Pedalando no Mundo Lusófono
Cycling Through the Lusophone World

Velo-City 2018
Rio de Janeiro, 15 junho

Sandro D. Araújo
Total Members

2012: 9000
2017: 17000
“if bike racing is one branch of a sturdy tree, utilitarian use is its trunk, therefore the UCI must share the responsibility of feeding the roots to ensure that the whole tree flourishes. (...) we want to accept our share of the responsibility to promote all forms of bicycle use”

Hein Verbruggen (Velo-City 1999, Graz - Austria)
VISION

Promote bicycle usage and cycling, in its different forms, mobilizing communities, sports agents and other public and private Institutions, in all national territory; promote physical activity, sustainable and healthy lifestyles, fulfilling sportive and social role of cycling, making cycling increasingly easier to practice by anyone, everywhere, anytime.
### STRATEGIC OBJECTIVES

**SO1**
Making quality cycling more accessible and safe

**SO2**
Instructing and cultivating competitive, recreational and daily cycling

### OPERATIONAL OBJECTIVES

**OO1.1** Streamline the promotion and organization of events and activities

**OO1.2** Contribute to the implementation of networks for supporting cycling practice

**OO1.3** Actively engage in cycling advocacy

**OO2.1** Implement a communication strategy to encourage cycling

**OO2.2** Promote cycling in schools

**OO2.3** Enhance cycling in its social and cultural dimensions

### PROJECTS

**AREAS OF INTERVENTION**
- a) Supporting competitive, recreational and daily cycling
- b) Communication
- c) Content & Qualification

**SPECIFIC TARGET GROUPS**
- 1) Children
- 2) Families
- 3) Workers
- 4) Seniors
- 5) People with special needs
Federação Portuguesa de Ciclismo

CIRCUITO DE LISBOA
10 DE AGOSTO DE 2014

Petição Pública

Por: Direitos e Desporto em Segurança
Assinaram a petição
9,298

Assinare Petição

Não tenho tempo para escrever, então tenho que ser breve.

Federação Portuguesa de Ciclismo e all associates committed to Cycling for All

PEDALAR EM SEGURANÇA É UM DIREITO

"O ciclista faz parte do trânsito. Conduza de forma responsável!"

RUI COSTA
ŒSPORTE PORTUGUÊS DO ANO 2012/2013 - CORREDOR PROFISSIONAL DA MOVISTAR TEAM

In the last three years the Federação Portuguesa de Ciclismo (FPC) has increased its membership by 40% and its biggest growth registered by any of the European National Federations.

30% DISCOUNT ON ANNUAL MEMBERSHIP

MEMBERSHIP IN THE FPC FOR ATTAINING CPF - DESC. IN CPF AT CPF REGISTRATION OR CPF RENEWAL

CYCLING FOR ALL

Federação Portuguesa de Ciclismo: a National Federation committed to Cycling for All

On April 2016

Rui Costa in the campaign for better cycling conditions in the Portuguese Federation.
PROJECT
TEACHING FIRST SCHOOLING CYCLE STUDENTS HOW TO RIDE A BICYCLE

PARTNERS
- Cycling Clubs / Regional Cycling Associations
- Municipalities
- Schools

ACTIVITIES
- Sporadic
- Regular
- Annual Meeting
Caraterização Técnica dos Percursos

Percursos de Iniciação (N1)
• Distância até 70km e até 1000m de acumulado positivo

Nível 2(N2)
• Entre 70 e 120km de distância, dificuldade baixa / média (até 1800m de acumulado positivo)

Nível 3(N3)
• Entre 120 e 150km de distância, dificuldade média (até 2500m de acumulado positivo)

Nível 4(N4)
• Mais de 150km de distância, mais de 2500m de acumulado positivo

Percursos N1
• Albufeira, Alcoutim, Aljezur, Faro, Lagoa, Lagos, Loulé, Monchique, Olhão, Portimão, Quarteira/Vilamoura, São Brás de Alportel, Silves, Tavira, Vila do Bispo, Vila Real Santo António
FEDERAÇÃO PORTUGUESA DE CICLISMO

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