



Celebrating
CYCLING

In City, Coast and Countryside

**Make our
District
Cycling
Capital of
North West
- page 2**

**A-Z of
Cycling
Contacts**

- page 8

WIN A BIKE

- page 3

YOUR HANDY PULLOUT GUIDE

CELEBRATING CYCLING

LATE last year, Lancaster and Morecambe was designated a 'Cycling Demonstration Town'. But what does that mean?

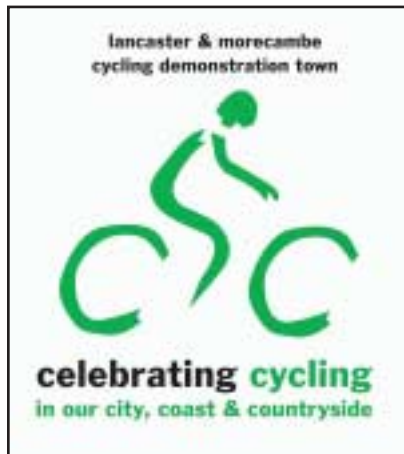
Well, along with the high profile this will bring for cycling in the district, is £1.5 million to spend on new and improved routes, better signage, training and lots of promotional activities all designed to get more people onto bikes and to double the number of journeys by bike.

We've spent many years actively developing and promoting our cycle network and are proud that the number of cyclists in our district is already well above the national average.

That said, we know that there is still so much more that can be done and that's why we've created such an ambitious vision.

Not only do we want to increase cycling in our district but more than that we want to create a real culture change that will not only see cycling become a mainstream and popular way for people to travel locally but that will also see the community understand, positively embrace and celebrate cycling's vital role in the sustainable future of our district.

in our City, Coast and Countryside



In short, we want our district to become the cycling capital of the north west.

Lancaster City Council and its partners will support cycling at every possible opportunity.

Listed below are just some of the key targets we plan to achieve to help make our vision a reality:

- double levels of cycling within the district by the end of 2008
- contribute to the district's aims of reducing traffic growth and congestion

- help complete missing links in our existing network to create safe, attractive and well signed routes
 - seek to identify and overcome the main barriers to cycling
 - offer practical training and support to encourage new and returning cyclists
 - help ensure major centres of employment, education, health care facilities and residential areas within the urban area are accessible by bicycle
 - help to improve the quality of life for all residents and improve our environment
 - encourage everyone to see cycling as a viable mode of transport for all local journeys
 - ensure that people recognise and value the positive impact that cycling can have on both physical and emotional health and wellbeing
- We really hope you, as local people, will take up the challenge we have set ourselves and make cycling a part of your life.

Online cycling

In April 2006 www.celebratingcycling.org went live.

The website is a new one stop shop to help you get the most out of cycling in our district.

From information on cycle parking and cycle safety to what's on, take a look for yourselves and feel free to let us know what you think.



WIN A BIKE!



....and get road safety and basic cycle maintenance training free of charge!

How to enter our great contest

To enter tell us, in 50 words or less, why you think you should win a new bike and post your entry to: Rachel Scott, Cycling Co-ordinator, Lancaster City Council, Palatine Hall, Dalton Square, Lancaster LA1 1PW. Or email your entry to celebratingcycling@lancaster.gov.uk

Don't forget to include your name, age, address and daytime contact number.

Entries should be received no later than Friday 7 July 2006.

They will be judged by the Cycle Demonstration Town Board and winners will be notified shortly afterwards.

THANKS to two local biking organisations, **Budgie Bikes** and **Pedal Power**, we've got two great new bikes up for grabs!

We will be looking to follow and share the progress of the winners with other readers over the coming months.

Entering couldn't be easier - all you have to do is contact us and let us know why you think one of the bikes should be yours.

- Do you want to get fit, perhaps for health reasons?
- Are you're fed up of traffic jams and want to beat the queues to work?
- Do you just want to have fun cycling with your kids?
- Maybe you've never had a bike before and think it's about time you had a go...

Whatever your reason we want to hear from you.

Two categories

The competition is split into two categories – children (under 16) and adults (16 and over).

The adult bike, donated by Budgie Bikes, is a Cross Sprinter, 21 gear track and trail bike with shimano gears, worth £250. Training will also be available.

The under-16s bike will be built to order and supplied by Pedal Power Lancaster District Cycle Recycling, Re-use and Training Project.

The lucky winner of the competition will receive a specially-built refurbished bicycle, plus brand new helmet, bell and lock.

Pedal Power will also postcode the bike to help keep it safe.

The winner will also be offered some road safety and basic cycle maintenance training **FREE** of charge, so they can keep safe and ride safely.

How we're filling in those missing links

AROUND six out of 10 men and seven out of 10 women are not active enough to benefit their health.

All exercise is good for us, but cycling is especially beneficial.

This is because it's transport and a work-out rolled into one.

The scientific evidence is pretty impressive – physical activity such as cycling not only contributes to wellbeing, but is also essential for good health.

People who are physically active reduce their risk of developing major chronic diseases such as coronary heart disease, stroke and diabetes by up to 50%!

In fact taking moderate daily exercise of about 30 minutes per day can reduce our risk of premature death by 30%.

And cycling is a great way of getting your daily 30 minutes of exercise, whether it's for pleasure on some of our great cycle paths, or as part of daily life riding to work or the shops.

Cycling can benefit everyone regardless of their ability. Because cycling is 'low impact' and your body is supported by the bike, it is easier on the bones and joints than many activities such as running.

The intensity of activity can be easily adjusted to suit the individual, from a gentle pedal to a powerful uphill surge – it's all beneficial.

Cycling can improve mental health, offering opportunities to relax, 'get away from it all' and enjoy some fresh air.

So whichever way you look at it, cycling is the key to a long and happy life. Get on your bike!

LIVE LONG AND CYCLE!



BIKE IT



KATHY Bashford started work as the District's first 'Bike It' officer last month.

She has previously worked with a number of local schools as part of her job as a schools officer for the Local Wildlife Trust.

Her new post is being funded by Sustrans – the UK's leading sustainable transport charity.

Bike It is a nationwide scheme which aims to increase the number of young people cycling to school and on other journeys. Schools are selected for their enthusiasm for cycling, taking into account the potential to increase cycling in the area.

Based on end-of-year bike shed counts, cycling levels have quadrupled in the existing Bike It schools.

Although Kathy is employed by Sustrans she works closely with the Cycle Demonstration Town team and County Council School Travel Plan Advisors, signposting pupils, parents and teachers to training courses, other information sources and local events. More information about Bike It is available at www.sustrans.org.uk

Lancaster District already has a good network of cycle paths, totalling some 60km. However there are still plenty of missing links. Following recent funding successes – namely from Cycling England, the European Regional Development Fund and Lancashire County Council – we can now fill in missing links and expand the network. We also hope to improve signage to help walkers and cyclists to and from the various routes.

Lancaster Canal Towpath Improvements

2004 saw the towpath north of Lancaster, from Hammerton Hall Lane to Carnforth, improved and this is now being extended, through to Aldcliffe Basin.

The first phase includes a link from Caton Road/Langdale



Economic Development Zone work on Lancaster Canal

Road, via Tunnel Field, to the eastern side of the Canal using Dolphinlea Bridge. The towpath has been resurfaced from this point through to Moor Lane.

The second includes further improvements from Caton Road to Hammerton Hall Lane and between Moor Lane and Aldcliffe Basin. Work will also take place on a number of access points. There'll be a new path along the eastern side of the canal from Dolphinlea Bridge to Ambleside Road, providing a direct link from the Ridge Estate to Caton Road. Access improvements are also planned onto and along Caton Road from the River Lune Millennium Park path. All this work should be completed by August.

Route to RLI/University

As a Cycling Demonstration Town we're keen to encourage more workers to bike to work to help reduce congestion and pollution and improve accessibility and health. A new route to the University and Royal Lancaster Infirmary is essential to help meet this aim as more than 3,000 people work at these two sites and each receive hundreds of visitors every day. Negotiations and design work are underway to find a suitable route.

Lancaster/Morecambe Greenway

The traffic free route between Lancaster and Morecambe is the most well used path in Lancashire. So, improving access to this route is a key way to help the district double cycle levels by 2008. Several new access points will be created and existing ones improved, benefiting pedestrians, cyclists and the mobility impaired.

These include links at Christie Avenue, Ennerdale Avenue and Winthorpe Avenue. Other minor improvements will also be made at various locations, subject to negotiations with landowners etc.

Work is also planned around the Shrimp roundabout on Lancaster Road so cyclists and pedestrians can approach the Lancaster/Morecambe greenway without having to negotiate the existing roundabout and the dangers this presents.

Lancaster City Centre

Routes to improve access for cyclists across the city centre are at the design stage and include:

- a contraflow (2 way cycling) on Brook Street
- a contraflow on Upper Church Street
- a contraflow on Phoenix Street
- a new crossing at Stonewell to link to the Millennium Bridge via Chapel Street
- Common Garden Street/Brook Street
- Penny Street/Ashton Road/South Road

Ryelands Park



A network of paths providing a circular route around the perimeter of Ryelands Park have recently been completed, with the final phase linking Morecambe Road to Torrisholme Road alongside the railway line.

Morecambe Promenade

Allowing cyclists on the promenade is one of the project's key aims. The City Council is currently reviewing its byelaws and, depending on the outcome of the consultation, this could lead to an extension of the route on the highway into Hest Bank with potential for links onto the canal too.

Heysham Route

A route to Heysham is clearly a missing link and various options are being considered.

The two-wheel commuters

But why would you cycle..?

Lots of reasons. It's fun and really good physical exercise. It reduces the chances of heart disease and obesity (or rather stops you getting ill and keeps you slim). It's cheap and can help you save hundreds of pounds a year. It's also quicker than the car in congested traffic. But don't just take our word for it.

Here, two local cycling commuters share their views on why they believe bike is best.

Maggie's story

“ I'm Maggie Dixon and I work three days a week at Lancaster University and cycle to the University from Bare.

I use the cycle track which runs alongside the Broadway and Lancaster Road before crossing the Millennium Bridge, up through Lancaster town centre via Chapel Street, Great John Street, Thurnham Street, up into South Road and Scotforth Road.

I join the cycle track again at Hala and continue onto the University through Scotforth - it takes me around 40 minutes.

It can take me much longer if I drive in because of the traffic congestion around Lancaster and Morecambe College.

I use the same route going home in the evening, but going down King Street through Lancaster, before crossing the Millennium bridge and

joining the cycle track again into Bare. I can cycle home in around 30 minutes (as it's all downhill).

I must admit to feeling slightly smug as I can look over onto Greyhound Bridge from the cycle track to see the long line of traffic trying to get onto the Morecambe Road.

I have a Claude Butler Odyssey bike which I have had for about 7 years and have cycled for pleasure for many years. I have tried the various means of transport to get to work since I started at the University; bus, train, car but find that bike is best.

I don't consider you have to be super-fit to make the change to pedal power or have to wear any specialist clothing. I am 50 years old and tend to favour lightweight clothing, which keeps me dry but allows my body to breathe.

When I arrive for work I feel bright and alert and it has done wonders for my middle age spread. ”



WHAT DO WE NEED TO DO TO GET YOU ON A BIKE?

Please tell us and we will seriously consider your needs/ suggestions. Send them to Rachel Scott, Cycling Co-ordinator, Lancaster City Council, Palatine Hall, Dalton Square, Lancaster LA1 1PW or email: celebratingcycling@lancaster.gov.uk

Neil's story

“ I'm Neil Emery. I'm 36 and cycle to Lancaster Town Hall from Westgate. As I cycled in this morning the thought crossed my mind, 'Why do I do this?'

I only had to glance at the heavy traffic on Morecambe Road and the answer was obvious. Nothing could persuade me to get back into the car.

I started cycling to work about five years ago. Initially, I was cycling twice a week as a way of getting some exercise.

However, I quickly found that on the days I was in the car, I would be sat in the traffic clock-watching and thinking to myself 'I could be at work by now if I was on my bike'.

As many people are aware, a car journey from Westgate to Lancaster for work can take anything from 10 minutes up to 45 minutes.

On my bike it's 20 minutes maximum, less if I'm feeling energetic.

The benefits of doing this are many, I've never been as healthy and our household

has dropped from having two cars to one, so I'm financially better off and I'm also a lot happier.

Of course, there are occasions when I do not feel like cycling.

However, once I get going and I'm crossing the Millennium Bridge, I see the despondent faces of the drivers jammed up in the traffic and I can't help but feel slightly elated that I'll get to where I'm going before most of them.

People know it is an increasingly selfish activity to drive to work alone, so let's appeal to people's bank balances, if you take the average cost of running a car as 40p a mile (according to Which? magazine) and the 2,000 miles I have completed on my bike in the past 12 months, it would of cost me £800 in the car.

As it is, it has cost me - if you take into account tyres, inner tubes and other perishables for the bike - about £100. That is certainly food for thought. ”





Power of the pedal

Bike Week aims to get 'more people cycling more often' and this year it takes place between 17-25 June.

As part of the Cycling Demonstration Town project a number of events will be taking place throughout the week, the main one being a Bike Festival at Salt Ayre Sports Centre on Sunday 18 June.

This will include a wide range of activities and displays for families, and those interested in cycling, with the emphasis firmly on fun and having a go! For more information call 01524 582895.

Other events will include organised rides, Dr Bike sessions and more. Further details will be available on the Celebrating Cycling website and in the local press so keep an eye out.

PARK IT HERE!

Thinking of cycling more but are concerned about where you can park your bike? Take a look at the list below which shows where cycle stands are available:

Morecambe

- Bus Station
- Euston Road – o/s Home Bargains
- Euston Road – o/s Motor World
- Library
- Town Hall
- Market Street – o/s Arndale Centre entrance

Lancaster City Centre

- Chapel Street – o/s the church
- Cheapside – Church Street end
- Church Street – adj. New Street
- Dalton Square – adj. Palatine Hall
- Dalton Square – o/s Town Hall
- Damside Street – Bus Station
- King Street – Assembly Rooms
- Market – Common Garden St
- Market – Sir Simons Arcade
- Lower Church St – Car Park entrance
- Market Square/Library



- Market Street – adj. King Street
- Moor Lane – o/s Pizza Margherita
- Meeting House Lane – o/s The Merchants
- New Street – adj. Church Street
- New Street – rear Museum
- Penny Street – o/s M&S
- Penny Street – adj. Spring Garden Street
- Railway Station*
- Sainsbury's

Rest of the District

- ASDA
- Carnforth Railway Station
- Conder Green picnic area
- Crook 'o' Lune Car Park
- Glasson Dock
- Lancaster University
- Salt Ayre Leisure Centre
- St. Martins College

*A number of secure lockers managed by the city council are available at Lancaster Railway Station. All lockers are currently full. For enquiries, please contact Gary Bowker on 01524 582629, email gbowker@lancaster.gov.uk

CYCLING FOR ALL

Routes & Maps

If you fancy taking your friends and family on a cycle ride this summer but are not sure of the routes available in the district then you need Cycling for All.

It's a handy new pocket sized colour guide which has just been produced and lists 6 illustrated routes that are suitable for all.

Free of charge you can pick up a copy from public buildings such as Tourist Information Centres, council offices and libraries.

Call 01524 32878 for more details.

The guide is also available to download from www.celebratingcycling.org

The Lancaster & Morecambe Walking & Cycling Map now includes routes constructed since 2005.



It's available from public buildings or, to order a copy, call 01772 534609 or email cycling@env.lancscc.gov.uk

A-Z OF CYCLING CONTACTS

For many more links visit our website at www.celebratingcycling.org

BICYCLE MAGIC:

103 Penny St, Lancaster - LA1 1XN -
01524 844389 - www.bicyclemagic.com

BIKE AID:

Green funding gives 50-90% grants to organisations towards installing bike racks and lockers.

www.lancashire.gov.uk/environment/twise/btw/bikeaid.asp

BIKE FOR ALL:

A joint initiative of the Bicycle Association and the Department for Transport. A great resource for all things cycling!

www.bikeforall.net

BOG TROTTERS:

A mountain bike club located in Lancaster that organises Saturday, Sunday, Wednesday evening & weekend rides for all MTBers.

www.bogtrotters.org/index.php

BUDGIE TRANSPORT:

Home of Budgie Bikes! Discover Lancaster's hidden treasures and cycle for fun and fitness on traffic free tracks and trails. Budgie Bike hire from £1.50 an hour from a variety of locations around the District.

Upper Offices - Platform 3 - Lancaster Railway Station - Lancaster - LA1 5NW - 01524 389410 - www.budgietransport.co.uk

CELEBRATING CYCLING:

Find out more about the Cycling Demonstration Town project at

www.celebratingcycling.org - celebratingcycling@lancaster.gov.uk

COLIN STONE:

Cycle repairs 0790 878 2027

CTC:

The UK's national cyclists' organisation. Nationally the CTC campaigns on issues important to cyclists and provides a wide range of services to members from advice on routes to legal aid. The Lancaster Section of the CTC is an active bunch of cyclists living in and around Lancaster who enjoy a varied programme of weekly rides in the glorious countryside on the doorstep. Rides are easy paced and usually between 40 and 60 miles in length. They start from either Beaumont College on the north side of Lancaster or opposite the Boot and Shoe pub on south side of Lancaster.

Club Secretary - Mike Hutchinson - 01524 36061 - mikehutchinson@fastmail.fm - www.ctclancaster.org.uk



DYNAMO LANCASTER & DISTRICT CYCLE CAMPAIGN:

In addition to campaigning for better cycle provision in the district, Dynamo also have a leisurely cycle ride once a month. All Dynamo rides are designed to encourage the enjoyment of cycling, therefore they encourage novices, occasional cyclists, families, commuters and serious cyclists alike. Membership Secretary - 01524 63641 - <http://uk.geocities.com/dynamocyclecampaign/>

DYNOSTART:

1-3 Scotland Road - Carnforth - 01524 732089

HALFORDS:

Unit 2 Bulk Road - Lancaster - 01524 846889

LAKELAND CYCLES:

3 Whin Drive - Bolton-le-Sands - Lancaster - 01524-735465

LANCASTER CYCLING CLUB:

Founded in 1924 the club organises a variety of racing events including time trials, hill climb events and racing at Salt Ayre Cycling Track. Membership Secretary - Bob Muir - 01524 62250 - www.lancastercc.co.uk - web@lancastercc.co.uk

LUNE RACING CYCLING CLUB:

Secretary - Mr T Sweeny - 4 Victoria Avenue - Lancaster - LA1 4SY - lunercc@lunercc.org.uk - www.lunercc.org.uk/

MILD AND WILD CYCLES:

289 Marine Road - Morecambe - 01524 411133

MORECAMBE CYCLES:

Unit 1 - Alice Street - Morecambe - 01524 426674

NETWORK WHEELS LANCASTER:

Network Wheels Lancaster marks a new phase in providing cycling for people with disabilities in Lancaster District.

From mid-2006 a range of adapted cycles will be made available from a new base at Salt Ayre Sports Centre. The surrounding off-road cycling tracks and pathways combine to make an ideal cycling experience and one that will provide disabled people with an equal and inclusive opportunity to get cycling for fitness, fun, health and well being.

The operational criteria are in the final stages and will be made known once the partnership agreement has been established.

Information regarding the project can be obtained from Dr Jeff Bartley, email: j.bartley@tiscali.co.uk

OGGYS CYCLES:

34 Regent Rd - Morecambe - LA3 1QN - 01524 832860

PEDAL POWER:

Lancaster District cycle recycling and training project - plus courier delivery service.

Unit 28 Ladies Walk Industrial Estate - Caton Road - Lancaster - LA1 3NX - 01524 65328

ROUGH STUFF FELLOWSHIP:

For cyclists who enjoy byways and tracks

Membership Secretary - Simeon Orme - 8 Beech Road - Halton - Lancaster - LA2 6QQ - 01524 811843 - www.rsfsouthlakesgroup.co.uk/

SMALLEYS:

28-30 Parliament St - Lancaster - LA1 1DQ - 01524 63478

SUSTRANS:

The sustainable transport charity is launching two projects in Lancaster this year: Bike IT a scheme which aims to increase the number of young people cycling to school and TravelSmart which works with households offering tailor-made information and support which allows people to walk, cycle and use public transport more often. www.sustrans.org.uk/

THE EDGE CYCLEWORKS

2 Chapel St - Lancaster - LA1 1NZ - 01524 840800