

23 June 2011

Press Release

FREE BIKE REPAIRS AT CRC TO CELEBRATE NATIONAL BIKE WEEK

The bike doctors visited Cambridge Regional College yesterday to help take the strain out of cycling to work with free help and advice for cyclists.

The 'Dust Off Your Bike' event was part of a series of activities for National Bike Week organised by Cambridgeshire County Council's Travel Plan Plus Project – and with free bike repairs, advice and gadgets on offer, it proved a big hit with cyclists.



The friendly bike doctors visiting Cambridge Regional College

Bike maintenance workshops were also part of the package designed to encourage safe cycling, with mini lessons on repairing punctures, tightening brakes and providing a bit of TLC for bicycles.

Other activities celebrating Bike Week included a guided social ride alongside the river Cam and a 'get cycling' bike try-out event on the Science Park, with a wide variety of bikes available to ride – from a mountain bike to a quirky tandem bike.

Stop & Go Cycle Commuter Stands were also held at different locations around the city, with workers invited to drop by to pick up free cycle maps, information on how to improve their journey to work, cycle freebies and even breakfast treats.

Travel Plan Plus has more information on healthy ways to commute to work on its new website, www.travelplanplus.org.uk.

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MEDIA ENQUIRIES

For more information, please contact Lynn O'Shea, Communications & PR Manager, on 01223 418773 or email loshea@camre.ac.uk

NOTES TO EDITORS

Cambridge Regional College is the second largest provider of full-time further education for 16 to 19 year-olds in the eastern region. The College has more than 4,000 full-time and 6,000 part-time students. Students come in from a 40-mile radius, covering Cambridge and its surrounding villages, eastern Bedfordshire, northern Essex and western Suffolk.

Over 80 per cent of full-time students are aged 16 to 18 years old and come to the College after secondary school; the rest are mature students, studying on a range of Access to Higher Education and vocational programmes. The College offers the largest and most comprehensive range of vocational courses in Cambridgeshire, and has one of the largest work-based learning contracts in the Eastern Region.