

The Cycle Commuter

April 2008

In October 2005 Lancaster with Morecambe was granted the status of 'Cycling Demonstration Town', just one of six places in the country. Our 'Celebrating Cycling' project aims to double cycling levels in the district.

The project is primarily aimed at utility journeys i.e. those to work and to school. An important part of the project is to work closely with a number of 'key employers' offering them support and advice on how to encourage and allow more of their staff (students and visitors) to cycle to and from the site.

This newsletter aims to provide a summary of what each of these employers is doing to facilitate more cycling. We have also included some general information on cycle training, safety and events. So what are you waiting for.....?

The CDT's overall aim is to get more people using and benefiting from Pedal Power - from kids to grandmas and everyone in between.

Cycling is a fast and efficient mode of transport and ideal for short / medium journeys. It's also a quick and direct way of getting around. Yes some people might live too far away from their workplace, have to take the kids to nursery etc but there are plenty of journeys that can be made by bike.

Once you start you don't have to do it every day - but if everyone swapped the car for their bike just once in the working week that would be 20% less cars on our roads.



Research carried out in Lancaster & Morecambe in 2006 showed that:

- ✦ Motorised transport accounted for almost 2/3 of all trips and public transport for 8%.
- ✦ On an average day 1/4 of all trips were made on foot and just 2% by bike
- ✦ 21% of all trips were 1km and under and 43% were 3km and under
- ✦ A quarter of all local car trips are replaceable by sustainable travel modes:- 15% could be made by public transport, 17% on foot and 33% by cycling

Need more reasons to Go By Bike? Try these:

It's Quick speed past queuing traffic and avoid the rush hour madness

Stress Reliever exercise releases feel good endorphins

Helps the Environment consider your carbon footprint and the impact of your car versus your bike. Do your bit to relieve local congestion!

Makes You Fit regular cycling keeps you as fit as an average person 10 years younger

Save Money on parking and car running costs like petrol

It's Fun feel the wind in your hair as you freewheel down a hill - or just feel happy being out in the fresh air and sunshine.

Burns Calories 20 minutes of gentle cycling burns up to 100 calories and raises your metabolic rate, helping you keep the weight off - it also firms the thighs and bottom and works the lower abdominals.... who needs the gym?



My role as the CDT's Workplace Cycling Officer is to help our key local employers encourage their staff to cycle to work.

I am working closely with the RLI, Lancaster & Morecambe College, Lancaster University and the City Council to help them benefit from a healthier, happier workforce by encouraging staff to cycle to work and removing any barriers which may discourage them.

I am very pleased with all the schemes, initiatives and cycle facilities we have been able to introduce so far. I am also very keen to hear from the staff themselves so if you have an idea on how cycling to your workplace can be made easier for you please let me know! (See contact details on page 2).

Could you be the most Cycle Friendly Employer in the District?

Wednesday June 18th (in National Bike Week) is a chance for your organisation / department to win prizes / money to encourage more staff to cycle to work! All you need to do is:

Pledge your support with an idea on what you'd spend the prize money on.

Cycle to Work on the 18th (and record which staff took part)

Be Rewarded everyone who cycles will be entered into a free prize draw

For a registration form or further information please call Bee on 01524 582086 or email bharding@lancaster.gov.uk

LANCASTER CITY COUNCIL

Lancaster City Council is proud of its Cycling Demonstration Town status and is working hard to encourage its own staff to swap four wheels for two - for journeys within work as well as those to and from.

Cycling at work is something that we are keen to promote for three main reasons: it's enjoyable and helps to keep us healthy; it's cheaper (and often quicker) than using a car, and it helps to reduce local traffic congestion.

Lancaster City Council is not only the local authority but also one of the largest employers in the district, employing around 1000 people. The amount of travel generated by the Council's activities is significant and it is important that we set a good example and 'practice what we preach'.

Peter Loker, Corporate Director (Community Services) and CDT Project Director



What's Next?

Continuing the momentum from 2007, we have lots of activities planned for 2008 including:

- ✧ Cycle Parking - Improving cycle facilities including lighting, cleansing and staff awareness
- ✧ Pool Bikes - Bikes for staff to use to travel between buildings and for occasional leisure use too
- ✧ Detailed info for staff - incl leaflet for new starters & route info for all staff
- ✧ Marketing of Interest Free Loan Scheme
- ✧ Bike to Work Day at Salt Ayre - incl free breakfast
- ✧ Free Maintenance training

- ① In 2006/7 over 1000 miles worth of business trips were made by bicycle
- ① In a recent survey cycling was the third most popular mode of transport for short journeys into work

Contact: Bee Harding, Workplace Cycling Officer, Lancaster City Council, Palatine Hall, Dalton Square, Lancaster, LA1 1PW,
(T) 01524 582086
(E) bharding@lancaster.gov.uk

Cycle Facilities available:

Shower Facilities are available in most of the council buildings. Cleansing and signage improvements are currently in progress.

Cycle Parking: Secure undercover parking available at most of the buildings. Some of the smaller buildings have Sheffield stands. New secure cycle parking recently installed at Lancaster Town Hall (see left).

Other:

- ✧ Flexible Interest Free Loan with discounts off RRP with local retailers
- ✧ Free Workplace Cycle Training for Staff and Councillors
- ✧ Free Bike Service - A complete bike MOT, collected and delivered from home or work.
- ✧ Free high-visibility vests
- ✧ Cycle Reps to disseminate info and to feedback on how to encourage more people to cycle
- ✧ Cycle maps / info available at all receptions and on noticeboards around the buildings
- ✧ Cycle to work days with free bikers breakfast, information stand and free cycling merchandise
- ✧ Cycle Forums - Open meetings for anyone to contribute ideas, and ask questions
- ✧ Bike mileage of 36.4 pence per mile

CYCLING PROFILES

Ann-Marie Collinson (Council Housing) cycles in from Scorton to her office on White Lund.

I enjoy cycling to work as it's an hour well spent clearing the head. It's excellent exercise and you feel surprisingly alive at 7:30 in the morning.

I would recommend it to others as it's an enjoyable way of getting about, you see a lot more of the countryside. It's also environmentally friendly and it costs virtually nothing.



Dan Hudson (Planning Services) cycles in once a week from Kendal to Lancaster which takes him about an hour and a half.

He enjoys his commute in and thinks the best thing about it is the freedom, simplicity, time to think, going downhill and a scenic detour on the way home.

Richard Tulej (Head of Corporate Strategy) cycles to Lancaster from Bolton-le-Sands 3 times a week. The journey takes him between 20 to 45 mins depending which way he chooses to go!

He thinks the best thing about cycling is the sense of freedom and achievement it gives, the way it clears the mind after a difficult day and when routes that you find hard get easier you know you are getting a little fitter!



ROYAL LANCASTER INFIRMARY

The University Hospitals of Morecambe Bay NHS Trust is happy to encourage cycling as a mode of travel to and from hospital sites, and for social use. In recent years, working in partnership with the city council and other major local employers, a range of cycling facilities has been provided for both staff and the general public on the Trust's sites.

As an NHS organisation, which includes a wider responsibility for health promotion, we recognise that cycling can play a big part in providing people with the physical activity they need to lead a healthier lifestyle and reduce the risk of people suffering some serious health conditions such as coronary heart disease, diabetes or obesity.

Rysz Detko, Patient Services Manager



Cycle Facilities available:

- ✦ Bike Mileage: at the NHS national rate - 6.2p per mile
- ✦ Facilities: Showers in some wards and departments have access to showers. Showers for general use/shared with on-call accommodation available on the 2nd floor, Medical Unit One, above the switchboard.
- ✦ Staff Parking: Secure cycle sheds situated - between Ashton Road Clinic & the Main Outpatient Department; rear of Skylight Restaurant; rear of Medical Unit Two; adjacent to Springville House . Access details available from General Office
- ✦ Visitor Parking: is available in front of Medical Unit One and the Centenary Building.

- ✦ Local cycling information is usually available from main reception desks and on Trust Notifications on the Trust Intranet.
- ✦ Cycle Loan Scheme: The RLI is currently the only workplace locally offering the government approved salary sacrifice loan scheme. Staff can obtain a bicycle and associated safety equipment at a discounted rate from local bicycle shops and save money on NI and tax.

CYCLING PROFILE

Sue Harding age 45, a Consultant Anaesthetist, University Hospitals of Morecambe Bay NHS Trust. Based at RLI.

Cycling Commute: From Caton to Lancaster. Usually along the cycle path to the Crook of Lune but sometimes via Quernmore if feeling energetic. Takes 30 mins door to door.

Why cycle? Good way of keeping fit and beating traffic jams. Reduces my carbon footprint, not to mention weekly cost of diesel. Means I can justify that chocolate flapjack at lunchtime.

I started cycling as a child. My Dad never learnt to drive so he always used a bike. We went on family cycling holidays and Youth Hostel trips all over the UK. I started cycling to college in the 6th form and have used a bike for commuting ever since. It is far more convenient than standing around waiting for public transport and a good de-stress at the end of the day.

I don't get many punctures but can change the inner tube if I need to. In 11 years I have never been late for work due to a bike failure and have only once had to phone my husband to pick me up because I couldn't face mending a puncture in the rain. Because I work in the operating theatre most of the time I get changed when I get to work so it doesn't matter if I

get a bit wet on my way in. That isn't as often as you might think!

I wish more people would see cycling as a realistic travel option rather than just a leisure activity. We are very lucky with the cycle paths around Lancaster but I don't think cyclists should be afraid to ride on roads. I always wear a bright yellow jacket and have back-up lights in the winter. Cyclists have a right to be on the roads but they must follow the rules of the road which are there to make it safe for everyone. I get really angry when I see a cyclist jumping a red light because it gives the rest of us a bad reputation. Also it won't be the car driver who ends up in hospital when a car hits a cyclist.



Contact: Rysz Detko, Patient Services Manager.

For further information please contact General Office on tel. ext. 3201

What's Next?

- ✦ Additional parking (April 08) with associated launch / Cycle to Work Day
- ✦ Set up a Bicycle User group (BUG)
- ✦ More info / route planning points on site

LANCASTER & MORECAMBE COLLEGE

Cycling isn't for Softies

In May 2006 the college's Sustainability Forum met for the first time and by September 2006 a draft sustainability policy, strategy and action plan was in place with the aim of embedding sector leading sustainable practice across all areas of the college to involve all students and staff.

A critical part of this strategy was the development of a green travel plan which could enable the college to encourage the use of more sustainable forms of transport such as walking and cycling. The college's position mid-way between Lancaster and Morecambe means that a number of staff and students travel to college by car. In the college's 2007 travel survey 70% of staff and 45% of students were dependent on cars for their journey into college either as a driver or passenger. The travel plan aims to reduce the number of car journeys to college by 6% per year over 3 years but if the link road is built this figure will have to double.

One of the advantages of the college's position is its proximity to the Greenway, a cycle path that runs from Lancaster to Morecambe, right past the college. So with 66% of staff living between 0-4 miles away we believe this is a realistic option. To encourage greater use of cycles and in partnership with Lancaster City Council, the college is erecting covered cycle sheds for staff and students during the spring term of this year.

In my view the use of sustainable forms of transport such as cycling is not an option but is an essential pre-requisite of an organisation that wants not only to manage its resources sustainably but also because as one of the community's largest and most respected organisations the college should be a model for today's students and for generations to come.

David Wood, Principal / Chief Executive



Cycle Facilities available:

- ✦ Showers and changing facilities are available in the Sports Centre on Morecambe Road
- ✦ Cycle stands are situated around the campus

New facilities/initiatives planned for this year:

- ✦ New cycle cages with lockers for staff & covered stands for students
- ✦ Pool bicycles
- ✦ Introduction of a Cycle to Work Scheme whereby staff can buy a bicycle through work at a reduced cost
- ✦ The CDT Team hope to convert footways on Morecambe Rd to shared use, thus improving access to the Greenway. Hopefully the crossing by the College will be upgraded to a Toucan - allowing cyclists to cross here.

- ① Currently 8 % of staff cycle to work. The target is to increase this by 1% each year to 11% by 2010
- ① LMC held an 'In College Without My Car' event which was extremely well attended with over 160 people using pedal power to make fruit

CYCLING PROFILES

Sharon McLaughlin - Works in the College's Learning Centre

I cycle two miles every day to and from work. I tend not to cycle if I know it's going to rain, as my bike gets rusty just sat in the rain.

The facilities have improved for locking your bikes, but I would like to see more bike shelters. I will continue to cycle or walk to College in the next few months.

Greevz Fisher - Works in the Section supporting learners with Disabilities and Learning Difficulties

I cycle from home to College and back on average 2/3 times per week. I cycle all year round including in the dark winter months (need good lights and suitable clothing!). The distance I cover is circa 24 miles each way using country rounds and hills!



The benefits of cycling are: health (physical and mental), a saving on car journeys, a sense of achievement & enjoyment.

I have been a member of the Kent Valley Cycling Club since 2007 and have started to do time trials on a regular basis. My wife and step-daughter have encouraged me to cycle, as I used to spend most of my leisure time fell

walking. Lynn competes at national level time trialling. In 2007 she won team gold at 10 & 25; individual silver in 50 and bronze in 100 miles, plus second in Best All Rounder. A different league to my efforts at cycling to work!

I spent a fortnight in the summer of 2007 with my wife following the Tour de France and cycling in the Pyrenees. I must have got the cycling bug badly as my next aim is to cycle from Lands End to John O Groats in the summer of 2008.

LANCASTER UNIVERSITY

Lancaster University is committed to encouraging and facilitating more of its staff, students and visitors to cycle to and from its campus.

As the largest single employer and educational provider in the District, Lancaster University recognises the very significant contribution it can make in ensuring that journeys to access work and education are as sustainable as possible, including the contribution to increasing cycling levels.

The University has had an active Travel Plan in place since 2004, which it continues to implement on an ongoing basis. This is co-ordinated by the University's own full-time Travel & Environment Co-ordinator and supported by a Transport Working Group. Several cycling measures are implemented and sustained each year for its thousands of staff and students.

I hope you find Lancaster University's update on cycling both highly interesting and beneficial for your workplace and an encouragement to commute more by bicycle.



Jonathan Mills, Environment & Sustainability Manager

Cycle Facilities available:

Shower & Changing Facilities: Showers of varying standards are in a large number of building across campus. Improvements to facilities are being made every year as part of the University's building programme.

Cycle Parking: Approx. 700 parking spaces on campus (excl. those provided as part of the residences redevelopment). Parking serves two main groups:

- ✦ Residents - over 400 spaces. The majority of these are sheltered and secure units.
- ✦ Commuters / Visitors - Sheffield stands across campus (some with shelters).

The University's Cycle Parking Improvement Strategy will lead to a substantial increase in the number of spaces available by, between 2008 - 2011 (mainly catering for commuters and visitors). Additional cycle parking for residents will be provided as part of any future residential redevelopment schemes. Cycle parking improvements will also be made at Chancellors' Wharf.

Other:

- ✦ Transport Working Group (meets quarterly)
- ✦ Travel website at www.lancs.ac.uk/users/transport/
- ✦ Freshers' Week promotions incl Freshers' Fayre stand & activities
- ✦ Cycle maps / info available from LUSU & Library receptions
- ✦ Travel Noticeboard in Alex. Square with cycling info
- ✦ Cycle User E-Group & Discussion Board
- ✦ On-site cycle lanes & cycle signage
- ✦ Free high-visibility vests
- ✦ Free basic cycle maintenance & skills training
- ✦ Cycle promotional days & events
- ✦ 2 x dedicated signed cycle routes to city centre

What's Next?

We will be very busy with cycling activities in 2008. Some key activities include:

- ✦ Cycle Parking - 6 new cycle shelters, a secure cycle compound, 56 new & 90 replacement sheffield stands will be in place by the summer. Additional cycle storage will also come about from the redevelopment of County & Grizedale Colleges
- ✦ 'Sustainable Workplaces' Learning at Work Day - Thursday 22nd May. Cycle to Work Day with cycling events and promotions.
- ✦ Setting up Cyclists Forum Meetings
- ✦ Free Bicycle Maintenance Training
- ✦ Promotion of new University Cycle Route (via the canal).
- ✦ Cycle to Work Scheme launch
- ✦ Analysis of Staff Travel Survey to help inform future improvements
- ✦ Also - implementing bicycle mileage for work-related journeys, investigating options for a future on-campus cycle hire scheme & updating cycling information on University webpages



Cycling along the Canal
A new signed cycle route to the University is now available along the newly re-surfaced Lancaster canal towpath.

The route from Chancellor's Wharf and west of the city centre follows the towpath as far as Deep Cutting Bridge on Ashton Road. From here use the new cycle lanes on Ashton Road to help you turn right onto Ashford Road. At the traffic lights on the A6 go straight over (between Booths and the Boot & Shoe), then turn right onto Claughton Drive and join the existing University cycle route to campus.

The route offers a very pleasant alternative in daytime conditions for staff living in West Lancaster or routes from Morecambe and the Lune villages via the Millennium Bridge.

A permit is required to cycle on the towpath. This is free and downloadable at www.waterscape.com/things-to-do/cycling/ permit. Please also read the Waterways Code for cyclists.

Cont on next page

CYCLING PROFILES

Cycling Profile : Steve Wright, Institute for Health Research / Education Research

Route: Freehold > University. Time ~ 15 - 20 minutes. I use one of 4 routes having looked at the great free map of cycle routes around Lancaster - available to download at www.celebratingcycling.org

My most direct & frequent route from Freehold is up Moor Lane & Wyresdale Rd, past Williamson Park. It's a 'steep' hill and a great workout, but on the way home it gives awesome views across the bay and of the Lake District fells. Along Coulston Road, past the legendary Bowerham chippy, down Barton Rd fast then on the dedicated cycle paths at the end of Lentworth Drive. Sometimes (if I'm feeling weak, along the canal to the Penny Street bridge, up past the hospital along Ashton Road then on the cycle path off Cherry Tree Drive, past Booths and onto the cycle path to campus.

If I have more time or it's a really pretty morning I'll go further along the canal past the Waterwitch and along the recently surfaced section between Aldcliffe Road and Ashton Road, then dogleg up the cycle path up Ashford Road and to the crossroads by Booths - rejoining the cycle paths to Uni.

Any Tips? Get a hybrid or some semi-slick tyres so you can explore the canal towpath. (Go to Pedal Power to get a cheap bike.) Extend the ride down to Galgate and back up to campus - take time to enjoy your commute rather than seeing it as a pain! When summer comes ride to Hest Bank or Carnforth with incredible views then get the train back.

Cycling Profile 2: Malcolm Joyce, Department of Engineering

Freehold > Campus. Time: ~20 minutes depending on route

Why? I cycle a lot for pleasure so cycling to work seems an obvious solution to commuting. I find it clears my head and gives me a period of the day without interruptions. I really like the local countryside and having the opportunity to pedal through it on the way to work is a real bonus, whilst the endorphins are worth several good espressos. It also keeps me fit by default, when otherwise the job might stop me getting to the gym or the pool.

From a practical point of view I cycle often because there isn't a direct bus service from Freehold (and by the time I've walked into town I may as well have cycled). Parking on campus is so difficult to predict that I like the freedom of knowing that there's always space in the bike shed whatever time I arrive. It's also a drag driving home at 5:30pm when you get stuck in traffic which is avoided on a bike.

Tips: To avoid accidents I think it's very important to protect your space on the road - if you ride well out from the curb (about 1m) motorists are less likely to attempt to squeeze past (and you're less likely to hit a drain or debris which could deflect you into the path of passing traffic). It's essential to wear reflective gear (at all times of the day and year) - I have observed cars leaving more room as a result of a new vest or whatever. I also have a small mirror on my handlebars so that I know what's going on behind me. I never cycle down the inside of a standing line of traffic that is indicating to turn left - to do so is to have a death wish as many road users don't indicate!

Contact: Philip Longton, Travel & Environment Co-ordinator,
University House, Lancaster University, LA1 4YW,
(T) 01524 594413 (E) p.longton@lancaster.ac.uk

① The staff cycling rate at Lancaster University has increased from 11.5% in 2003 to 13.1% in 2007.

② 21% of male staff reported cycling as their main mode of travel to work (2007).

MORE INFORMATION

To receive regular updates on the latest cycling news incl. network changes, training and events - just send us an email with 'subscribe' in the title to celebratingcycling@lancaster.gov.uk. Useful sites include:

www.celebratingcycling.org for all information about cycling locally. Information for commuters includes routes & maps, tax free purchase schemes and retailers, training, workplace facilities and profiles. Plus details of all our events, news, network improvements and much more.

www.sustrans.org.uk for information on national cycle network and other routes around the UK, plus Bike It, security, parking, and lots more

www.cyclingengland.co.uk the new national body to plan and co-ordinate the development of cycling across the country. Cycling England co-ordinates the CDT programme.

www.ctc.org.uk the UK's national cyclists' organisation. Their site offers technical and legal advice, touring information and insurance.

www.lancashire.gov.uk/environment/cycling information on cycling around the varied landscapes of

Lancashire

www.bikeforall.net for answers to all your cycling questions like choosing the right equipment; training and safety issues; plus info on cycling for sport, leisure and commuting.

www.cyclingforfun.co.uk useful site with articles on a wide range of topics from maintenance & storage to clothing & cycling fun for the whole family

www.britishcycling.org.uk news and events from the home of British Cycling. Includes info on GB cycling team, bmx, cyclo-cross, track, road, Go Ride and more.

www.everydaycycling.com all the latest breaking news & events information for all things leisure cycling from family friendly events to mountain marathons. Plus the chance to set up your own activity log and personal challenges & a searchable database of rides & routes.

EVENTS DIARY 2008

- April 7 - 14th Cycling Film Festival @ Dukes Theatre, Moor Lane, Lancaster.
www.dukes-lancaster.org
- May 5 - 9th National Bike to School Week. Take part in the following family bike rides:
Ride along Promenade - Tuesday 6th - Meet Mossgate Primary School at 3:45pm
Ride to the Lune - Thursday 8th - Meet Dallas Road Gardens at 3:45pm
- Sunday May 11th Party on the Prom - Celebrate the anniversary of the opening of Morecambe Promenade to cyclists.
- Sunday May 25th Birding by Bike -A chance to see newly arrived summer migrants and resident species, with local experts on hand to help with id
Meet Millennium Bridge at 11am
- June 14th - 22nd National Bike week - see below
- Sunday June 29th Le Terrier Sportive. Lancaster Cycling Club are pleased to present the Le Terrier Cycle Sportive with 2 challenging routes on quiet roads in the Forest of Bowland.
Start 7 - 8:30am Dalton Square, Lancaster
- Sunday July 20th Bike It Picnic (and Rides) @ Happy Mount Park. Picnic starts at 1pm, with lots of cycling activities for all the family
Rides depart from Millennium Bridge (north) and from Bay Cottages, Heysham at 12:30pm.
- Saturday August 2nd BHF Ride of the Roses: Lancaster to York (100 miles).
Starts 9am at Lancaster University. More information at www.bhf.org.uk/roses or call 01925 819 804
- Sunday August 10th Ride to RSPB reserve @ Leighton Moss. Meet 11am at Millennium Bridge (north)
- Saturday Sept 14th Ride exploring cultural & industrial heritage of our district . Meet 11am at Millennium Bridge (south)



BIKE WEEK 14 - 22 June 2008 www.bikeweek.org.uk

- Friday 13th Cycling Roadshow in Market Square, Lancaster 11am - 3pm
Sunday 15th Community Festival, Williamson Park
Thursday 19th A Handful of Spokes and Stories Dukes Theatre 7pm
Friday 20th Summer Solstice Evening Bike Ride - Crook o'Lune Meet 8pm at Millennium bridge
Sunday 22nd Ride to Sunderland Point Meet Millennium Bridge at 10:45am

Bike to Work Day Wednesday June 18th

- ✧ Free breakfast in Dalton Square from 8am (until 10am) with bike postcoding, cycling information and a chance to get your bike fixed for free with our Dr Bike.
- ✧ Join in our Commuter Challenge and win prizes for your workplace. Contact Bee for further details at bharding@lancaster.gov.uk.
- ✧ Bike Ride After work, there will be a leisurely bike ride to a Hest bank pub. Meet at Dalton Square at 5:30pm.



Women on Wheels women and explore our district by bike.

From April to September - on the first Sunday of every month - we'll be running our new programme of cycle rides for women.

These relaxing & interesting rides will follow routes from our Cycling for All Guide (call 01524 582086 for a copy).

The rides aim to encourage women - to get out and about with other like-minded

- ✧ April 6th - Glasson Dock & Lune Estuary
- ✧ May 4th - Crook o'Lune & Lune Valley
- ✧ June 1st - Sunderland Point
- ✧ July 6th - Carnforth
- ✧ August 3rd - Halton
- ✧ September 7th - Hest Bank & Morecambe

Healthy Wheels - every Friday at 11am - Salt Ayre Sports Centre

The free sessions last for an hour and are not only a great way to keep fit and healthy but also a chance to meet new friends. No need to book - just turn up!

The sessions can help returning cyclists or those who lack that bit of confidence to get back on their bikes.

There are a limited number of bikes available - please call 01524 582392/582086 to reserve.



Healthy Wheels

Health and Safety

Cycling is a safe mode of transport. Accidents are rare but of course there's no harm in making sure that you're clued up about how to stay cycle safe.

Be Safe

- Clearly indicate your intentions to other road users. Avoid putting yourself in a position where a mistake by others might put you at risk.
- Ride assertively - claim your road space! Ride in a way that demands others give due recognition to your right to use the public road - this means don't ride too close to the kerb
- Follow the Highway Code (see www.highwaycode.gov.uk/03.htm)
- Practice - the more often you ride the safer you're likely to be
- Position yourself so as to maximise your chances of being seen by other vehicle drivers.
- Making eye contact with drivers (eg if they are waiting to pull cross your path) helps to ensure that they register your presence.
- Watch out for parked cars, gutters, pedestrians & large vehicles
- Ensure that your clothing is not trailing and don't carry bags on the handlebars
- You may also wish to wear a safety helmet
- Ensure that your bike is well maintained
- Consider your personal safety when cycling alone carry a mobile phone and let people know where you are going

Be Seen

- A regular cyclist is going to find themselves cycling at night or at least in conditions with low light. There are some simple but important steps to ensure that you are both safe and within the law.
- The law states that you must have at least two lights attached to your bike a white light at the front and a red light at the rear.
- You must have a red reflector at the rear. Reflectors are important so make sure that you have a white reflector on the front (have them fitted to your pedals too) and make sure that they're clean!
- Wear something fluorescent/bright so that you are seen during the day and reflective at night. There's a whole range of accessories out there from high viz jackets and vests to stickers & patches

Cycle Training

Most people would benefit from cycle training no matter what their age or ability.

Perhaps you haven't ridden a bike for a while and need some encouragement, maybe you've never cycled or perhaps you're a regular cyclist who'd just like to develop their skills.

WORKPLACE CYCLE TRAINING

Nervous about cycling to work? Struggling to remember about 'cycle proficiency'? Then we can help!

Our FREE Workplace Cycle Training sessions last just one hour so can be fitted into a lunchtime or after work, and are available at your workplace. And we tailor them to suit you and your colleague's needs.

All levels are catered for from beginners to gaining confidence riding on the roads. Local employees who have completed the training all commented on how much they enjoyed it, felt more confident on their bike, and were more likely to cycle to work.

BIKE BUDDY

Lacking in confidence or just need a little support? Unsure of the best route to work? Then try Bike Buddy!

This FREE service is to help cyclists get out on the road by helping them to find a suitable route from home to work or just to give them advice and confidence. Our bike buddies are all experienced cyclists with a good local knowledge and will fit round your requirements like time, date and location.

ALSO AVAILABLE

1-2-1 sessions with qualified instructors. Where and when you want.

Cycling Skills & Maintenance courses with local training provider Pedal Power. Call 65328 to book your place.

For training advice and information visit www.celebratingcycling.org; call us on 582086 or email us at celebratingcycling@lancaster.gov.uk



University Hospitals **NHS**
of Morecambe Bay

LANCASTER
CITY COUNCIL

Promoting City, Coast & Countryside

NHS Trust



Cycle to Work
It's good for the Waistline and the Wallet!