



The Picken Family: dad Glenn and little Harry and Erin are all geared up for #BikeWeekMEA

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Get in gear for Bike Week video challenges!

We may not physically be able to get out together on one of our traditional MEA Family Bike Rides during Bike Week 2020, but Mid and East Antrim Borough Council have lined up a 'wheel-y' fun series of video challenges

that all the family can take part in at home over the next week!

With the government and Public Health Agency advice still urging us to #StayHome and #StaySafe to beat the spread of Coronavirus in Northern Ireland, our wonderful Sports Development Team have saddled up and recorded a variety of activities for all ages and abilities.

While social distancing guidelines still apply for exercise outside your home, cycling is a great way to enjoy local green spaces. It can also benefit mental and physical health and wellbeing, and is kinder to the environment by reducing air pollution and traffic congestion.

Traditionally, our Bike Week Family Cycling Events in Mid and East Antrim have proven extremely popular, but this year we're using social media to show we can still share in the fun despite being apart from each other.

The cycling challenges will be posted each day on the Council's Facebook and Instagram pages from Monday 8 June to Friday 12 June, and we want you to share your own videos and pictures using the tag #BikeWeekMEA.

Council is also working with Cycling Ulster to share a range of routes around the borough, suitable for all abilities, as Bike Week rolls on.

Mayor of Mid and East Antrim, Cllr Peter Johnston, said: "There has never been a better time for us to get on our bikes and enjoy all the benefits that cycling brings to our health, wellbeing and environment!

"It is so inspiring to see how Council's Sports Development Team have used new and creative ways to encourage people of all ages in our borough to become more active despite having restrictions on how we live our lives."

Claire Young, Secretary of Cycling Ulster, added:

"Cycling Ulster welcome this initiative by Mid and East Antrim Borough Council for Bike Week.

"Exercise is playing a major role in physical and mental health during the current climate and Cycling Ulster would encourage everyone to join in taking part in Bike Week."

Keep an eye out on [Facebook.com/MEABoroughCouncil](https://www.facebook.com/MEABoroughCouncil) and our [Instagram page](#) for more details on how you can get involved!

Notes to editors:

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