

Three free community events to support the University's capital city cycling challenge

Whether you're a cycling enthusiast, an occasional cyclist or you prefer to keep your feet on the ground - there's something for everyone on the day.

Plus everyone is welcome to cheer riders across the finish line at Lakeside Arts Centre and enjoy the post-event celebrations.

Sunday 1 September 2013

Lakeside Arts Centre, University Park

Find more information and register at:
www.nottingham.ac.uk/lifecycle/getinvolved

Nottingham
Life Cycle 3



Putting the brakes on the impact of stroke



Newsletter no 97, Spring / Summer 2013

Making major junctions safer for cyclists: new local funding from the DfT

Following the high profile Cycle Safety campaign by The Times newspaper last year, the Department for Transport agreed to provide a special fund to assist improvements for cyclists at major junctions, and the results were announced recently.



Locally, the schemes to go ahead include 2 County Council schemes in the north of the county, and 2 City Council schemes for the Dunkirk flyover roundabout and the junction of Mansfield Road and Forest Road, each with particular safety issues.



The Dunkirk scheme will provide toucan crossings at the roundabout over the Abbey Street arm of the junction (QMC / old Dunkirk Fire Station side), where there is no proper crossing, and upgrade the pelican crossing on Beeston road to a toucan for cyclists to ride over legally. We gather that the City Council are currently working out how to programme the works around the building of the tram.



We also understand from the City Council that there is still some design work to be undertaken on the other scheme, on Mansfield Road and it is likely that they will ask for Sustrans to assist in this process.

Pedals will also then have a further opportunity to raise ideas and make comments.

There are of course many other major junctions locally which can be very intimidating for cyclists, including for example the Five Ways junction at Balloon Woods / Trowell Road / Wollaton Road which Pedals suggested as a candidate for this funding when it was first announced last year.



Also problematic are the junctions of Derby Road with Lenton Boulevard, and Mansfield Road with Sherwood Rise and Gregory Boulevard, as mentioned in a recent article in the Nottingham Post of 28 March (see below)



However, in these days of major cutbacks, we have to rely on making the most of what new funds can still be obtained, and then concentrate on ensuring that these are carefully designed to help achieve the

intended benefits, along with advice and training for cyclists on how best to cope with major junctions more generally.



Item in the Nottm Post of 28 March about the most "dangerous" junctions for cyclists in Nottingham

Call for 'more respect' on roads as cycling danger spots revealed by Alexander Britton

THE most dangerous junctions for cyclists in the city have been revealed, with the crossing of Derby Road and Lenton Boulevard topping the list.

The crossroads in Lenton have been the scene of 19 accidents in seven years – two of which have been serious.

Vulnerable: In the worst spot there have been 19 accidents in seven years – two serious.

Other hotspots for cycling accidents include the junctions of:

Clifton Boulevard/Beeston Road roundabout by the site of the old Dunkirk fire station with 15 accidents.

Wollaton Road (A609) and Western Boulevard with 14 accidents.

Gregory Boulevard and Sherwood Rise and Mansfield Road Roundabout, also known as

several local bike shops including:

- Bunney's Bikes, Carrington St.
- Cycle Garage, West Bridgford
- Cycle Inn, Beeston
- Arnold Cycles, Arnold.
- Freewheel, Hockley
- Rex Robinson, Carlton
- Cycle Garage. West Bridgford

A full list of local bike shops can be found on the Pedals website at http://www.pedals.org.uk/looking_after_your_bike

Pedals Committee contacts

Pedals Committee members now are:-

- Andrew Martin, (Facilitator)
- Peter Osborne (Secretary)
- David Easley (Treasurer)
- Larry Neylon, (Webmaster)
- Hugh McClintock (Newsletter Editor)
- Peter Briggs
- Arthur Williams
- Susan Young.

Contact details are on our website at http://www.pedals.org.uk/contacts_list

Pedals QR code for quick response access from your Smartphone to our Website!



Newsletter printed by Portshel Print;

The Pedals newsletter is printed by Portshel Print, based at the Portland College near Mansfield.

We deliberately choose them in order to support their very important work for people with physical disabilities.

Next issue:

The next issue will appear in October 2013. (Editor: Hugh McClintock: email Hugh.McClintock@ntlworld.com)

New Membership

Secretary:

Hilary Backhouse has now taken over from Pete Elderton as Pedals Membership Secretary.

Her contact details are

(0115) 846 2742,

email: membership@pedals.org.uk

Many thanks to Pete for all his excellent work over the last two years after a period when, we fully recognise, there were many problems with maintaining our membership records properly.

Doing a proper job has also now been greatly helped by the superb membership database organised by our webmaster, Larry Neylon, to whom we are also very grateful.

Why not get a friend to join Pedals?

Tell them how easy it is to join online at

http://www.pedals.org.uk/how_to_join

You could also please encourage them to take out a Standing Order, to help reduce our admin and costs.



Appeal to all members – new and old - PLEASE ensure that we have a current valid email address

PLEASE ENSURE THAT WE HAVE A VALID EMAIL ADDRESS FOR YOU, so that we can communicate with you more often than just via the newsletter.

We are now trying to do more frequent emails to members in between paper newsletters but each time find that some addresses have become invalid. PLEASE THEREFORE LET US KNOW IF YOU CHANGE YOUR EMAIL ADDRESS!

Many thanks!

Keeping in touch with Pedals – Website and Facebook

To keep in touch with Pedals visit our website, www.pedals.org.uk, which is regularly updated.

You can also follow us on Facebook at <http://www.facebook.com/pedalsnottingham>



Discounts for Pedals members at local bike shops



Don't forget that with your Pedals membership card you can get discount at

the Goose Fair roundabout with 13 accidents.

Melbourne Road and Nuthall Road crossroad in Aspley with 10 accidents.

These figures are from the police accident forms data from 2005 to 2011 and supplied by cycle insurance firm Levenes.

James Reynolds, 31, cycles from his home in Main Road, Wilford to University Park campus for his commute and said he sometimes feels uneasy on the road.

He added: "I think you get better with experience of the roads, but there are some junctions where people are always running amber and red lights and it gets a bit hairy.

"There needs to be respect on both sides of the car/bike divide – some cyclists don't help themselves, but if everyone was a bit more courteous, then perhaps there would be fewer accidents.

"I wouldn't say the city's streets were dangerous for cyclists but I wouldn't send someone who didn't have much confidence down Maid Marian Way.

"The cycle paths are pretty good when they properly separate vehicles from the traffic, when the only divide is a little white line, it feels a bit less safe."

And Adrian Pugh, 48, rides from Beeston to Derby for his commute and hasn't had an accident on the road for 25 years.

He said: "Confidence on the road is important and you need to have the

knowledge of where to position yourself on the road too.

"Bikeability teaches you how to ride a bike, but not necessarily how to ride on a road."

A Nottingham City Council spokesman disputed the figures and their definition of the area around a junction was smaller than that suggested by Levenes.

The spokesman added: "Nottingham is a fantastic city in which to cycle and despite our accident rate being relatively low compared to other cities, we will always work hard to make this lower and make using a bike a big part of city life.

"Cycle Plus magazine ranked Nottingham as second best city to cycle, just behind Bristol and we have had an increase over more than 15 per cent in cycling levels in recent years.

"We have a commitment to deliver 20mph limits in all residential areas across the city and we have an extensive programme of investment to create a network of on-road cycle corridors.

"In addition to this we are doubling our capacity to provide in-school cycle training equipment and there are grants available to employers for upgrading cycling facilities at their premises if they are liable for the workplace parking levy."

And Pam Shaw, who is Notts County Council's road safety manager, said the authority did a lot to promote safer cycling.

She said: "Notts County Council offers the national bikeability cycle training scheme to

all primary schools in the county and annually trains more than 2,400 children to ride on the road.

"We also offer cycle maintenance and cycle safety classes to Key Stage 2, 3 and 4 pupils.

"We have worked with the Notts Road Safety Partnership on cycle safety including undertaking surveys on helmet wearing and use of high visibility clothing."

- *We would welcome comments on this article please, including what you think of the safety of these junctions for both less and more confident cyclists and how far safety might be improved by changes to the layout, changes to signs and markings, changes to the timing of the traffic signals, and better education and training of some or all road users to make them more careful and considerate!*



Pedals strong support for new Sherwood Area 20mph area speed limits

Pedals has strongly welcomed the City Council's Sherwood Area 20mph scheme launched on 20 April and very much looks forward to plans to extend such schemes much more widely in Nottingham and elsewhere



New cycle injuries and infrastructure study at Nottingham University



Pedals has been involved in supporting and giving advice to the Injuries Group at the University of Nottingham in association with London South Bank University which is undertaking a National Institute for Health Research funded Cochrane Systematic review of cycling infrastructure for reducing injuries to cyclists with the following objectives:-

1. evaluate the effects of different types of cycling infrastructure at reducing cycling injuries in cyclists by type of infrastructure
2. evaluate the effects of cycling infrastructure at reducing the severity of cycling injuries in cyclists
3. evaluate the effects of cycling



One of the rides he lead regularly was on Remembrance Sunday, to the war memorial in Ruddington, helped by other such as David Lane and Bill Sweetland.

This was a very important occasion for him who had served in the RAF during World War 2.

He will be remembered by many people in Pedals as a great character, a kindly and lovely person and someone who always added a sparkle to the company he was with and to many peoples' lives.

Another early Pedals activist, Lawrence Geary, gave the eulogy at his funeral at Wilford Hill Cemetery, on St. George's Day, 23 April, and several other Pedals folk attended along with a great crowd representing his friends and many different activities.

END OF BOX 2



For meeting details please keep an eye on the relevant section of our website at

<http://www.pedals.org.uk/meetings>

Sending future Pedals newsletters electronically

We have had a great response from members willing to receive newsletters electronically (to help Pedals save postage costs).

For the time being, however, when we have to send a membership card by post anyway, we assume a printed copy of the newsletter in the same envelope would be appreciated.

IN BOX (1)

Sid Standard – a Celebration of his Life

On Saturday 7 September
from 7.30pm at the
Mercure Hotel
Nottingham

Ten Years after the death of Sid Standard from Beeston, one of the best known

local cycle shop owners, the Notts CTC are holding a celebration of his life, with a 3-course meal followed by a slide show and entertainment!

Tickets are £27.50, with all profits going to the Nottingham Air Ambulance and a proposed permanent memorial in Shottle.

Restricted to 100 places –book early by contacting David Standard, tel. 07540 332717, or email: david.standard@icloud.com

END OF BOX 1

IN BOX (2)



John Wilson,
30.4.1928-26.3.2013
– a tribute

John Wilson, who played a major part in Pedals from our early years up until about 10 years ago, died on 26 March, aged nearly 85.

John, a former Registrar in West Bridgford, with a wide range of interests and activities, including cycling and birdwatching, did a great deal to promote Pedals, through handing out membership forms, helping at stalls, stuffing and dispatching newsletters and by leading and taking part in Rural Rides.

infrastructure at reducing cycling injuries in cyclists with respect to age, sex and social group



For more information please email Sherie Smith (Sherie.Smith@nottingham.ac.uk) or the Project Director, Dr Caroline Mulvaney, Senior Research Fellow, School of Nursing/Division of Primary Care Faculty of Medicine and Health Sciences, University of Nottingham, Queen's Medical Centre, Nottingham. NG7 2HA
tel: (0115) 823 0956,
email:

Caroline.Mulvaney@nottingham.ac.uk



More information can also be found at
<http://www.nottingham.ac.uk/injuryresearch>

Sustrans Ucycle FE project **update of April 2013**

from Joanna Ward, Project Director

For many going to college is the first time they have had to consider how they will travel independently, so this is a crucial time to help form lifelong sustainable transport choices. It's no secret that FE can be a challenging demographic at times.



At the age of 17 getting your first car is quite an exciting thing – but not as exciting as the gap year you could help fund with the money you'd save by cycling instead! It's a matter of working out what motivates young people.

To date the Further Education sector of the Ucycle project, working with New College Nottingham, Central College Nottingham and Bilborough College, has made over 1,200 quality engagements with staff and students.

The project is constantly developing and finding new ways to integrate cycling into the college agenda, from working with the estates departments to implement improvements to cycling infrastructure, to working with the fashion academy to create a collection of fashion focused cycle safety accessories.

These designs will be showcased to the public by the students at the Cycle Live weekend later in the year, proving that style doesn't need to be sacrificed in order to be safe on your bike, which is a key concern for young people.

Students and staff have benefitted from information on route planning, information on cycle safety and security as well as health and money themed workshops and volunteering opportunities throughout the year and seasonal changes.

A recent cycling to college reward scheme proved very popular and even played a part in encouraging more cycling than individuals would usually do during the recent poor weather. College wide transport surveys took place in the winter term, with the data being analysed to reveal the attitudes and

barriers towards sustainable transport held by college staff and students populations.

This information alongside discussions with staff and student groups throughout the past year will play a key role in keeping the project on track in achieving its aims.

Discussions continue on the NET extension plans and cyclists



Discussions have continued this year on the detailed implications for cyclists of the two new NET extension routes, to Clifton and Chilwell / Toton.

We have had further special meetings in January and April involving representatives of Pedals, Ridewise and the Sustrans Ucycle Project meeting representatives of the Vinci Consortium building the tram, their consultants Mott McDonald and also officers of the County, City and Broxtowe Councils, as well as Councillor Steve Barber from Broxtowe BC, who has continued to be very supportive.

Herve Morvan of the Beeston Cycling Club has also attended several of our meetings.

The City Council is also responding seriously to our suggestions and, for example, is considering positively, our proposal for the changed layout with the new tram line on Meadows Way, at the junction with Queen's Drive and Castle Bridge Road, to include a proper toucan crossing over the tram tracks, upgrading an informal link for

cyclists at this point that has existed since Castle Bridge Road was first built in the mid-1980s.

However, the main focus of recent discussions has continued to be on the main concerns about the details of the layout on the **Chilwell/Toton route in the High Road and Chilwell Road, area, including the vicinity of Central College.**



We are pleased with the progress made in addressing our particular concerns on these especially difficult stretches, e.g. by providing sections of cycle lane behind the High Road tram stops in both directions, although some problems remain

These include the need to make sure that all road users in the area (not just tram drivers) are made aware of the likely behaviour of cyclists in the presence of tram tracks and how their actions can put cyclists more at risk, e.g. in pulling out suddenly across give way lines and not leaving cyclists enough room to ride safely between the kerb and the nearest tram track.

On the other hand the tight parking restrictions on narrow roads like this with tram tracks will certainly help to make the movements of general traffic more predictable.

Also important, as we have learned from NET Line One, is to ensure a flush surface between the tram tracks and the road surface, to ensure a minimum distance of 1.1-1.2m between the kerb and the tram track and training drivers to hold back

You are allowed to ride on cycle tracks and bus lanes and park on cycle racks, which you would not be able to do with a true electric motorcycle. Moving away from a standing start, there is always a slightly thrilling 'rush' as the motor helps you forward, and you can quickly get to cruising speed of 15mph which is a governed speed for e-bikes in Europe.

When you come to an uphill grade or a strong headwind, you do not need to change gear. Just keep pedalling and the power assistance maintains your speed.

You can change gear, but if you do, the pedal pressure is reduced and the pedalling speed increased, thus instructing the motor to give you less help - so stay in top gear all the time.

For the over 50 rider (the largest proportion of purchasers) the e-bike is truly liberating! There's a strong incentive to use it in preference to other methods, it is more fun than the car and quicker than public transport for short routes. Fresh air, exercise and no sweat!

Suddenly a longish distance e.g. West Bridgford to Long Eaton, does not seem so long, and by maintaining a good average of 15mph, you can be more sure about arriving on time without being sweaty.

Legally, they are limited to the over-14s and they will assist you up to 15mph. If you wish to cycle faster than that, you can. They can be tweaked to go slightly faster 'for off road use'.

At 22kg (average), they are slightly heavier to lift over stiles or carry indoors, but the extra weight is only the motor and battery, which are friends you would rather have than not have!

Where can you get them from? The Guardian article referred to a London source <http://www.justebikes.co.uk/> and in the Nottingham region, we have Raleigh and Powered Bicycles, both of which can be found in Long Eaton at <http://www.poweredbicycles.co.uk/>.

There are electrically assisted variants, such as folding e-bikes, e-trikes, e-tandems and e-delivery-bikes. Cost-wise, they vary from £700 to £2500, and can be bought ready made, or delivered as a self assembly kit.

David Nicholson-Cole
7 Peveril Drive, West Bridgford,
Nottingham NG2 7AU
07970-059525 / 0115-92-33-99-6



I read an article about electrically assisted bikes (E-bikes) in the Guardian on 12 October 2012:

<http://www.guardian.co.uk/lifeandstyle/2012/oct/12/e-bike-european-craze-uk>

in which it describes e-bikes and reports how e-bikes have really taken off in Europe (particularly Germany), but are slow to sell in the UK.

E-Bikes are not small electric motorcycles, they are bicycles with pedals which activate a small motor. They are a fifth to a tenth of the cost of a proper electric motorcycle.

An e-bike may appear to be an ordinary bike at first glance, but has a brushless motor in either the front or the rear hub (or under the crank), and a battery carried under the luggage rack or mounted like a large drinks bottle in the frame.

The ordinariness of appearance is important; I don't want my e-bike to stand out from others in a bike park as the one most worth stealing.

The motor is activated by the pedals, so you have keep pedalling to get motion - this means that your body is still exercised pleasantly with movement, but is not stressed when you get to hills.

Most e-bikes also have gears, so you can turn the motor off and ride them as a bicycle if the battery runs out or if you just feel like you need more exercise when it's a nice day in ideal conditions.

rather than press through and intimidate cyclists by threatening to squeeze past them. All these points will again be taken on board with the new extension lines.

On the **Clifton NET extension route** a particular issue for us is the reluctance of the Highways Agency to provide a toucan crossing to connect the old A453 (to Barton Fabis and Thrumpton) safely to the shared path by access road being built to the new Park and Ride site at the Terminal near the new A453 roundabout at Mill Hill.



Discussions continue and a further liaison meeting is planned in June.

- **For an update on NET extensions works and closures see:** <http://www.thetram.net/construction-about-us/>
- **For an update on the discussions about cyclists and the NET extension see:** http://www.pedals.org.uk/net_consultation_2012



Citycard Cycles expansion plans continue
Progress Report from Russ Morton, Nottm City Council



This project was started in September 2012 by Norman Baker MP within a ministerial visit. The Citycard Cycle project is being delivered in stages over a three year period, dependent on detailed trials, funding and operational performance. There has been grant funding support from several sources.

Year 1 ending March 2013 – now delivered

1. Cycles available for hire at two trial staffed retail outlets – Broadmarsh Bus station and Tourist Information Centre. Cycles available for day and long term hire (with maintenance package) to key groups, including work seekers.
2. Software delivered and operational trials taken place for mobile phone booking system for cycle hire from non-staffed outlets across the conurbation, using existing hire bikes in stock.
3. Delivery and successful operational trials of Citycard activated docking stations to be installed at interchange hubs across the City Centre in year 3 – accessed from preloaded smartcards.
4. Trial and delivery of an additional 200 hire bikes to a different specification for use at docking stations.

5. *Citycard secure storage hubs now in place at Broadmarsh Bus Stations, Victoria Centre Shopping Centre, Queens Dr and Racecourse P&R sites, Nottingham Train Station, Fletcher Gate Car Park and Victoria Leisure Centre.*
6. Successful trial of smartcard activated 'Loxley' locks to be installed at existing cycle racks across the conurbation for Citycard holders to secure their own bikes.

Year 2 ending March 2014 – now funded

7. Launch and roll out of mobile phone hire scheme, with over 100 cycles stationed at hire points across the City Centre, hospitals and universities. On track for June 2013.
8. *Citycard Cycle Hubs due to open June 2013 at Phoenix Park, Wilkinson Street, Hucknall and Bulwell Park and Ride Tram and Train sites. Installation of further Citycard Cycle Hubs accessed by Citycards, at each district centre, other railway stations. To be completed by March 2014.*
9. Trial of 10 docking stations at key interchange points for regular commuters to complete their journeys. To be completed by March 2014.

Year 3 ending March 2015 – partially funded, further bid being written

10. Conurbation-wide expansion of docking stations to up to 50 outlets and 500 cycles – by March 2015
11. Installation of Citycard 'Loxley' locks to all main existing bike stands across the conurbation – some 500 stands. Completed by March 2015
12. Large expansion of Nottingham train station automated cycle hire facilities - subject to funding bid.



Recent months have since a lot more usage of the secure bike compound at the Broad Marsh Bus Station and Pedals has emphasised the need for this to be expanded. We also want to see expansion of the Citycard Hub at Nottingham Station.



This has been agreed in principle, for the area now being used temporarily as ticket office, but further progress will have to wait until nearer the time of the completion of the Station Redevelopment Project ("The Hub") in autumn 2014.

- **Recruitment of TravelRight Support Officer Colin West**

For more information visit us at

www.travelright.org.uk,

find us on Facebook at

travelrightnottingham, or email us

travelright@ridewise.org.uk

More positive attitude to cycling from new County Council?

Although Pedals is an independent organisation, not affiliated to any political party, we do very much support any party, or individual candidates and/or councillors pledged to promote cycling. We therefore very much welcome the recent Labour Party takeover of the County Council.



We were very disappointed with the increasingly negative attitude to cycling of the previous administration, and even, at a time of big cutbacks, their spending scarce money in taking out useful and well-used cycle facilities such as the two cycle lanes on Musters Road and Rectory Road, West Bridgford which were removed in April 2011.

This appalling decision, giving priority to road space for motor vehicles over the safety of cyclists, featured prominently in the feature on Cycling in Nottinghamshire in

Cycling Weekly last November when the County Council's recent safety record on cycling was very strongly criticised!

Since then, we had also found it very difficult to get political support from the County Council for ensuring that new paths being provided alongside the two new tram lines were built as proper legal shared paths rather than just footpaths, where there is space, to complement the local cycle networks in these areas.

In recent months we were involved in lobbying the Labour group to get back to a much more positive attitude to cycling, helped by the former County Council Corporate Director of Environment, Steve Calvert a longstanding good friend of Pedals, who has now been elected a Councillor.

We now intend, even in the very difficult financial climate, to press hard for this to be honoured and followed through.

Doing this is now all the more important since the publication in April of the '**Get Britain Cycling**' report following the **recent inquiry by the All Party Parliamentary Cycling Group's inquiry into the barriers preventing more people cycling in the UK, available at www.allpartycycling.org**

Radio Nottingham interview; 2 x Trent Sound features

- **Engagement still on-going. Existing partnerships enforced and new ones formed**

- Now attended all area committees.
- Attended 6 community group meetings, providing support to 2 organisations (BEST and Bulwell Forest Action Group – latter is walking but see below for BEST)

- Outreach, diversionary project with BEST. Young people and families learning new skills (bike maintenance/cycle training), enhancing cohesion, widening travel horizons (bike rides to employment sites/journey planning support).

- Success has led to further demand for other sessions
- Demand for second-hand bikes is high – planning a bike amnesty with NDOs

- Other innovative, **outreach projects** created/developed in Q4 and to be delivered in the following quarter include:

- Heathfield BMX Project
- TravelRight training programme included in NCH Tenants Academy

- **Interactive online mapping project**

- Improving access to leisure facilities/public services – partnership working with Decade of Better Health joint to produce a map/resource which expands travel horizons and improves residents' knowledge and take-up of local health and wellbeing services. In development

- **Area wide infrastructure audits** – to assess the communities for the quality of their environment for cyclists, pedestrian and public transport users - now fully underway. Aspley pilot is completed. Bulwell, Bestwood, Bilborough, Bulwell Forest audits all underway, involving councillors and appropriate professionals where necessary (i.e. NDOs).

- **Develop offer for jobseekers**

- Pilot scheme through Bestwood Partnership's workclubs – delayed until Feb 2013. Good opportunity to promote Public Transport team's offering and bike loan from RCAN
- Continuation of exploratory meetings with FE colleges, BEST, Job Centre plus, Credit Union and other community agencies (libraries, community centres) with a view to rolling out a full programme in 2013.



In partnership with East Midlands Trains it has now been agreed there will be an investment of £700,000 to improve the cycle parking at the Station, continuing from last year's introduction of smart card access.



Keith Morgan from the City Council has told Pedals that they will be talking to users to find out what they want to see included in the parking area, current ideas include a roof and cycle hire.



The new facility will complement the new upgraded Station and transport interchange. Signing of the present facility from within the Station is very poor and we have been assured that this will be improved from this autumn, which is also very welcome news.

PS Citycard bikes update: New Hourbikes now sourced:

The City Council have now sourced new Hourbikes for the Citycard scheme. These bikes, claimed to be robust, comfortable and low maintenance, are now used on other European projects and are compatible for hire from dedicated docking stations, which the City are now starting to purchase.

These include a hub dynamo with basta front light and rear that stay on for 2 minutes after the wheels have stopped.

The existing ones will remain in use for mobile phone and longer period hire. The mobile phone side is currently being trialled, with City Centre roll-out from existing Sheffield stands planned by the end of June.

For more information on these Citycard cycling developments

- **contact Russ Morton, tel. (0115) 915 3792,**
- **or email**
cycle@nottinghamcity.gov.uk

or visit the Pedals website at
http://www.pedals.org.uk/citycard_cycle_hire

Major Local Travel disruption likely this summer: Good opportunity to promote Cycling!

Several people have commented on the particularly good opportunity to promote the use of bikes in the next few months with the probable peaking of local traffic disruption from several major transport projects.



This particularly includes the 'Blockade', i.e. the virtual closure of Nottingham station from Saturday 20 July – Sunday 25 August for major resignalling work.



This work, a vital part of the major redevelopment of the Station as part of 'The Hub' project, will involve the temporary withdrawal of direct services to and from Leicester and London St. Pancras etc, and the use of replacement buses to link the Station with East Midlands Parkway Station (As far as possible these will be able to take bikes, we have been assured by EMT!).

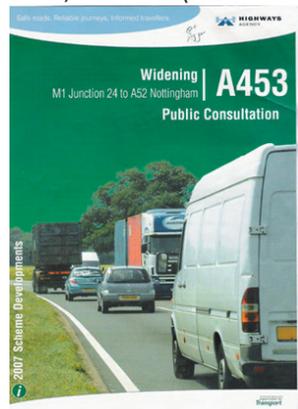
The Robin Hood Line will be completely closed during this period, because of difficulties in moving coaches between maintenance depots in Derby and Nottingham during this time, we understand.

More information can be found on the EMT website where you can sign up to be emailed regular updates:

<http://www.eastmidlandstrains.co.uk/nottingham>



The disruption will add to ongoing disruption from work on the two new NET Lines, the A453 (M1 to Clifton) widening



and a start due in June on major work on the Nottingham Ring Road north of Derby Road.



- guidance on a range of specialised and fun bicycles
- free training on the day from accredited instructors
- information on training and maintenance workshops
- free health checks for your bicycle with Dr Bike

Checkout our 'just for fun' bicycles ranging from backwards steering bikes, penny farthings, tandems and more. You might not want to commute on them, but they're great fun to have a go on!

All you have to do is drop in on the day to take part!

Specialist bicycles to support those with disabilities will be available in our fully accessible bike area. Cycles will be available to accommodate different needs from trikes and low step-through bikes to handcycles!

Lookout for further dates for Cycling for All sessions in Eastwood.

A full list of upcoming events can be seen at www.ridewise.org.uk/cyclingforall

Come along to discover the benefits that cycling can bring you!

If you're using a SatNav you can find the event at Queens Drive Park and Ride site, Nottingham NG2 1AP.

To discuss any specific requirements you can contact us on (0115) 9552288 or email: customerservices@ridewise.org.uk



TravelRight project update

*From Gary Smerdon-White,
Chair of Ridewise*

- **TravelRight Intervention Proposal** over 2 ¼ years was approved by Nottingham City Council, which allows TravelRight to plan a firm forward programme
- **Community ran events** in North locality throughout quarter 4 (No of Events: 15; Members of the public visited stand in total: 528)

Examples include:

TravelRight, through the Bulwell Week of Action, organised bike rides and a local history talk in order to showcase the River Leen as a local resource. TravelRight were also instrumental in bringing various partners together in order to promote their services and showcase other Local Sustainable Transport Fund (LSTF)transport initiatives:

- NCC Citycard Cycle Hire
- Framework Bike Club (bike recycling)
- Use of Bike Shepherd (anti bike theft campaign)

- **Press coverage** for Quarter 4 (see Appendix A for links): 7 Press releases covered (5 in NEP; 2 x Dispatch); 1 BBC

do at Cycle Live 2013. The buzz around the Tour de France victory and the triumph of Team GB Cycling at the Olympic and Paralympic Games has been unbelievable. As a company that is passionate about health and sport, it is important that we play a part in maintaining that momentum and help to keep the legacy of the Games alive”.

Pedals stall at Cycle Live on Sat 22 June: can you help please?

Pedals will be having a stall on the Saturday, 22 June, and would welcome help please in staffing it. If you can help please contact Hugh McClintock, email: Hugh.McClintock@ntlworld.com



- We will also be having a stall at the Nottm Green Festival on Sunday 1 September and would welcome help with that too please.

Contact Andrew Martin please if you can help:
andrew@veggies.org.uk,
m 07854 198331

- **More information on Experian Cycle Live 2013 can be found at <http://www.cyclelivenottingham.co.uk/>**

Cycling for All events in 2013

Ridewise is proud to launch its 2013 Cycling for All sessions - a programme of events to help people of all abilities access cycling.

We wanted you to be the first to know about these free fun sessions!



Cycling for All is a monthly series of free cycling drop in sessions funded by Nottingham City Council and the NHS Broxtowe Lifestyle Fund.

Ridewise hosted the first event at Queen's Drive Park & Ride on Sunday 21st April and these events will take place every 3rd Sunday of the month between March and October. for what will be one of the most inclusive cycling events of the year.

Come along between 10am and 1pm where you can get involved in the following:
-free try outs - including Nottingham City's new fleet of hire bikes!

The Big Wheel (Greater Nottm Transport Partnership) have responded to suggestions that this is a good time to for special measures to encourage cycling, especially in the Beeston area

These will include the completion of a Citycard bike hub at Beeston Station, which will remain in use for most of the period with an hourly service to and from London and a half-hourly service to and from Long Eaton and Derby.



This forms one part of a bigger Big Wheel campaign called 'Keeping the Wheels Turning'.

Two other useful websites for keeping in touch with all these developments will be

www.nottinghamtravelwise.org.uk

and the Big Wheel site:

<http://www.thebigwheel.org.uk/>

For more information on 'The Hub' (Nottm Station redevelopment project) see:

<http://www.thebigwheel.org.uk/for-business/travel-in-nottingham/the-hub>

For more information on how local businesses can encourage cycling including the Big Wheel Workplace Challenge see:

<http://www.thebigwheel.org.uk/for-business/active-travel/cycling>



New City cycle map due out soon

Watch out (via news on the Pedals website) for the appearance of the new City cycle map, a revised version of the wholly new one issued in late 2011.

This should have taken on board detailed feedback from many Pedals members on the last version.

- **For more information on this contact Keith Morgan at the City Council, email: Keith.Morgan@nottinghamcity.gov.uk, tel: (0115) 8763942**



Take part in the Big Wheel's Workplace Challenge Starting 8th April 2013!



This is your chance to get competitive with the best of Nottingham's business community. It's a simple, free and easy way to earn points to encourage your employees to increase their levels of activity through walking and cycling. Once your organisation is signed up you'll get to compete against other similar organisations during this two-month challenge.

- See your companies Workplace Challenge achievements promoted across Nottingham
- Win a folding bike for your staff
- Benefit from individual spot prizes
- Free pedometer or Bike Shepherd security system for everyone that signs up and logs activity over the first 4 week



It's free and easy to sign up, simply visit
www.thebigwheel.org.uk/workplacechallenge



The 2013 Cycle Live will see a similar format to 2012, with a few changes to keep it fresh and make it even bigger than last year's event.

Friday night will see the return of The Nottingham Grand Prix, which will feature a series of evening circuit races around Nottingham's Victoria Embankment.



There will be opportunities for beginners and experienced cyclists, male and female to get involved, spanning a broad age range

The prestigious Great Nottinghamshire Bike Ride, which is in its 32nd year, will provide the finale for the three day festival of cycling, returning on Sunday 23 June and featuring three distances; 25 miles, 50 miles and a 100 mile sportive.



The Nottingham City Ride moves from Sunday to Saturday this year, allowing organisers to broaden the scope for families and children taking part by adding in a longer distance route. There will be two

off-road routes to choose from – 6 or 12 miles, starting and finishing at the Victoria Embankment with a feed station en route, giving participants a similar experience to those taking part in the Great Nottinghamshire Bike Ride.

Entries opened in November 2012 and participants are encouraged to raise sponsorship money for the official event charities, with every penny raised donated in equal share to Cerebral Palsy Sport, CLIC Sargent, Nottinghamshire Scouts and the Royal National Lifeboat Institution (RNLI).

Cycle Live 2013 is expected to see more of a carnival atmosphere, with the whole weekend encompassing live music and entertainment on the stage, participation opportunities for the public, information stalls and displays, cycling retail and food and drink.

Chris Simon of Perfect Motion says: "There will be something for everyone to see and

Nottingham hosts Milk Race on Sun 26 May

Cycling event The Milk Race returns to Nottingham on Sunday 26th May 2013.

After a 20 year absence, the Milk Race will constitute an elite men's race and an elite women's race to happen on the same day alongside a full day's festival of cycling for all the family in Nottingham.

Find out more at:

http://www.thebigwheel.org.uk/8298_no



National Bike Week,

15-23 June 2013

Local events in Bike Week this year include the Cycle Forum at the Council House at 12.30 on Monday 17 June, and a Nottingham Pedals Tyre and Chain Check, to be organised by Andrew Martin to do basic check of chains and tyres during the early evening peak period each day that week.

1. Cycle oil will be available for bikes with dry and/or rusty chains, and track pumps can be used to inflate tyres. The Tyre and Chain Check will be free although people are welcome to make donations.
2. The sessions are likely to run from approximately 4-6pm each weekday

although the times will be confirmed on the Pedals and Bike Week websites.

- **If you can help with this please contact Andrew Martin:**
andrew@veggies.org.uk,
m 07854 198331
- **For more information on the Cycle Forum, being organised by The Big Wheel (Greater Nottm Transport Partnership) contact Helen Hemstock,**
email:
helenhemstock@thebigwheel.org.uk,
tel: 07531 785 654



Experian Cycle Live Weekend (21-23 June)

Watch out soon for more information on the Experian Cycle Live weekend, including the Great Notts Bike Ride on Sunday 23 June, organised by Perfect Motion of Beeston. Experian are the new sponsor this year.



Pedals welcome for Attenborough-Rylands riverside path upgrade

We much welcome the recent completion of work, by Broxtowe Borough Council and other partners, of the upgraded riverside path between Attenborough and Beeston Rylands.

Space for widening the path was severely limited by local nature conservation sites but we welcome the widening that has been done and also the careful thought given to the design of the new barriers to discourage motor cycle use (and speeding pedal cyclists!).



Further off-road path development in the River Leen area

The River Leen corridor is a top priority for the City Council, in terms of improving the off road cycle network.



In partnership with Sustrans they are looking to provide a route which follows the River corridor from Mill Lakes to the north of the City down to where the River meets the Trent.

With support from the Improving Links to Communities Fund they will be investing £250,000 of external funds to provide a section of path alongside the River, linking Wilkinson Street through to Basford.

This will provide a substantial section of off road cycle route and will include connections to a smartcard operated cycle cage at the Wilkinson Street park and ride site.

Birdcage Walk improvements

We welcome the simpler layout of Birdcage Walk at its junction with Crossgate Drive and Queen's Drive completed earlier this year, although we have had several criticism of the narrow spacing between the bollards.

Spacing of new lighting columns on cycle path

We are also concerned, on this path and elsewhere, about the spacing of the new lighting columns which we would prefer to have seen sited well away from the edge of the path, rather than intruding into it, narrowing the effective width!



Further afield: new Sustrans route developments in the East Midlands



Work on improving walking and cycling routes through the **Watermead country park** to the north of Leicester was completed earlier this year.



This means it is possible to cycle from the south side of Nottingham all the way to **Leicester city centre on relatively quiet (though often rather hilly!) roads** with the last six miles or so on a traffic free route right into the heart of Leicester and beyond, connecting with Sustrans National Cycle Network Routes 6 and 48.



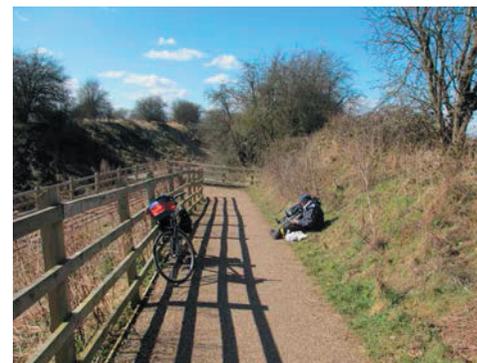
Some sections of these routes follow by the River Soar and the Grand Union Canal, as well as the Great Central Railway south from the centre of Leicester.

The result of the many (incremental) improvements for cyclists has now resulted in a pretty good cycle route between two major cities.

- **For more information on the new route through Watermead Country Park (including the new bridge over the Wreake) linking Cossington with the heart of Leicester (and Sustrans NCN Routes 6 and 48 etc) see http://www.leics.gov.uk/index/environment/countryside/cycle_trails/greenroute1.htm**

as well as the Journey Planner on the Sustrans website at <http://www.sustrans.org.uk/>

- **Free cycle maps for Leicestershire can be found at <http://www.leicester.gov.uk/contact-us/a-z-service-list/transport-streets/cycling/cycle-map/>**



Also very much worth exploring is the **Fledborough Viaduct**, an old railway viaduct across the Lower Trent north of Newark and forming part of the **Dukeries Trail, NCN Route 647 between Shirebrook and Lincoln via Clumber Park and Tuxford.**

- **For more information on this route see also the Sustrans website, as well as information on a series of connecting routes in the Lower Trent area devised by the Trent Vale Landscape Partnership, <http://trentvale.wordpress.com/?s=cycle+routes>**

