

Press Release

Community Games, HSE and Athlone IT are “virtually” cycling from Malin Head to Mizen Head

On Wednesday 23rd September Community Games, HSE and Athlone IT will be teaming up to cycle a combined distance of 615km on exercise bikes, equivalent distance of cycling from Malin Head to Mizen Head.

The event will take place in AIT's New Sports Centre from 12 noon to 3pm. Each relay team will have 6 members who will cycle for 30 minutes each.

The Cycle Relay is being run as part of MOVE week which is taking place the week beginning the 21st September 2015. MOVE week is an initiative of the International Sporting and Cultural Association (ISCA), of which the Community Games is a member. ISCA is a global organisation whose philosophy is that sport is not just about competition and exercise but more about being physically active, having fun and making friends.

During MOVE Week, hundreds of events will take place simultaneously across Europe in a week-long festival of sport and physical activity. They can include open door or “try-it” events at local clubs, walking events, fun runs, bike tours, street sport events, school sports events, company activities, activities organised for hard-to-reach groups – the possibilities are only limited to your imaginations! The size of the event can also vary – from small events organised by local groups, to bigger community event. MOVE Week is about having fun and finding your MOVE. As long as the event gets people active then it is eligible to be part of MOVE Week.

To take part or to organise your own MOVE event or to get involved in the Cycle Relay contact Caitriona at caitriona@communitygames.ie or 086 7953564

To follow our progress on the day, keep an eye on our facebook page on www.facebook.com/communitygames1

ENDS

Notes to Editor

For more information on Community Games please visit our website www.communitygames.ie

For more information on MOVE week please visit www.moveweek.eu

Photos will be issued after event

Media Contacts

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Weblinks:

www.communitygames.ie

www.facebook.com/communitygames1

www.twitter.com/communitygames1

www.moveweek.eu

WHAT IS COMMUNITY GAMES?

HSE Community Games is an independent voluntary organisation, operating in local communities throughout Ireland. The organisation aims to provide opportunities for children and young people aged 6-16 years to develop active healthy lives in a safe environment through experiencing a wide range of sporting and cultural activities. Community spirit and co-operation is fostered and encouraged. The Organisation believes that every young person should have the opportunity to take part in sports and art in their local community and grow up understanding how good it makes you feel when you are active and healthy.

The organisation caters for children aged 6-16 years throughout 30 counties. It is not entirely sports based, there is a culture and arts section so children get an opportunity to experience a wide range of activities.

HSE Community Games has 200,000 children, 10,000 volunteers and over 1.3 million supporters in about 650 areas throughout 30 counties.

The aim of the HSE Community Games is to encourage and introduce a love of sport and culture to every child in Ireland.

WHAT IS MOVEWEEK?

MOVE Week is an annual Europe-wide event taking place in September. It is an integral part of the NowWeMOVE campaign. The objective of MOVE Week is to promote the benefits of being active and participating regularly in sport and physical activity throughout Europe. A wide range of promoters of physical activity (who we call MOVE Agents) coordinate events, including existing and new physical activities, for MOVE Week. In 2015 every country can choose when to implement MOVE Week in the timeframe of 7-30 September according to their specific needs.

This timeframe coincides with the official dates of the European Week of Sport (EWOS) for national events. MOVE Week National Coordinators can therefore choose one week between the official EWOS dates to stage MOVE Week in their countries. MOVE Week and the NowWeMOVE campaign are being coordinated centrally by the International Sport and Culture Association (ISCA) in collaboration with the European Cyclists' Federation (ECF). MOVE Week is financially supported by the European Union.