

New Breeze Bike Rides for Women coming to Leamington, Kenilworth and Warwick

The Breeze network is a new programme to get more women into riding bikes by creating fun, flexible opportunities for women to go on an informal, social bike ride – as well as access training and support to ride a bike. Currently 3 times more men than women cycle so in 2011 British Cycling surveyed over 1,000 women to find out what was discouraging them from riding. Results showed that safety concerns, not knowing where to ride, and having no-one to cycle with, were the key barriers to getting involved.

To help encourage more women to get on a bike, Breeze rides will be happening in Leamington, Kenilworth and Warwick. To find out about rides go to <http://www.goskyride.com/breeze> and use the 'search for a ride' function by putting in your postcode.

Rides will be led by a qualified ride leader and ideally suited to beginners as cover between 5-8 miles. They will be traffic free and a refreshment stop for tea/coffee will be included. The pace will be leisurely and no one will be left behind! Rides will be happening on a regular basis both on weekdays and at the weekends.

If you are interested in taking part in a Breeze ride contact Dawn Rahman at dawnrahman@britishcycling.org.uk or tel. 07834 517347 for more information. Also, please get in touch if you are interested in longer rides that aren't traffic free as these can also be arranged. Finally, to find out more about the campaign please visit the link below <http://www.breezebikerides.com>