BIKE MONTH

FEBRUARY 2018

Play in the Bay
An initiative of Sport Bay of Plenty

CENTRAL Bay of Plenty
1189 Amohia Street, Rotorua
Phone: (07) 348 4125 Email: info@sportbop.co.nz

Sport Bay of Plenty
more people, more active, more often
www.sportbop.co.nz
www.facebook.com/playinthebay

GET YOUR CREW TOGETHER

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Day	Thursday 1st – Wednesday 28th	**Vincent Van GPS** (FREE) Track your ride and create a work of art by 'drawing' your journey using the Strava app. Map your ride, then share from the app to cycling@rotorualc.nz to be in to win. Drawings will be judged by a panel and will gain points for skill and originality. Rides must be logged between 1 - 28 Feb, with Sunday March 4th the last day to email your masterpiece through. Please note pictures that are not 'whanau-friendly' will not be entered into the competition.	
Contact	Rachel Doelman on 027 547 5882 or Rachel.Doelman@rotorualc.nz		

Day	Friday 9th	**Sulphur Flats Family Ride** (FREE) Get the kids together and join us for a family-friendly casual ride around Sulphur Flats. Dress up as your favourite superhero for your chance to win spot prizes. Register on the day.	
Time	3.30pm – 5pm		
Contact	Lauren Atkinson from Sport BOP on 07 348 4125 or laurena@sportbop.co.nz	**Location**	Puarenga Park, 200 Te Ngae Rd, Ngapuna, Rotorua

Day	Saturday 10th	**Frocks on Bikes Summer Ramble** (FREE) Put on a nice airy frock because it is going to be warm! This ride will be half-urban, half-rural. Nothing too strenuous though so don't worry about that. No Grade 3s on this journey! We will have a couple of refreshment stops along the way, the halfway point will be at Mountain Bike Rotorua where refreshments will be served. For registrations please email cycling@rotorualc.nz	
Time	11am – 1pm		
Contact	Rachel Doelman on 027 547 5882 or Rachel.Doelman@rotorualc.nz	**Location**	Meeting point TBC, check out the Cyway Facebook page for details closer to the time.

Day	Wednesday 14th	**Picnic in the Park** (FREE) Treat your bike and ride to the Go By Bike Day Valentine's Picnic. Bring a friend, a workmate or your valentine... but everyone must ride a bike! Spot prizes on the day. For registrations please email cycling@rotorualc.nz	
Time	11.30am – 1.30pm		
Contact	Rachel Doelman on 027 547 5882 or Rachel.Doelman@rotorualc.nz	**Location**	Location TBC. Check the Cyway Facebook page for details.

EXPLORE AND GET ACTIVE

Day	Thursday 1st – Wednesday 28th	**Cyclezone GPS Treasure Hunt** FREE Geocaching and bikes join forces to create a unique cycling adventure everyone is bound to enjoy. Head to www.cyway.nz for a full list of instructions on how to play. There is a $150 voucher up for grabs for one lucky family, thanks to Cyclezone, also every participant goes in the draw to win a four-player pass to Adventure Rooms Rotorua.	
Time	Anytime		
Contact	Hugh Booten on 027 358 6263 or Hugh.Bootten@rotorualc.nz	**Location**	Kept as a surprise until you download the app. Head to www.cyway.nz for information on how to play.

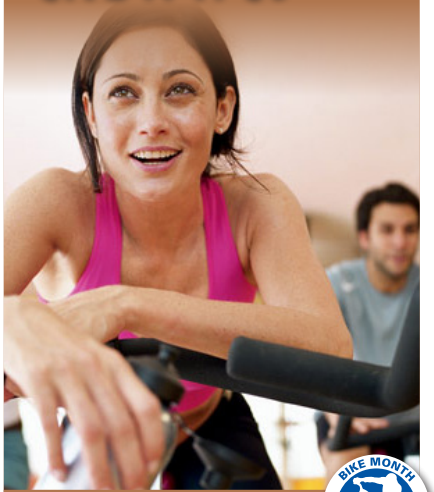
DO IT YOURSELF

Day	Monday 12th	**Cyclezone Bike Tech Night Class** FREE This is a fun and informative session where you will learn now to change a tube if you get a puncture, how to take your wheel off your bike, and other basic maintenance and care tips to keep your bike running safely and in top shape. Bring your own bike. Class size is limited; register by phoning 07 348 6610.	
Time	6 – 8pm		
Contact	Gillian Shapley on admin@cyclezone.co.nz	**Location**	Cyclezone, 1299 Fenton St, Rotorua

LEARN AND GAIN CONFIDENCE

Day	Tuesday 20th	**Cyclezone E-Bike information session** FREE Whether you have an E-bike already, or you are wondering what all the fuss is about, this session is the perfect opportunity to ask any questions you may have in a relaxed, friendly and knowledgeable environment. You will be able to see an extensive range of E-bikes first-hand and take one for a short spin in the carpark. Register by phoning 07 348 6610.	
Time	9.30am – 10.30am		
Contact	Gillian Shapley on admin@cyclezone.co.nz	**Location**	Cyclezone, 1299 Fenton St, Rotorua

GIVE IT A GO



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Day	Friday 2nd	**Beginner mountain biking (Part One)** Ladies only-session. Come and join the crew from Revolve as they teach you basic bike set-up, riding stance, braking and gear techniques, getting you ready to check out the trails with improved confidence and safety. Entry is by donation to First Response Unit Forest Rescue.	
Time	6pm – 7.30pm		
Contact	Revolve on rotorua@revolvecycling.co.nz	**Location**	Whakarewarewa Forest (meet by the wash down station), Waipa

FREE

Day	Tuesday 13th, 20th and 27th	**Spin Class** Come along and join us for a free spin session at Waikite Gym, sweating out your day on your bike. Please bring your bike, bike trainer (if you have one), a towel and water. If you would like to use one of the gym's trainers please register to reserve one.	
Time	5.30pm		
Contact	Josh Te Kowhai on 021 049 2631	**Location**	Waikite Gym, 15 Bellvue Rd, Koutu

Day	Friday 16th	**Beginner mountain biking (Part Two)** Ladies only-session. The Revolve crew share their tips on stance, braking and gear techniques. Plus, you will learn how to ride corners while handling your bike with ease. Registration preferred but drop ins welcomed. Entry is by donation to First Response Unit Forest Rescue.	
Time	6pm – 7.30pm		
Contact	Revolve on rotorua@revolvecycling.co.nz	**Location**	Whakarewarewa Forest (meet by the wash down station), Waipa

Day	Saturday 24th	**Revolve Super V** The costumes and shuttles are back with this women's only gravity style race. The course will be G Rock, Chestnut Link and Rollercoaster with Party HQ at the corner of Reservoir and Hill Road. See you there! Register at www.sporty.co.nz/revolverotorua. $70 per person pre-registration or $75 per person on the day.	
Time	9am – 4pm		
Contact	Revolve on rotorua@revolvecycling.co.nz	**Location**	Whakarewarewa Forest Mountain Bike Park

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 event!

Pit stop locations across Rotorua will be located for your commute convenience, 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.

SCHOOLS: Find out how to get your school involved by contacting Lauren Atkinson on laurena@sportbop.co.nz or 027 269 2730. Register your school by February 7 and be in to win a $250 voucher from Cyclezone to spend in store.

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

Recreational Cycle Groups & Clubs

There are a number of local cycling groups available to the public in the Rotorua area, suitable for all ages and abilities, as well as woman-only and over 60s!

For a full list of groups and clubs in your area visit our Get Involved Activity Directory at www.sportbop.co.nz/get-involved/

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Bike Month is supported by:

CyWay #RideWithUs

HAIKITE GYM ITK BOXING

Frocks ON BIKES

revolve rotorua — Down to earth cycling club for women

ROTORUA LAKES COUNCIL — Te kaunihera o ngā roto o Rotorua

CYCLE ZONE — Rotorua, New Zealand

Thanks to Hells Gate Rotorua, Adventure Rooms Rotorua, Indian Star Restaurant, Reading Cinemas Rotorua and Atticus Finch 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
Lauren Atkinson Sport BOP 07 348 4125 ext 603 lauren@sportbop@.co.nz