



KILKENNY Cycloviva 2019

**Sunday June 23rd
The Parade, Kilkenny
from 10am-6.00pm**

**A great day of FREE fun
and entertainment for all the family**

**Street games for children, Jenga,
Connect4, Chalk Games, Children's Yoga**

Balance Bikes for kids

**Cycle Challenges (Kilkenny's
Fastest Kilometre, Slow Bicycle Race**

Street Athletics for Children

Bling Your Bike for children

Kilkenny Men's Shed Stand

E-bike Demonstrations

Unicycles

Childrens Yoga

**For more
details contact:
056 77 94 957
or seamus@krsp.ie**

For all Bike Week events in
Kilkenny see
www.krsp.ie
and nationwide
www.bikeweek.ie





STREET VELODROME

What is it?....

..A pop up Velodrome on the Parade in Kilkenny City, as part of Ciclovía on Sunday, June 23rd from 11.00am to 6.00pm

- ✓ Only show in Republic of Ireland this year
- ✓ Available to schools and workplaces
- ✓ Come and try velodrome cycling with live presenters
- ✓ Fun challenge for work buddies
- ✓ Race against friends, family or fellow club members for fun and enjoyment
- ✓ Free, accessible to all including equipment loan and coaching

BIKE MAINTENANCE WORKSHOP



THIS PRACTICAL WORKSHOP WILL ALLOW YOU TO CARRY OUT WORK ON YOUR OWN BIKE UNDER THE CLOSE EYE OF EXPERIENCED, PROFESSIONAL BIKE MECHANICS.

After this class, you will have confidence to carry out basic repairs and replacements to your bike. Class takes place in the Watershed on **Thursday June 20th from 7.00pm - 9.30pm.**

All attendees must bring basic tools and a sheet/cover to protect the floor where they will work in their bike.

Because this is a practical class, numbers will be **STRICTLY limited.** Early, non-refundable booking of €12 per person on <https://bikemaintenancekilkenny.eventbrite.ie>

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Get back on your bike!



- Do you have a bike in the shed/garage?
- Is it a while since you cycled?
- Are you lacking confidence to use it?
- Would you like to start back cycling?

Workshops in a safe, fun environment will take place on Wednesdays at 7pm

Workshops are open to adults young and old (male and female) and participants will gain some practical experience of cycling in Kilkenny.

- ✓ The workshops are free and will be delivered over 3 sessions.
- ✓ All you need is a roadworthy bike and helmet.
- ✓ Booking is on Eventbrite <https://getbackonyourbike.eventbrite.ie/> and is on a first come, first served basis (8 PLACES ONLY)

Bike Buffet

This is an opportunity for you to enjoy a taste of Kilkenny on bicycle on **Friday 28th June, 2019**

Guided, gentle cycle in the Kilkenny countryside with fabulous food. Easy 10k cycle to one of Kilkenny's premier food destinations – which will remain a secret! The group will cycle the 10k home together.

- Meet at the Parade at 7.00pm
- Numbers limited - €22 per person
- NO LYCRA! Helmet wearing is mandatory
- Open to all over 18 years
- Suitable for all levels of cyclist – no racing allowed!
- Call 056 7794957 or 087-3567884 for details
- Register on www.eventbrite.ie

Thanks to Westport Smarter Travel for the idea. <https://www.youtube.com/watch?v=wemtpoFSQuc>



Castle to Castle 40k Cycle



A summer spin, which leaves **Kilkenny Castle at 7pm on Wednesday, June 26th** and heads to Paulstown (Shankill Castle). Fabulous food stop in Paulstown GAA club will more than fuel you for the return journey to Kilkenny. Get your friends, family and work colleagues together for this gentle spin. Entry only €12 and this guarantees a top quality, specially designed event t-shirt for the first 150 registered. Limited registrations on the night 6pm until 6.30pm only. (no event shirt guaranteed) Pre-registration preferred. Book now on <https://castletocastle40k.eventbrite.ie> For all Bike Week events in Kilkenny see www.krsp.ie and nationwide www.bikeweek.ie

Family 10K Cycle

An easy summer cycle for all the family.

Out and back route, which will be marshalled. The route uses mainly cycle tracks and families can take a shorter route to suit smaller children.

Goodies and medals for all children at the finish. **Registration is €10 per family.**

Pre-registration essential now on <https://family10kcycle.eventbrite.ie>

Limited registration on the night 6.00pm - 6.30pm only

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