

Go Active Cycle Challenge

Challenge yourself to an active and healthier lifestyle and be in with a chance of winning gift vouchers to the value of £250!

Taking part in the Go Active Cycle Challenge is a great way to start incorporating some cycling into your daily routine.

Cycling can help you to save money, become healthier and help the environment!

To take part in this challenge, simply fill out this form, complete the three cycle challenges and return it by 15th July 2011. You will then be in with a chance of winning gift vouchers to the value of £250!

Take a look at the Go Barrhead website to find out more about the benefits of cycling and the Go Active Challenge! www.gobarrhead.co.uk

Check out Go Barrhead on Facebook  and Twitter 

Name _____

Address _____

Postcode _____

Tel _____

Email _____

Are you: Male Female

Age 14 or under* 15-24 25-34 35-44 45-59 60 or over

*If you are 14 years or under, your parent or guardian must sign the bottom of this form on your behalf.

Which of the following statements best describes you?

Regular cyclist Occasional cyclist Never cycle

Do you have access to a bike for your own use?	Is your bike in working order?
Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure <input type="checkbox"/>

Before deciding to take part in the Go Barrhead Cycle Challenge how often had you ridden your bike in the last 12 months?

Not ridden a bike in the last 12 months A few times a week

A few times a year Everyday

A few times a month

In the past 14 days, approximately how many minutes do you think you have spent cycling?

Hours _____ Minutes _____

Cycling can help you to feel good, reduce stress, sleep better and increase your energy!


Your Go Active Cycle Challenge

Challenge yourself! You can carry out these three Go Active Challenges by following the steps below! Go on, you can do it!

CHALLENGE 1: Find out where you can cycle in Barrhead!

- Step 1: Take a look at the Go Barrhead cycle map overleaf. You can also find the cycle map on the Go Barrhead website! www.gobarrhead.co.uk
- Step 2: Decide where you would like to cycle to. You could visit a friend, the shops or the park.
- Step 3: Mark on the map your chosen cycle route. You can also find out from the map roughly how long your cycle will take and how many calories you will burn!
- Step 4: If you have access to the internet, write on our Facebook page and tell us where you are going to cycle!  

CHALLENGE 2: Make a journey by bike!

- Step 1: Decide on a good time to make your journey and make sure your bike is in good working order!
- Step 2: Think about where you would like to cycle, how long it will take, what you might need for cycling and how good you will feel!
- Step 3: If you have access to the internet, check Go Barrhead on Facebook  and Twitter  to see where else people are cycling to!

CHALLENGE 3: Go out on a cycle with a friend or relative!

- Step 1: Talk to a friend and relative and ask them if they want to go for a cycle. Tell them how good it is when you get out on your bike.
- Step 2: Think about where you could cycle, how far you would like to go. Are there any events on in the local area?
- Step 3: Arrange a date and time and get cycling!

How did you get on? (Complete after you have completed the Go Active Challenges)

In the past 14 days, approximately how many minutes do you think you have spent cycling?

Hours Minutes

I completed Challenge1 and found out where to cycle in Barrhead? Yes No

I completed Challenge 2 and have made a journey by bike? Yes No

I completed Challenge 3 and went out on a cycle with my friend or relative? Yes No

I 'liked' the Go Barrhead facebook page. Yes No

I'm a follower of the Go Barrhead twitter account. Yes No

I went on the Go Barrhead guided bike ride. Yes No

Do you think you will cycle more as a result of the Go Barrhead events?

Yes Why?

No Why?

Maybe Why?

Parental signature of consent (if under the age of 14):

Complete your form by 15th July 2011 and return it using the contact details below to be in with the chance of winning vouchers to the value of £250!

You can return the form by:

Hand: to the person who gave you the form;

Email: gobarrhead@sdgworld.net; or

Post: Go Barrhead Team, Steer Davies Gleave, 227 Ingram Street, Glasgow , G1 1DA.

If you have any questions, please contact the Go Barrhead team by:

Phone: 0141 224 0990 (Office hours only); or

Email: gobarrhead@sdgworld.net.

Glennifer Braes Country Park

cycle to: Paisley Town Centre
17 mins / 95 calories / 2.5 miles

Circular Route re-enters map here

Dams to Barrhead Circular Route Starts here

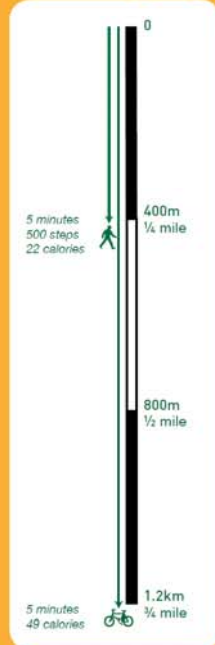
cycle to: Newton Mearns
16 mins / 80 calories / 2 miles

Do you know?
Taking your bike up to the Dams to Darnley Country Park is highly recommended. There is a flat circular route around Balgray Reservoir suitable for all, not to mention the stunning views, wildlife and open countryside. See map insert overleaf for more details.

Cycling Tips

- **Friendly Warnings:** Always slow down when passing walkers on a shared path. Use a bike bell in advance to alert people that you will be passing them.
- **At Junctions:** If you come across a busy junction, unless you are familiar with it, it is easier and safer to dismount and negotiate it using the pedestrian crossings.
- **Steep hills:** Cycling uphill can be made easier by using your gears properly, remember to select a low gear for this well in advance of the steep section. Aim to keep your leg speed regular.
- **Carrying:** It is not very safe to hang bags from the handle bars. The best thing to use is panniers attached to your bike to help take the weight off your back.
- **Security:** Finding a suitable parking space can be a challenge, look for a place that is well lit and has lots of pedestrian movement.

work out your journey



GO cycling

Try cycling around town with this map as a guide – see how far you can go and how many steep sections you can manage. If you are struggling with the steep sections just dismount and walk, the walking will all be worth it when you get to whiz down the downhill sections.

map key

- Station
- Sports Centre
- Community Centre
- School
- Business
- Pedestrian Crossing
- Toucan Crossing
- Generally quieter areas which are good to cycle

Try out our cycle routes

- off road on road Main Street to the Dams Route
- off road on road Cowan Park to St Luke's High
- off road on road Three C's Cycle Route
- off road Glennifer Braes Country Park Route (recommended for mountain bikes)

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