

INSTRUCTOR PROFILES

KEITH DAWSON:



I get a lot of pleasure from riding my cycle. The freedom and fresh air, being in control, I can ride as the mood takes me. Fast or slow and I can go where I wish. Cycling also helps to improve my health and general fitness.

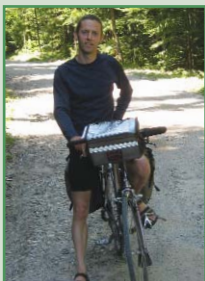
I cycle whenever I can, I usually do two or three rides on my own a week. I also do a few training sessions each week.

If we go on holiday then we take our cycles with us. This is great because we

can park the car outside of town then cycle in. It's amazing what you see when you're not in a car. I also use the bike for shopping and for appointments in Lancaster and Morecambe.

I have been a trainer in several skills for many years. I feel very pleased and gain much satisfaction from seeing a beginner at 4 or 5 years old learn to ride on two wheels and also from training people who are older, who have never ridden or those who rode many years ago and just need the confidence to get back on a bike and meet some traffic.

PAUL BRADBURY:



I am in my early 40s and have enjoyed the sensation of cycling since my Dad taught me to ride in the back garden at an early age. My 'claim to fame' was cycling in a group of four from London to Johannesburg for the Earth Summit in 2002 in conjunction with Water Aid.

I enjoy cycling on lots of different levels from utility cycling to racing and touring.

Training others has added another level - allowing me to share my experience and

encourage others to enjoy the pleasures to be had from the saddle. I often notice that in rush hour cyclists are smiling to themselves while most drivers are looking frustrated and grumpy. Training helps me encourage inexperienced cyclists to sample the joy of cycling safely.



CYCLE TRAINING IN LANCASTER DISTRICT

CONTACT US

IF YOU HAVE ANY QUESTIONS ABOUT CYCLE TRAINING THEN PLEASE GET IN TOUCH:

Celebrating Cycling Team
Marine Road, Morecambe Town Hall
Morecambe
LA4 5AF

www.celebratingcycling.org

celebratingcycling@lancaster.gov.uk

01524 582392 / 582616

USEFUL LINKS

www.ctc.org.uk/cycletraining

National Cycle Training Helpline
0844 736 8460/8461

www.celebratingcycling.org/training

www.bikeforall.net

www.bikeability.org.uk



During the last few years over 2,000 people have taken part in training locally through the Celebrating Cycling project. From tots to pensioners, school children and families - more and more people are deciding that cycling is the way forward.

school • work • pleasure • take your bike
www.celebratingcycling.org



Everyone can benefit from cycle training, from learning how to fix a puncture to advice on how to negotiate a busy roundabout. Here you will find information about the types of training on offer and how to take part.

Maintenance Training

**Is your bike stuck in the shed with a puncture?
Want to know more about how your bike works?**

We work in partnership with local charity Pedal Power (part of Furniture Matters) to offer a range of maintenance classes to help you get the most out of your bike.

Courses are FREE to Lancaster residents and last around 2 ½ hours. Women only and family courses are also offered.

Courses are generally held on the last Saturday of the month at Pedal Power's HQ on the Ridge, but keep an eye out for other dates and venues. Pedal Power are also able to offer on-site courses at local workplaces, colleges etc.

- Introduction to Maintenance (M1) lubrication, brake pads, gears, punctures.
- Basic Maintenance (M2) basic rebuilding, fitting brake & gear wires, indexing, straightening buckles.
- Advanced Maintenance (M3) wheel truing, headsets, hubs, bottom brackets.

For bookings or queries regarding courses please contact Pedal Power on 01524 65328.

Bikeability

'Cycling proficiency' for the 21st Century!

Bikeability is a new cycling award scheme which before long will have thousands of children whizzing about on their bikes and pedalling their way to success.

Through the Celebrating Cycling and Bike It projects this training is offered to all pupils in years 5, 6 and 7 in all Bike It schools. As well as being fun, this training ensures that pupils are confident and have the right skills to ride on the roads.

There may also be opportunities for Bikeability to be offered to other schools and local groups, please get in touch if you would like more information about this.

Visit www.bikeability.org.uk for more information or www.celebratingcycling.org/bikeit

I-2-1 / Small Group Training

**Do you want to lose weight and get healthy?
Want to get (back) on your bike but not sure how?**

We have a number of fully qualified national standard instructors who can teach all levels from basic skills to on-road cycling. These are generally held as I-2-1 sessions but we can also accommodate small groups.

Cycle training is for everyone not just complete beginners. Our instructors can help give you the skills and confidence needed to cycle in whatever environment you choose, be it on busy roads or traffic free paths.

First 2 hours FREE - further sessions can be discussed with your instructor.

Contact us today and we will get one of our instructors to contact you to arrange a convenient location, date and time for your training. Family sessions also available!

"I'm fairly new to cycling and have limited experience of cycling in traffic so wanted some help with road positioning. The trainer was friendly, encouraging and knowledgeable taking me through the situations before we encountered them. The training was relaxed but informative and has given me confidence to try cycling in towns."

Kids' Cycle Skills

As part of the Council's Holiday Activity programme we offer a range of cycling sessions for 4 - 13 year olds.

These sessions include the ever popular Learn to Cycle for 4 years upwards. Also on offer are mountain biking and BMX trips.

Sessions sometimes run on weekends and bespoke sessions for community groups, schools etc are also possible.

Check out www.lancaster.gov.uk or www.celebratingcycling.org for the latest information.

"My youngest daughter attended one of your events last year, and learnt to ride her bike in only 2 hours which was fantastic, and she loves riding her bike. I think the events you hold are great and keep up the good work." Mr M Singh

"My girls really enjoyed the cycle training and it far exceeded my expectations. I had thought it would just give them a boost in confidence, since they had had very little experience on the bikes before attending. I was astonished when one of them was able to ride unaided by the end of the course." Olivia

Workplace Training

We also offer on-site training for workplaces, community groups etc.

Sessions last around 1 - 2 hours and can be tailored to suit your needs. Workplaces that have taken advantage of this training include Lancaster & Morecambe College, North Lancashire Primary Care Trust and Lancaster University.

In 2008 we began offering advanced cycle training (level 3) to Lancashire Police and to date over 20 police officers and community support workers have taken advantage of this training.

"I thought the training was excellent. The format was right and I enjoyed the day. They managed to impart both knowledge and skills which made me, after a long time not riding a bike, feel confident enough to take to the road again"

"I've been cycling for over 40 years and consider myself to be an experienced cyclist, but I enjoyed the cycle training: I picked up quite a few tips and had some bad habits pointed out to me."

Bike Buddy

Thinking about cycling to work but lack confidence or not sure of the best route to take?

If so, then the Bike Buddy Scheme could be right up your street! The Bike Buddy Scheme is a FREE service for local residents helping new and returning cyclists to get to grips with cycling by helping them to find a suitable route from their home to work.

Our Bike Buddies are all experienced cyclists with a good local knowledge and are able to map out the most suitable route for any required journey, whether it be to work, the supermarket or health centre. Buddies will also be able to give information on the local cycle network, to give tips on riding safely in traffic, varying environments and weather conditions and offer advice on equipment, accessories and basic bike maintenance.

"The bike buddy service was fantastic, I cannot sing it's praises enough. I contacted them as a nervous cyclist who hadn't ridden for over ten years, and ended up feeling so confident about riding that a month on, I've decided to sell my car and use the bike as my main mode of transport. My buddy was informative, skilled, friendly, and very patient. Together we found a comfortable route from my house to work, and travelled there and back so I knew exactly what to look out for on the way. I really would recommend this service to anyone." Katy Thorpe