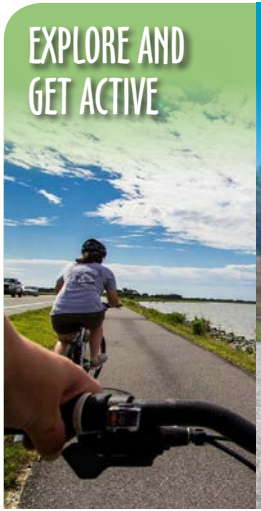
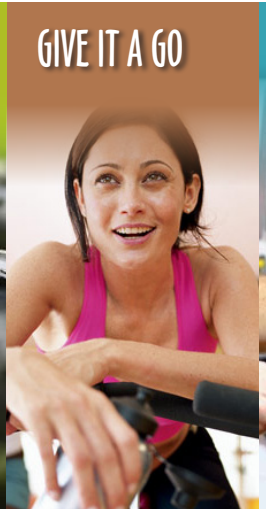




BIKE MONTH

FEBRUARY 2018

Play in the Bay
An initiative of Sport Bay of Plenty

WESTERN Bay of Plenty

406 Devonport Road Tauranga
Phone: (07) 578 0016
Email: info@sportbop.co.nz

Sport Bay of Plenty
more people, more active, more often

www.sportbop.co.nz

www.facebook.com/playinthebay

EXPLORE AND GET ACTIVE

Play in the Bay
An initiative of Sport Bay of Plenty

BIKE MONTH FEBRUARY 2018

Day	Thursday 1st	**City by Cycle 1 – Guided Ride** FREE		
Time	5.45pm	Discover connecting trails leading through Kopurererua Valley, Greerton and the Avenues. Bring your bike, helmet and water bottle. Bookings essential.		
Contact	Paul 021 050 1728 paulr@sportbop.co.nz		**Location**	K Valley, bottom of 17th Avenue near Historic Village

Day	Thursday 8th	**City by Cycle 2 – Guided Ride** FREE		
Time	5.45pm	Beat the traffic through Maungatapu and Welcome Bay. Bring your bike, helmet and water bottle. Bookings essential.		
Contact	Paul 021 050 1728 paulr@sportbop.co.nz		**Location**	Sport Bay of Plenty Office, 406 Devonport Road

Day	Sunday 11th	**Weekend on Wheels Ride 1** FREE		
Time	9am	Explore the trails along the harbour and around the estuary and back. Bring your bike, helmet and water bottle. Bookings essential.		
Contact	Paul 021 050 1728 paulr@sportbop.co.nz		**Location**	Fergusson Park carpark, Tilby Drive, Matua, Tauranga

Day	Sunday 11th	**Katikati Town Family Ride** FREE		
Time	2pm	A 12km journey through trails and connecting roads to see the sights of Katikati. Bring your togs for a free swim at the Dave Hume Pools afterwards. Bring your bike, helmet, togs, money and water bottle.		
Contact	Jacqui 027 242 2005 info@katchkatikati.co.nz		**Location**	Dave Hume Pool carpark, Carisbrooke St, Katikati

Day	Sunday 11th	**Katikati Town Family Ride – Short Course** FREE		
Time	2.15pm	A 4km ride through parks, trails and connecting roads to see the sights of Katikati. Bring your togs for a free swim at the Dave Hume Pools afterwards. Bring your bike, helmet, togs, money and water bottle.		
Contact	Jacqui 027 242 2005 info@katchkatikati.co.nz		**Location**	Dave Hume Pool carpark, Carisbrooke Street, Katikati

Day	Sunday 18th	**Weekend on Wheels Ride 2** FREE	
Time	9am	Discover connecting trails riding from 17th Avenue and around the Daisy Hardwick boardwalk. Bring your bike, helmet and water bottle. Bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Bottom of 17th Avenue, near Historic Village

Day	Sunday 25th	**Weekend on Wheels Ride 3** FREE	
Time	9am	Plenty of thrills with no hills riding along Papamoa's connecting trails. Bring your bike, helmet and water bottle. Bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Gordon Spratt Reserve, Alice Lane, Papamoa

Day	Sunday 28th January	**Waihi Beach Frocks on Bikes**	
Time	Register 10am to 10.30am	Join us in your Sunday best and ride about Waihi Beach with your friends and fellow frocked-up-bicyclers! Everyone welcome - all you need is a frock, bike, helmet and a sunny smile. 5km to 15km options available or just ride where you please. Individuals and groups welcome. Prizegiving at Waihi Beach Hotel 1.30pm. Gold coin donation.	
Contact	hello@waihibeachinfo.co.nz	**Location**	Waihi Beach Hotel, 60 Wilson Road, Waihi Beach

Day	All of February	**Avanti Plus Mt Maunganui Scavenger Hunt** FREE	
Time	In your own time	Cycle a 3km loop encompassing Pilot Bay and Marine Parade, and find the answers to eight questions along the way to go into the draw to win, prizes include a $250 Avanti Plus Mt Maunganui voucher. For further info go to www.sportbop.co.nz/bike-month	
Contact	Michelle michelleb@sportbop.co.nz	**Location**	Start and finish at Coronation Park, Mt Maunganui

GET YOUR CREW TOGETHER

Play in the Bay
An initiative of Sport Bay of Plenty

BIKE MONTH FEBRUARY 2018

Day	Tuesday 13th, 20th and 27th	**Earn Your Dinner** FREE	
Time	Meet at 5.30pm to roll away at 5.45pm	Ride to The Lakes, have fish and chips and then ride back. Suitable for anyone with a mountain bike; easy, flat riding on gravel and dirt. Bring your purse for fish n chips at Spudz. Booking essential.	
Contact	Tracy 022 154 5640	**Location**	Historic Village gate, bottom of 17th Avenue

Day	Thursday 15th	**Ride to Dinner in the Domain with Frocks on Bikes**	
Time	6pm	Grab your family and friends and join in on this social ride. We'll ride mostly off-road along the Papamoa waterways to Papamoa Beach Domain for dinner at the food trucks.	
Contact	Lillybeth 021 150 1605	**Location**	Bayfair Shopping Centre entrance, near the underground carpark

Day	Saturday 3rd March	**The Great K Valley Adventure Race** FREE	
Time	1pm – 4pm	Think scavenger hunt, mountain biking, map reading, puzzle solving as a team or individual. Combining the best of all disciplines to locate clues and points hidden in the valley and solve an overall puzzle. Great fun for families, adventurers, friends, and workmates. Winning will require a little luck, willpower and mastery. Registration required. $40 per team; $15 per individual; payment details will be supplied upon registration. Must be able to ride 10-25km length at your own pace.	
Contact	Sunrise Rotary Tauranga – Warren 027 692 7736 or Rhonda 027 4967 328 events@rotarytaurangaam.club	**Location**	Kopurererua Valley Reserve, 17th Avenue West (adjacent to Historic Village)

LEARN AND GAIN CONFIDENCE

Play in the Bay
An initiative of Sport Bay of Plenty

BIKE MONTH FEBRUARY 2018

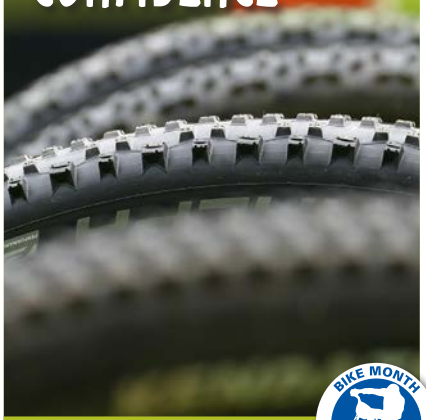
Day	During February	**Travel Safe Intermediate School Cycling Programme**	FREE
Time	Before and after school	Real-time, real-environment cycle safety programme for intermediate students, with qualified instructors. Bring your bike, helmet and water bottle. Bookings essential.	
Contact	Travel Safe team 07 577 7000	**Location**	Mt Maunganui, Otumoetai, and Tauranga Intermediate Schools

Day	Monday 5th	**Be Cycle Savvy – Cycle Skills Course**	FREE
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Maude carpark, Caslani Lane, The Lakes

Day	Wednesday 7th	**Be Cycle Savvy – Cycle Skills Course**	FREE
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Sulphur Point boat ramp, near Nautilus Café, Cross Road, Tauranga

Day	Friday 9th	**Be Cycle Savvy – Cycle Skills Course**	FREE
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	K Valley – bottom of 17th Avenue, Tauranga

LEARN AND GAIN CONFIDENCE



Play in the Bay
An initiative of Sport Bay of Plenty

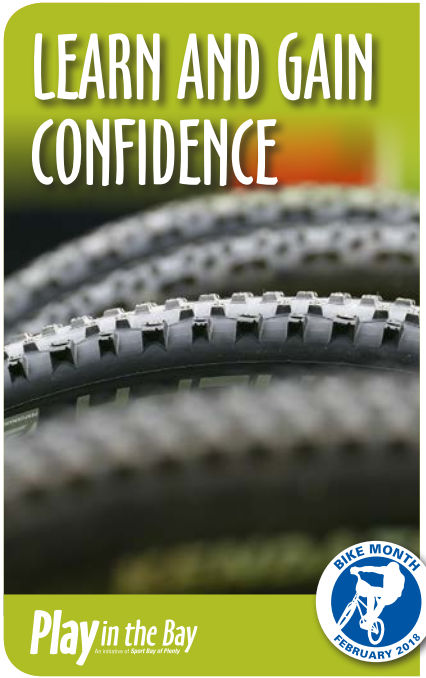
BIKE MONTH FEBRUARY 2018

Day	Saturday 10th	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Maude carpark, Caslani Lane, The Lakes

Day	Monday 12th	**Be Work Cycle Savvy – Cycle Skills Course** FREE	
Time	12pm – 1pm	Grab your workmates and join this 1-hour workshop that involves an introduction to safe road cycling and connecting trails. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Tauranga Central

Day	Tuesday 13th	**Be Work Cycle Savvy – Cycle Skills Course** FREE	
Time	5pm – 7pm	Grab your workmates and join this 1-2 hour workshop that involves an introduction to safe road cycling and connecting trails. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	K Valley – bottom of 17th Avenue, Tauranga

Day	Wednesday 14th	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Sulphur Point boat ramp, near Nautilus Café, Cross Road, Tauranga



Day	Friday 16th	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	K Valley, bottom of 17th Avenue, Tauranga

Day	Monday 19th	**Be Work Cycle Savvy – Cycle Skills Course**	
Time	12pm – 1pm	Grab your workmates and join this 1-hour workshop that involves an introduction to safe road cycling and connecting trails. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Mount Maunganui

Day	Wednesday 21st	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. Bring your bike, helmet and water bottle. Limited spaces, bookings essential. In conjunction with Cycling New Zealand.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Sulphur Point boat ramp, near Nautilus Café, Cross Road, Tauranga

Day	Friday 23rd	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	5pm – 7pm	Brush up on your bike handling and cycle safety skills. This 2-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Maude carpark, Caslani Lane, The Lakes

Day	Monday 26th	**Be Work Cycle Savvy – Cycle Skills Course** FREE	
Time	12pm – 1pm	Grab your workmates and join this 1-hour workshop that involves an introduction to safe road cycling and connecting trails. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Te Puke

Day	Wednesday 28th	**Be Cycle Savvy – Cycle Skills Course** FREE	
Time	9am – 12pm	Brush up on your bike handling and cycle safety skills. This 3-hour practical workshop will include a bike and helmet check, basic road cycling skills and negotiating traffic/ intersections. In conjunction with Cycling New Zealand. Bring your bike, helmet and water bottle. Limited spaces, bookings essential.	
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Sulphur Point boat ramp, near Nautilus Café, Cross Road, Tauranga

Day	Thursday 1st, 8th, 15th, 22nd	**Starter Stationary Cycling**	
Time	9.30am – 10.15am	Go on an indoor bicycling adventure over smooth roads and rolling hills to the rhythm of upbeat music. Bring a friend or make new ones as you get fit together on a fun group ride. Numbers limited; bookings essential. Bring a water bottle and a sweat towel. Koha (donation) per session.	
Contact	Michelle 027 441 2164 michelleb@sportbop.co.nz	**Location**	Fitco, 135 Thirteenth Avenue, Tauranga

Day	Sunday 4th	**Basic Off-Road Bike Skills Session** FREE	
Time	1pm – 2.30pm (15 years and under) 2.30pm – 4pm (15+)	A basic introduction to some core fundamental off-road riding skills. The session will include cornering, lifting the front wheel, braking, gear shifting, bike balance, and a few other cool tips and tricks. Bring a serviced and well-functioning bike, helmet, multitool, suitable shoes and clothes, drink bottle, and a happy, can-do attitude.	
Contact	Tristan 027 834 7223 tristanhride@gmail.com	**Location**	Meet at Mount Drury Reserve (beach side)

GIVE IT A GO

Play in the Bay

BIKE MONTH FEBRUARY 2018

DO IT YOURSELF

Play in the Bay

BIKE MONTH FEBRUARY 2018

Day	Saturday 17th	**E-Bike Information and Demo Day** FREE	
Time	9am – 12pm	Receive practical and technical information on how to get the most out of an e-bike. This will be followed by the chance to ride a wide range of e-bikes. Bring closed shoes suitable for cycling. Helmet if you have one, otherwise provided (compulsory).	
Contact	Avanti Plus Mt Maunganui, 07 574 6032 or (on the day) John 021 665 558	**Location**	Mount Drury Reserve (beach side)

Day	Wednesday 31st Jan	**Women's Bike Basics Workshop** FREE	
Time	7pm – 8.30pm	Brush up on your bike maintenance skills. Learn correct bike set up, how to change a tube and maintain your bike. Bookings essential.	
Contact	Bookings via the Avanti Plus Mt Maunganui Facebook page or email avantiplusmt@xtra.co.nz	**Location**	Avanti Plus Mt Maunganui, 37 Totara Street

Day	Tuesday 13th	**New to Biking Workshop for Women** FREE	
Time	5pm – 7pm	Bring your bike and learn basic maintenance skills such as how to change a tube, use a pump and bike set up.	
Contact	Karen 07 577 7396 karen.smith@tauranga.govt.nz	**Location**	Edgewater Fan, waterfront on the Strand, Tauranga

Day	Wednesday 28th	**Family Bike Basics Workshop** FREE	
Time	7pm – 8.30pm	Brush up on your bike maintenance skills. Learn correct bike set up, how to change a tube and maintain your bike. Bookings essential.	
Contact	Bookings via the Avanti Plus Mt Maunganui Facebook page or email avantiplusmt@xtra.co.nz	**Location**	Avanti Plus Mt Maunganui, 37 Totara Street

LEAD THE PACK

Play in the Bay

BIKE MONTH FEBRUARY 2018

Day	Tuesday 20th or Tuesday 27th	**Ride Leader Workshop** FREE Are you passionate about cycling and keen to share this passion with others? If so, then train up and become a cycle group leader. Learn how to lead a group of cyclists and how to cycle safely on the road. This workshop is open to all types and levels of cyclists. Registrations essential. In conjunction with Cycling New Zealand. Bring a bike, helmet and water bottle.	
Time	9am – 3pm		
Contact	Paul 021 050 1728 paulr@sportbop.co.nz	**Location**	Sport BOP, 406 Devonport Road, Tauranga

Wednesday 14th 7am to 9am

Go By Bike Day

Get in the Valentine's Day spirit and bike to work, school or just for fun as part of our **'Love me, Love my bike'** Valentine's special! Pit stop locations across the Western Bay of Plenty will be open from 7am-9am supplying you with refreshments and spot prizes for best dressed. Go to www.sportbop.co.nz/bike-month to find out where the pit stops will be. Spread the love this Valentine's and go by bike.

SCHOOLS:

Get your school involved! Go By Bike Day is a great way to encourage cycling as a mode of transport to get to school, raise awareness of cycling and encourage students to practice their cycling skills and build confidence. Register to take part on this, or another day of your school's choice, by contacting Michelle Barns on michelleb@sportbop.co.nz and go in the draw to win $500 worth of vouchers thanks to Avanti Plus Mt Maunganui.

Recreational Cycle Groups

Mondays ~ 9am.
Women on Wheels. Start location varies between Paengaroa Hall; Gordon Spratt Reserve, Papamoa and Pukehina. All levels and ages catered for as we split into 4-5 groups depending on speed.
For more info contact Susan Fowler - tsfowler@xtra.co.nz or Maggy Buhler - k.m.buhler@farmside.co.nz

Tuesdays ~ 9.30am.
Welcome Bay Wheelers. Meet at Palmers, Ohauiti Rd. Suitable for mountain, trail and commuter bikes.
For more info contact Andrew or Pam - 544 3272 / 022 413 7295

Wednesdays ~ 9am.
Sulphur Point Recreational Cycle Group. Meet Sulphur Point, near Nautilus Restaurant. Suitable for trail or mountain bikes. Four levels - from leisurely to fast. **For more info contact Cam - 552 4513 or Richard - 027 474 5122**

Wednesdays ~ 6.15pm.
Never Say Never Mountain Bike Group. Meet outside Gouda Cheese Shop, 394 Cameron Rd, Tauranga. Suitable for mountain bikes. Ride for 2+ hours. **For more info contact Tracy- 022 154 5640 or Martin - 027 294 7394**

Thursdays ~ 9am.
Katikati Greyhounds. Social cycle group that explores trails around Katikati. Start location varies each week. Suitable for mountain and trail bikes. **For more info contact Barbara - 549 0900 / 021 238 5195**

Thursdays ~ 9.30am.
Tauranga Retro Riders. Social recreational cycle group ideal for beginners. Different location around Tauranga every week. Rides are 1-1.5 hours. **Contact Denise – 07 552 6395 / 027 555 4680**

Thursdays ~ 5.45pm.
Cycle Obsessed Ladies Mountain Bike Ride. Fun social ladies mountain bike ride. Varies between Summerhill and Oropi mountain bike parks. **Contact Tracy Snow – 021 244 4372**

Sundays ~ 9am.
Sunday Cyclists. Meet at Paengaroa Hall. We generally ride on cycle-friendly routes that avoid main roads. Suitable for all levels and all types of bikes. **Contact Jenny - 027 435 3669 / 578 8937**

Quick Wins to Better Biking competition!

Thursday 15th – Wednesday 28th

We all want safer streets yesterday and the big projects seem to take so long, so here's your chance to get some quick win bike projects underway in Mount Maunganui.

Bike Mount has teamed up with Tauranga City Council's (TCC) transport team to bring you a choice of quick win projects that the council can do straight away. Vote for your favourite projects and TCC will put the most popular at the top of their list of projects to do over the next few months (The quick-wins were identified through last year's Cycle Action Plan community consultation).

How? *Go to the Bike Mount Facebook page and click the link in the pinned post to take you to the voting form. Only available from February 15th, so Like the page now to keep updated! Lots of prizes to be won.*

Design your own helmet competition

Calling all primary and intermediate school kids – create an awesome helmet design and be in to win a brand new helmet.

Download a helmet design template from www.sportbop.co.nz/bike-month and send your entry by March 2, 2018 to: Travel Safe Tauranga City Council Private Bag 12022 Tauranga 3143

For more information contact: Michelle at Sport BOP on 027 441 2164

Rally your colleagues together this February and take part in this fun, free competition that is all about seeing which workplaces can get the most people to ride a bike for just 10 minutes or more. It's not about the kilometres you tally, but encouraging more people to ride more often.

AOTEAROA BIKE CHALLENGE

There are awesome prizes up for grabs too!
Be your workplace champion and get the pedals turning.

1–28 FEBRUARY 2018 www.aotearoa.bike LOVE TO RIDE

Bike Month is supported by:

Avantiplus MT MAUNGANUI

Travel Safe

CYCLING NEW ZEALAND

Tauranga City

Thanks to Baywave, Rocktopia, Escape Masters Tauranga, Mount Hot Pools, Robert Harris Café Tauranga, Smiths Sports Shoes Tauranga, Memorial Pool and Pluto Juice, Soup and Salad Bar for Bike Month spot prizes.

Sport Bay of Plenty
more people, more active, more often

For further information please check out
www.sportbop.co.nz/bike-month

Or contact your local recreation advisor at Sport Bay of Plenty **Michelle Barns**
michelleb@sportbop.co.nz • 07 578 0016 extn 803