

# PROMOTE CYCLING



## Organising a Try a Bike Day

This document gives a general outline of what to consider when organising a Try a Bike Day. Many beginner cyclists may be unsure about what bike they should choose. Holding a Try a Bike Day where staff can try out different bikes can help address any initial questions they might have.

### INTRODUCTION

The most important thing, and really the only thing that matters about any bike you own, or are planning to own, is that you like it. The bike has to be suitable for what you are using it for and you should enjoy using it. Reviews and bike shop recommendations are useful, but the best way to see if a bike is a good choice is to try it. Potential cyclists should consider how they will be using the bike before purchasing one, as there are different types of bikes to choose from.

### TRY A BIKE DAY PROCESS

Organising a Try a Bike Day can be a relatively easy action with a large impact in terms of facilitating cycling to work.

#### Confirm Location.

Get buy in from senior management to hold a Try a Bike Day.

#### Contact a Bike Shop.

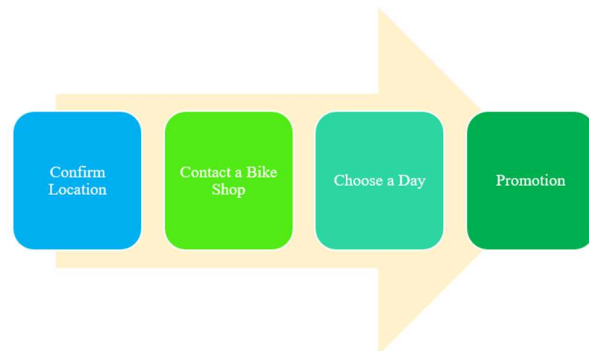
Contact a local bike shop to arrange for them to come on-site for Try a Bike Day.

#### Choose a Day.

Pick a day during the week that suits most members of staff.

#### Promotion.

Communicate the time and details to all staff.



### RESOURCES

Free resources with valuable cycling information for adults, such as videos focused on urban cycling, as well as resources for parents and cycling with children

<https://www.cycleright.ie/resource>

A brief overview of things to be aware of when starting out cycling

<https://irishcycle.com/how-to/startingtocycle/>

Citizens Information website with information on cycling rules and regulations

<https://www.citizensinformation.ie/en/travel-and-recreation/cycling/overview-cycling/>

### ADDITIONAL CONSIDERATION: CYCLING TRAINING

To further improve confidence and independence on the bike, it may be beneficial to run a Cycling Training Class. The provision of cycle training for employees, as part of an organisation's sustainable commuting or business travel strategy, is an effective way to encourage those who might lack confidence in their cycling skills. Information on [CycleRight training](#) can be found at Cycling Ireland.