



The TfW Commuter

the newsletter for the Cambridgeshire commuter

No.2: December 2011

FREE LIGHTS and FREE Electric Cycle Try-Outs for 100 TfW Commuters

Yes Christmas presents all round!

- a set of FREE bicycle lights worth **£30** and a FREE go on a wonderful electric bike, are up for grabs to the first 100 TfW commuter cyclists who turn up at the Electric Transport Shop in Cambridge.

The giveaway is eligible to cycle commuters who work at TfW employer members. To pick up the free lights, simply go to the Electric Transport Shop in Hope Yard, off Mill Road. Take the voucher on this page with you and tell them you would like to take up 'the Travel for Work free bike lights and Electric bike try-out offer'.

The shop was formed by graduates Eddie Kehoe and Jamie McAlley to promote a clean and fun alternative way to get from A to B. The shop supports the Travel for Work Partnership and is working with us on a number of initiatives for 2012.

To find out more about the shop, visit www.electricbikesales.co.uk, call (01223) 247410 or email sales@ElectricBikeSales.co.uk.



FREE LIGHTS and FREE Electric Cycle Try-Outs VOUCHER



If your employer is a member of the **Travel for Work Partnership** this voucher entitles you to one free set of £30 lights courtesy of The Electric Transport Shop. To receive your lights you will be asked to have a test ride of an electric bike. The Electric Transport Shop is at Hope St Yard, Hope St, Cambridge, CB1 3NA

Open: Tues-Sat 10am-4pm. **Tel:** 01223 247410 **Email:** Sales@TETS.biz



Multihog to the Rescue

Cycling, walking, running commuters will be able to continue using the car free 16-mile maintenance track alongside The Busway, thanks to the four-wheel drive Multihog. Multihog combines brine spraying equipment and a snow plough to keep the route ice and snow free.

And just in case you think cycling in winter is not for you - it is as well to remember the old adage that there is "no bad weather just bad clothing". With Travel for Work cycle shop discounts <http://www.tfw.org.uk/Discounts.php#CycleShops> you can get yourself kitted out and save some money too.



A14 Jam today (but hopefully no jams tomorrow!)



The Chancellor's Autumn statement allocated £20m to the A14 which will be spent on programme of measures between Ellington and Fen Ditton that will improve the A14. The Government have confirmed that the programme will start immediately, with schemes delivered over the next two years.



A14 - A challenge to you all..!

..and not just if you use the infamous road every day.

The Government has launched the A14 Challenge. It's a challenge to all of us who use and are affected by the road to submit ideas on what can be done to help improve travel in this corridor, and fund changes to the road.

Travel for Work has already suggested that more work-place and indeed residential travel planning will ease pressure on the road, and we are hopeful that this will be part of the mix.



We would urge anyone who know and use this road to take part. You can submit your ideas, views and comments directly to DfT through the form on <https://www.surveymonkey.com/s/6F789WG>, or by email to A14Challenge@dft.gsi.gov.uk, or in writing to A14 Challenge Team, Department for Transport, Zone 29 Floor 3, Great Minster House, 33 Horseferry Road London SW1P 4DR.

Obesity not all in the genes - cycling to work can help!

You may be interested to know that a huge international study led by researchers from TfW employer, the Medical Research Council (MRC) has confirmed that regular physical activity, including cycling and walking to work, can in part offset genetic susceptibility to obesity.



Dr Ruth Loos from the MRC Epidemiology Unit and lead author of study said:

“Our findings emphasise that daily physical activity does reduce the risk of obesity... The findings contrast with the ...view held by some that ‘obesity is in their genes’ and they cannot do anything about it. ...You do not need to run marathons; cycling to work, walking the dog, weeding the garden all count.”

To find out more go to http://www.mrc-epid.cam.ac.uk/News/NewsArchive/Physical_activity_reduces_the_effect_of_the_obesity_gene.html

Faster Busway Commuter Services from Huntingdon!

There are now two Commuter Busway **Route A** Services that come direct from Huntingdon to Cambridge and return in the evening.

The services leave out the Oxmoor estate, saving up to 13 minutes on your journey (according to timetable times).

Out

The direct services leave Huntingdon Bus Station at **7:10am** and **7:40am** to New Square in Cambridge

Return:

The direct services from Cambridge leave New Square at **17:26** and **17:46**.

Read a book, surf the web, have a snooze, say “Hello” to your fellow passengers —you may find it less stressful, and easier than the A14!



For online busway timetables go to <http://www.cambridgeshire.gov.uk/transport/around/usingbusway/default.htm>

And for realtime information from your nearest bus stop visit <http://www.cambridgeshirebus.info/style/home.asp>

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