednesday 19 June</b>	<p><b>One Minute Challenge!</b> Participate in a cycle against the clock challenge and win vouchers to the value of £80!! All participants will receive a FREE water bottle courtesy of Chain Reaction Cycles. This event will take place in front of the McClay library between <b>12.00 – 2pm</b>.</p>
	<p><b>Cycle to Work Evening for University Staff</b> University staff are cordially invited to visit Chain Reaction Cycles, at their flagship store on Boucher Road, where trained staff will be on hand to discuss all aspects of the cycle to work scheme and to advice on cycle and equipment choice. Staff are invited to attend Chain Reaction Cycles, Boucher Road from <b>6.00pm</b></p>
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<b>Thursday 20 June</b>	<p><b>How smooth can you cycle?</b> We know that cycling is healthy, but with the Cycle Smoothie-maker it can now be nutritious!! Pedal yourself up a tasty smoothie while enjoying the benefits of cycling. The Cycle Smoothie-maker will be located at the front of the McClay Library between <b>12 – 2pm</b>.</p>
<b>Friday 21 June</b>	<p><b>Cycle to Work Day</b> Pedal power over horsepower as staff are invited to leave the car at home and cycle to work. And after arriving at the University why not avail of a FREE breakfast. Breakfast will be available in the Old Staff Common Room between <b>8am – 10am</b>.</p>

## 10 Minute Cycle Challenge <http://www.qub.ac.uk/sites/CyclePlus/>

The 10 minute Cycle Challenge is a fun, free event, for both experienced and new cyclists!

The Challenge is open to all staff and will run for three weeks from 5 to 25 June 2013, finishing just after Bike to Work Week

Prizes are available on a national and local level while teams within the University will also be competing for cycling vouchers kindly supplied by McConvey Cycles



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