



## Media Release

17th May 2010

**Kunsill Malti għall-iSport**

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### Discover the fun of Riding a Bike with KMS & MCF

The Kunsill Malti għall-iSport (KMS) together with the Malta Cycling Federation (MCF) for the past 2 years have been organising regular 'Bike Rides' which have been gaining in popularity with the number of participants increasing each time. These rides have been taking place in various locations around the island and cater for all ages as part of a 'Sports for All' initiative.

These organised rides offer the opportunity for biking enthusiasts to come together, no matter what skill level, to have fun riding a bike in a safe environment. These rides can be enjoyed by everyone even if you do not own your own bike, as bikes and helmets are also provided for, free of charge. As the routes are not circular you will, however, have to make arrangements in advance to get back to your car; or those parents whose children are taking part can pick up their child at the finishing point. We know that Malta has a high percentage of cars on the road which makes participating in an organised bike ride a very safe option; as full safety measures are taken during these bike rides. All cyclists are required to wear a helmet and stay with the group; apart from a lead car there are also back up teams, traffic police and an ambulance on standby following the group just in case.

The next scheduled KMS and MCF organised bike rides before summer will be taking place as follows:

**Sunday, 23rd May:** Starting at 10am the bike ride will start from Ta' Pinellu, Mellieha (near petrol station) and will finish in Bugibba. The route will take riders towards Selmun, Xemxija, St. Paul's Bypass, Pinoer Road to finish in the Bugibba Square. A pick up point for younger riders will be set up at Xemxija, next to the Olympic Garden; youngsters wishing to participate from this point should be present by 10.15am to join the main group. Another pick up point will be set up for the 'Girls on the Move' programme at the beginning of Pioneer road and should be present by 10.30am. The bike ride should finish around 11am.

**Sunday, 30th May:** Starting at 10.30am the bike ride will start from Bahar Ic-Caghaq, Coast Road (picnic area near the Coastline Hotel) and will finish in St Julians (car park area near Police Station/McDonalds). The route will take riders along the coast road heading towards St. Andrews/Pembroke and on towards St Julians. A pick up point for younger rides will be set up at the entrance of the ex-White Rocks Complex, St. Andrews; youngsters wishing to participate from this point should be present by 10.45am to join the main group. Another pick up point will be set up for the 'Girls on the Move' programme at Luxol Car Park and should be present by 11am. The bike ride should finish around 11.30am.

As we know cycling is an environmentally-friendly way to commute and it is a fun way to get fit. Whether you rely on your bike for transportation or exercise, you'll enjoy these ten fun facts on this two-wheeled vehicle which have been compiled by the National Geographic:

- In 1817, Karl von Drais, a German baron, invented a horseless carriage that would help him get around faster. The two-wheeled, pedal-less device was propelled by pushing your feet against the ground. The machine became known as the "draisine," and led to the creation of the modern-day bicycle.
- The term "bicycle" was not introduced until the 1860s, when it was coined in France to describe a new kind of two-wheeler with a mechanical drive.
- Orville and Wilbur Wright, the brothers who built the first flying airplane, operated a small bike repair shop in Dayton, Ohio. They used their workshop to build the 1903 Wright Flyer.
- Fred A. Birchmore, 25, circled the globe by bicycle in 1935. The entire trip, through Europe, Asia, and the United States, covered forty thousand miles. He pedaled about 25,000 miles. The rest was traveled by boat. He wore out seven sets of tires.
- There are over a half billion bicycles in China. Bikes were first brought to China in the late 1800s.

Available at: <http://kids.nationalgeographic.com/Stories/MoreStories/Ten-things-about-bikes>

So if you haven't ridden for a while or would like to experience an organised bike ride come, relax and enjoy the organised bike rides taking place. Parents, grandparents and children are invited to come along. Those interested in participating are either to get their own bike and helmet or to can make use of the bikes made available by the KMS against no payment. Through this bike ride, which forms part of the 'KMS - Sports For All – Cycling' campaign, the KMS continues its endeavor to provide opportunities to encourage and enhance sport participation among all members of society. Contact Kunsill Malti għall-iSport (KMS) on tel. 21660658 or send an e-mail to [communications@sportmalta.org.mt](mailto:communications@sportmalta.org.mt). For more information visit [www.sportmalta.org.mt](http://www.sportmalta.org.mt) or [www.lets gocycling.org](http://www.lets gocycling.org)

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### Ghada - Skopri l-pjaċir tac-cilizmu flimkien mal-KMS u l-MCF

Il-Kunsill Malti għall-iSport flimkien mal-Malta Cycling Federation ilha għal dawn l-aħħar sentejn torganizza 'Bike Rides' regolari li kull ma jmur qegħdin dejjem jizdiedu fil-popolarita'. Dawn l-attivitajiet qegħdin isiru f'diversi postijiet madwar Malta u Għawdex u huma ntizi għal kull eta' bħala parti mill-inizjattiva 'Sports for All'.

Dawn il-girjiet bir-rotta joffru opportunita' għad-dilettanti tar-rotti biex jingħaqdu flimkien mingħajr ebda bżonn ta' ċertu livell sabiex wieħed jieħu pjaċir f'ambjent ta' sigurta'. Kemm ir-rotti kif ukoll il-helmets għalihom huma provduti bla ħlas. Ir-rotot izda mhumiex ċirkulari u allura wieħed irid jagħmel l-arrangamenti tiegħu biex jirritorna lura għall-karozza, il-ġenituri jistgħu ukoll jiġbru lit-tfal tagħhom fil-punt finali. Ic-ċiklisti kollha huma mitluba li jilbsu helmet u jibqgħu mal-grupp. Apparti mill-karozza li tkun fuq quddiem ikun hemm ukoll timijiet għal dak li jista jinqala', pulizija tat-traffiku kif ukoll ambulanza li tkun qed issegwi il-grupp għal kull tip ta' emergenza.

Il-girja bir-rotti li jmiss se ssir nhar il-Ħadd 23 ta' Mejju 2010 li titlaq fl-10.00 ta' filgħodu mill-Mellieha (hdejn il-pompa tal-petrol). Il-Juniors ser jibdew mix-Xemxija (hdejn il-Gnien Olimpiku fl-10.15 ta' filgħodu. Il-partecipanti tal-GOM ser jinaqdu mac-ċiklisti l-oħra fil-bidu ta' Pioneer Road fl-10.30 ta' filgħodu. Il-bike ride tispicċa l-pjazza ta' Bugibba f'xi l-11.00 ta' filgħodu.

L-aħħar tigrija bir-rotti għal dan l-istagun ser tkun il-Ħadd 30 ta' Mejju u tibda minn Bahar ic-Cagħaq (fil-picnic area ta' hdejn il-Lukanda Coastline) u tispicċa f' San Ġiljan (fil-car park ta' hdejn l-Għassa tal-Pulizija u l-McDonalds). Ir-rotta tiegħu s-sewwieqa tul il-Coast Road sa' St Andrews/Pembroke u finalment lejn San Ġiljan. Se jkun hemm ukoll post għall-ġbir ta' sewwieqa iżgħar li se jkun hdejn l-entrata tal-White Rocks Holiday Complex u dawk li jixtiequ jieħdu sehem min hawn huma mitluba jkunu fil-post fil-10.45 ta' filgħodu. Se jkun hemm ukoll punt ieħor tat-tluq għall-'Girls on the Move' li se jkun fil-car park tal-Luxol fil 11 ta' filgħodu. It-tigrija mistennija tispicċa fil-11.30 ta' filgħodu.

Kif kull-ġid jaf, ic-ċiklizmu huwa mod ieħor effettiv kif wieħed jista jmur minn post għall-ieħor u huwa wkoll mod kif tista żżomm lilek innifsek b'saħħtek. Allura jekk ilek xi ftit ma ssuq rota ingħaqad mal KMS u l-MCF f'din l-attivitaja' ferm nteressanti u ta' pjaċir. B'din it-tellieqa li tiffirma

parti mill-‘KMS – Sports for All – Cycling’, il-KMS tkompli tinkoraggixxi u tipprovdi opportunitajiet biex dak li jkun jipparteċipa fl-isport.

Għal aktar informazzjoni ċempel lill-Kunsill Malti għall-iSport fuq Tel: 21660658/9

Sit: [www.sportmalta.org.mt](http://www.sportmalta.org.mt) jew [www.lets gocycling.org](http://www.lets gocycling.org)

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