

# Bike Day

There were a lot of activities that the kids took part in during the bike day and I think it was a good learning experience for bike racing and bike repair/maintenance. In the morning the kids took part in bike racing/obstacle courses this was the part where some of the kids got interested in the competitive part of biking.

Many kids that really enjoyed the competitive part of the bike day and hopefully would pursue more competitive side of cycling later in their sporting careers. There was also many kids that enjoyed the more non-competitive side of the day which was also great. Due to the fact that it just got the kids more into casual cycling and general fitness which was also an important lesson of the day.



This was the non-competitive side of the Bike Day where an obstacle course was set up.



This was the more competitive side of the Bike Day where the kids raced a partner.

Then in the afternoon I presented to two classes, one class of grade sixes and one class of grade fives and each presentation was 25-30 minutes long. These presentations were on general bike repair and maintenance where I asked the kids some of the problems that they have had while riding bikes such as a flat tire and putting your chain back on and how to fix these problems. These are important things for the kids to know so they can maintain their own bikes because a lot of them had bikes that were not in working order. A lot of the kids were very interested in the presentation and eager to volunteer to come up and help fix a flat or put the chain back on. I also briefly went over the difference that the kids might notice between a road bike and a mountain bike to introduce them to the different aspects of biking such as road or mountain biking.



This was the presentation to the grade five class.



This was the presentation to the grade six class where one of the students is helping me change a flat tire.

Then at the end of school all classes through grades five and six were called to the gym where the physical education teacher did a presentation on general mental and physical health. Then we did a raffle for two mountain bikes one for a grade six and one for a grade five. Where two students that didn't have a bike could win a bike, one donated by Catherine Nicolas Gunn which was the school that this bike day took place at and one donated by my family and other smaller prizes were given away like bells and water bottle holders that were donated by Bow Cycle.

Overall I think the day was a great success and I think the kids learned a lot about general bike repair and also about the competitive side of the sport. I hope some of the kids will pursue the competitive side of cycling in the future whether it be road, mountain biking or any other type of cycling.