

LOVE TO RIDE  
**RIDE IT OUT**

LET'S RIDE THIS OUT TOGETHER

1-31 March 2021



Ride your bike  
this Spring

Everyone can  
take part

Sign up  
for free



Sign up at [lovetoride.net](http://lovetoride.net)



@lovetoride.net



@lovetorideglobal



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Ride it Out is a challenge designed to motivate riders, new and seasoned, to enjoy all the benefits of biking. From the physical and mental benefits through to the fun and adventurous, riding a bike is a great way to help people get healthier and happier whilst helping the planet too. It's a great way to grow participation significantly at the start of the biking season and support people to ride their bikes when they need it the most. Together we can prepare people for a long spring and summer of cycling.

Ride it Out is a fantastic campaign which puts you in prize draws for logging cycle rides on their website, places you on local, international and organisation leaderboards and helps you set personal fitness and cycling goals. All you simply have to do is complete as much cycling as possible during the month of March, log your rides on the website and be in with a chance of winning some fantastic cycling related prizes!

Ride it Out is split into 4 weeks, each with its own motivation to start riding a bike.

- **Week 1 – Ride HEALTHY** – an opportunity to saddle up and enjoy the all the awesome health & fitness benefits of biking like living longer, sleeping better and boosting your immune system.
- **Week 2 – Ride RELAXED** – an invitation to shift down a gear and appreciate the wellbeing aspects of riding a bike. We'll be slowing the pace to destress, reconnect with the outdoors and (restrictions permitting) share a ride with someone else.
- **Week 3 – Ride GREEN** – a chance to trial switching a regular car or public transport journey to bike. It's a challenge that's great for the planet and frees up room on public transport for key workers!
- **Week 4 – Ride FREE** – a week of adventure! Big or small, this week is about doing something or going somewhere new by bike.

We're working with Love to Ride to get more people on bikes. Cycling can help us restart the economy whilst maintaining social distancing. It also improves public health and will help protect our NHS if there is a second wave. Every bike trip frees up space on public transport and the roads to help key workers get to essential jobs.

### **Where to Cycle**

Milton Keynes is very lucky in the fact we have our amazing Redway system which is complimented by the beautiful leisure paths. We have some lovely cycle routes already mapped out and signposted for you to enjoy before, during and after Ride It Out. These include our 12 mile Millennium route and our brand new five Cultural Routes. More information on our cycle routes and their maps can be found here on our website; <https://www.getsmartertravelmk.org/cycling>

Fancy making your own route? Use our journey planner and interactive map on our Get Smarter Travel website to design your own cycling adventure: <https://www.getsmartertravelmk.org/>

### **Cycle Training**

New to cycling or just fancy some refresher and confidence boost training? We've got the perfect courses for you. Our partnership with Bikeability means we have excellent adult cycle training courses which can either teach you how to ride, build your confidence on quiet and local Redways and roads or teach you how to cycle on faster, busier grid roads! Sound interesting? Please visit here for more information <https://www.getsmartertravelmk.org/cycling/skills-training/bikeability-and-bikeability-plus-courses> , or email [cycling@milton-keynes.gov.uk](mailto:cycling@milton-keynes.gov.uk)

### **Santander Cycles MK Bike Hire**

No bike? No problem! The Santander Cycles MK Bike Hire Scheme allows you to use one of the many bike docking stations dotted around MK to pick up your bike and either commute or explore. The docking station locations can be found here; <https://www.getsmartertravelmk.org/interactive-map?bike-repairs=1&bicycle-storage=1&santander-bike-dock=1&cycle-paths=1>

Begin your Ride it Out cycling now and enjoy this March and beyond on your bike. I'm here to help with any questions or information you require, so please don't hesitate to contact me by my contact details below.

Happy Cycling!

Ellie Williamson

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