



Welcome to Pedalogy Webinar Big Walk and Wheel Launch

An introduction to Teacher CC, the benefits of cycling for education staff and setting out plans for Sustrans Big Walk and Wheel 2025





What is Teacher Cycling Community?

A group of like-minded individuals who support each other to gain the benefits of cycling to help overcome the challenges of working in education.

“Traditional cycling clubs don’t appeal to me, but connecting with like minded individuals and groups like Teacher Cycling Community do. They’re not the same thing”

“Being a part of a bigger community has helped me meet new people and develop links with colleagues in schools around the world. Sometimes sharing pedagogical ideas, but mostly really good rides and inspiration”

“It’s great to be a part of the Teacher Cycling Community, it motivates me to get on the bike more often, even inside”



What is Teacher Cycling Community?

Our aims:

1. Create an online and real world membership community for teachers who ride, whatever their focus, to meet up and chat together
2. Spread the word of the joys and benefits of cycling to get more teachers cycling
3. Offer discounts to members on amazing products, brands and services that we and you love



Who is Teacher Cycling Community?

Meet our Ambassadors

Our Ambassador applications are still open too, so apply if you can!



Essex, UK

DAN

Dan, a Careers lead and member of SLT, founded Teacher Cycling Community way back in 2020. Dan got into cycling in 2019 as a method of commuting to work, but now this has blossomed into commuting, sportives, time-trials and the odd crit-race too.

"cycling brings me an escape, it is one of the foundations of my physical and mental well-being, supporting all aspects of my life."



Northumberland, UK

PAUL

Paul enjoys all aspects of cycling, from coaching to competing and riding just for the fun of it. He's one of the original members dating back to the COVID Zwift years, but his passion for cycling and Teacher Cycling Community has got stronger and stronger. Check out his Frideday Feature to read some more.



Lincolnshire, UK

ANDY

Andy is a stylish art teacher who loves an early morning ride. He has featured in many a TCC meet up, including when we took on the 100 mile Ride London for Inspire Malawi back in 2022 smashing it round in less than 5 hours. Check out his #friday feature post below.



Yorkshire, UK

DAVID

David is an OG in the cycling and teaching game, he has been part of the community since the very beginning and has hosted multiple TCC meet ups over the years. Check out his #friday feature blog blow.



London, UK

SUE

Sue is one of the original members, she's featured in many a TCC meet up over the years and is a cross-sport inspiration. Be sure to check out her #friday feature post from International Women's Day 2024 via the link below.



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Cumbria, UK

GRAHAM

Graham is an experienced cyclist and event organiser with all types of cycling in his arsenal. He is passionate about engaging as many people as possible in cycling whatever way they can to share the love of cycling. Check out his #frideday Feature to read some more.



Peak District, UK

GARETH

Gareth is one of the OG members of the community, going all the way back to the COVID lockdown Zwift rides. His passion for cycling and teaching is inspiring, building links with other teachers and cyclists through the community. Check out his #frideday feature below.



Essex, UK

ADAM

Adam is one of our newest members and Ambassadors. He values the benefits that cycling brings to him and wants to share them with others by building the community, focusing on our Wednesday Workout Rides. Adam is an avid Ultra event rider. Check out his #frideday feature below.



Scotland, UK

JOHN

John is currently our sole Scotland based Ambassador and he also covers a lot of cycling disciplines too! He's active in promoting the benefits of physical activity and sharing this across his socials too. Check out his #frideday feature below to find out more.



WEAR CAPES



NOT ALL CYCLISTS

Ambassador Location

AMBASSADOR NAME

A short bio about our ambassador, how they came across the community and why/how they ride



What events are Teacher Cycling Community supporting during Big Walk and Wheel?




Our events and support:

- 26th March and 2nd April - Wednesday Online Social Rides
 - join our discord channel 7.30-8.30pm
- 26th March and 2nd April - Wednesday Wellbeing Wheels (in your local area)
 - Set up your meet ups for staff at your place of work and in your local area
- 27th March and 3rd April - Pedalogy Thursday Webinars
 - 27/3 Focus -
 - 3/4 Focus -
- Friday (in your local area)
 - Set up your meet ups for staff at your place of work and in your local area
- Sunday Online Social Rides
 - Join our discord channel 8-9am - these are paused this week due to Mothers Day





What events are Teacher Cycling Community supporting during Big Walk and Wheel?



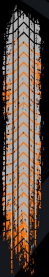
JOINING TCC AS A MEMBER WILL CONNECT YOU WITH A WORLDWIDE COMMUNITY OF OTHER ADULTS WORKING IN EDUCATION, INSPIRING YOU AND GIVING YOU THE CONFIDENCE TO USE YOUR BIKE AS A VEHICLE FOR PERSONAL CHANGE; COMMUTING TO WORK WHILST GAINING SOCIAL, PHYSICAL AND MENTAL BENEFITS.

AIMS




1. CREATE AN ONLINE AND REAL WORLD MEMBERSHIP COMMUNITY FOR TEACHERS WHO RIDE, WHATEVER THEIR FOCUS.
2. SPREAD THE WORD OF THE JOYS AND BENEFITS OF CYCLING TO GET MORE TEACHERS CYCLING.
3. OFFER DISCOUNTS TO MEMBERS ON AMAZING PRODUCTS, BRANDS AND SERVICES THAT WE AND YOU LOVE.

MEMBERSHIP BENEFITS

- £60 BENEFITS INSTANTLY
- 10% TCC DISCOUNT KIT AND MERCH
- 15+ BRAND DISCOUNT CODES
- WEEKLY SOCIAL CLUB RIDES
- WEEKLY WEBINARS
- REAL WORLD MEET UPS
- REGULAR NEWSLETTERS
- REGIONAL ONLINE FORUMS
- THEMED ONLINE FORUMS
- GUIDANCE FOR GETTING STARTED
- COMMUTING TIPS AND TRICKS
- FITNESS AND WELLNESS TIPS
- SCHOOL MEMBER RESOURCES



JOIN USING CODE "SUSTRANS" DURING THE BIG WALK AND WHEEL TO TAKE £2.99 OFF YOUR FIRST YEARS MEMBERSHIP AND DONATE £2 TO SUSTRANS CHARITY



WELLBEING WEDNESDAY WHEEL

RIDING ON A WEDNESDAY IS GREAT, IT ENABLES YOU TO KEEP THE WEEK GOING, PUSHING YOUR PEDALS TO CLEAR YOUR MIND. DO IT WITH OTHERS FROM YOUR PLACE OF WORK IN PERSON HERE





WHEN: _____

WHERE: _____

WHO: _____

DISTANCE: _____

RSVP TO JOIN THE RIDE HERE



#FRIDEDAY MEET UP

RIDING ON A FRIDEDAY IS GREAT, IT ENABLES YOU TO FINISH THE WEEK PUSHING YOUR PEDALS TO CLEAR YOUR MIND. DO IT WITH OTHERS FROM YOUR PLACE OF WORK IN PERSON HERE


WHEN: _____

WHERE: _____

WHO: _____

DISTANCE: _____

RSVP TO JOIN THE RIDE HERE



What are the benefits of regular cycling for education staff? (20 minutes on most days)

Physical:

- Reduces mortality risk by at least 10%
- 10% decrease in risk for cardiovascular disease
- 30% decrease in risk of type 2 diabetes
- 30% decrease in cancer related mortality



What are the benefits of regular cycling for education staff?

Mental:

- Makes you feel fantastic on many levels
- Reduces stress and improves mood
- Meditative mindset and green exercise
- Rehearsal and planning time for the day ahead
- Book-ending of your day



What are the benefits of regular cycling for education staff?

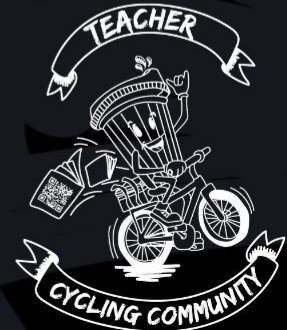
Social:

- Sense of normalised camaraderie
- Support and motivation
- A sense of purpose




What are the spring term challenges and events?

- Joining our Wednesday Online Social Rides and Pedalogy Thursday Webinars give you a chance to win a 250g bag of Perky Blenders coffee beans
- What challenges would you like to see us launch?



How can you plan your week to get the most out of your riding?




WEEKLY RIDING PLANNER

TEACHER CYCLING COMMUNITY


	MORNING	AFTERNOON
MON		
TUES		
WEDS		
THURS		
FRI		
SAT		
SUN		

HINTS & TIPS



PLAN YOUR WEEK OF RIDING. ADD THESE TO HELP:

- WHEN YOU TAKE YOUR CLOTHES AND FOOD IN
- WHICH OF YOUR ROUTES TO RIDE
- HAVE DIFFERENT WORKOUTS AND REST DAYS




WEEKLY RIDING PLANNER

TEACHER CYCLING COMMUNITY

	MORNING	AFTERNOON
MON	Workout 1 - Route 2	Workout 1 - Route 2
TUES	Push Weights Workout	Take home dirty clothes
WEDS	Yoga stretching	TEC Night Wash Session
THURS	Take in clothes & food	Pull Weights Workout
FRI	Workout 3 - Route 3	Workout 3 - Route 3
SAT	Rest Day	Rest Day
SUN	Veis Football (A)	Check my bike over

HINTS & TIPS



PLAN YOUR WEEK OF RIDING. ADD THESE TO HELP:

- WHEN YOU TAKE YOUR CLOTHES AND FOOD IN
- WHICH OF YOUR ROUTES TO RIDE
- HAVE DIFFERENT WORKOUTS AND REST DAYS



Free discussion time

Are there any tips, tricks or ideas that you have and would like to share?



Kit, stickers and referrals

Member referrals are now live...

Spring kit drop will launch on the final working day of the month to coincide with pay day, it will be open for a fortnight.

All off the bike kit and hats are available to order at any time

Stickers will be in the shop this week!





Thank you for attending Pedalogy Webinar #1

Remember to RSVP to the next event and drop any suggestions to teachercyclingcommunity@gmail.com





Thank you for attending



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Please send your updates through on social media and to
teachercyclingcommunity@gmail.com

