

THE BREEZE NETWORK

Group bike rides –
lead by women, for women



Could you help other women enjoy the fun and freedom of bike riding?
Do you want to join an existing group of champions who are having fun on their bikes?
Do you want to be part of something big? Breeze is the home of women's cycling.

The Breeze network is British Cycling's national network of bike rides for women. Supported by Sport England lottery funding, Breeze provides tens of thousands of cycling opportunities for women across England.

These fun, free and social bike rides are led by women for women. The Breeze network empowers women to change the face of cycling for good and leave a lasting legacy. With over 700 volunteer Breeze champions trained, we are aiming to train over 1,000 women with a Ride Leader qualification. This will result in over 80,000 women cycling.

Being part of the Breeze network –
the home of women's cycling

We are investing lottery funding from Sport England in providing free national governing body training, kit and ongoing support to the network of volunteer Breeze champions. In return we hope you will provide some straightforward information, promote the Breeze network and deliver around 12 rides a year in your local area. All the breeze clothing and kit is yours to keep as a volunteer who is actively supporting the Breeze network.

Breeze champions will help other women to enjoy the fun, fresh air and freedom offered by bikes rides. This network of Breeze champions is vital to the success of the network.

Dedicated Ride Leader training and support for female volunteer Breeze champions – motivating like-minded women to get on a bike

Fun and local bike rides led by women, for women

Information on female friendly bike shops, bike hire and re-cycle schemes

Support to Women's cycling events across the country

Easy to use website and registration process

Cycle training – provide information for women to gain confidence and 'learn to ride' courses

Please Note: Participants need to be 18 years or over. In order to lead rides on your own you will need to hold a valid Health and Safety Executive approved Emergency First Aid certificate. If you do not have a First Aid certificate, you will qualify as an Assistant Ride Leader and will need to buddy up with a Ride Leader to deliver rides. British Cycling can assist you by reimbursing £25.00 towards the cost of your first aid qualification. We can also give you tips where else to access this training if you are interested.

EXPRESSION OF INTEREST FORM

If you are interested and want to help other women enjoy the benefits of bike riding, please complete the Expression of Interest Form below and return to breeze@britishcycling.org.uk

Name
Address
Telephone number
Email address
Local Council
How did you hear about becoming a Breeze champion?
Have you been on a Breeze bike ride before? If so, where was this?

All expressions of interest will be reviewed by Breeze and details will be sent to you regarding champion training courses.

If you have any questions or require further information, please contact the Breeze team at breeze@britishcycling.org.uk or ring 0161 274 2117