



William Newman (left) and Winston Middleton with some of the youngsters.

# Youth introduced to cycling

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**F**ormer cycling champion William Newman of Highbury, who was also a national team manager and cycling administrator for many years recently established a cycling development project, Aspire Cycling, to inspire the next generation of cyclists.

Launched Sunday 17 November at Excelsior Street Park in Highbury, the programme’s vision is to make cycling accessible to all, by introducing the youth to bicycle skills that could progress to recreational and competitive cycling.

”We want to provide young people with a safe and inclusive environment to learn and develop their cycling abilities,” Newman explains.

Knowing equipment is a challenge he approached the provincial government’s mobility department.

Access to bicycles is part of the department’s sustainable transport programme.

”Through its partners, the Pedal Power Association (PPA) and Bicycle Empowerment Network (BEN), the programme was granted five bicycles,” Newman said.

”When we started it was clear many more were needed as more than 20 children from Highbury and the surrounding areas, such as Kalkfontein

**“All are welcome, girls and boys, young and old.”**

- William Newman

and Sarepta showed up.”

## WEEKLY

Newman said the project began with an introduction to safety and road rules. ”The children then took turns riding in the multi-purpose court going through various safety and skills drills.”

Helmets are compulsory. In addition to handling skills and adherence to traffic rules, bike and equipment care will also be taught.

”As the programme progresses the youth will be introduced to grass track cycling, in which racing is introduced in a safe environment on a marked-out sports field.

”Once the confidence levels have improved organised road rides within local areas will be organised,” Newman said.

The programme continues weekly, every Sunday from 15:00 to 17:00 at Excelsior Street Park.

”All are welcome, girls and boys, young and old. Bring your bikes and helmets if you have or use the bikes available.”

■ **For more, contact Newman at [cycling@newmaxprojects.co.za](mailto:cycling@newmaxprojects.co.za) or visit [www.newmaxprojects.co.za/aspirecycling](http://www.newmaxprojects.co.za/aspirecycling).**



William Newman (right) and Winston Middleton with some of the youngsters at the programme’s launch.