

INFORMATION

CTC provides advice, magazines and third party insurance for all members www.ctc.org.uk, as well as campaigning on behalf of all cyclists.

Cycle Aid helps pursue cycling accident claims www.cycle-aid.co.uk

Cambridgeshire County Council has an online service for highway problems at available at: www.cambridgeshire.gov.uk/transport/highwaysfault

Get started on the right foot and purchase your bike and/or accessories from the TfW Discount list, www.travelplanplus.org.uk/services/discounts.html

To plan your journey, try www.cyclestreets.net and customise the way you want to cycle to work

The Cambridge Cycling Campaign (www.camcycle.org.uk) is an advocate for cyclists in Cambridge. Their website and newsletter are full of information and advice along with advice and assistance.

Once you get a bike, don't forget to register it just in case it gets stolen www.immobilise.com. It also gives advice on how to prevent your bike from getting stolen.

Give your input on how to make cycling better and easier in Cambridgeshire through Cycling Sorted (www.cyclingsorted.org)

Keep track of how many miles you have cycled and how many calories you have lost by logging your trips at www.mapmyride.com

For information on commuter cycling, visit www.tfw.org.uk If you are within Cambridge Science Parks area visit www.travelplanplus.org.uk



BICYCLE USER GROUP PUBLICATION

START CYCLING TIPS & ADVICE



INTRODUCTION

Contrary to common myths about cycling, it is easy and safe to get started. Congestion in Cambridge will get worse and fuel prices will always increase so there is no better time to get on that bike, either living one or ten miles from work. Cycling ticks all the right boxes:

- ✓ Inexpensive
- ✓ Get to work on time
- ✓ Get fit & looking good
- ✓ Feel great
- ✓ Save £ : no fuel & no gym membership

If you are not sure how long it would take to cycle from 1-10 miles, the distance grid gives you a good idea on your estimated cycling commute time, going at a beginners pace of 8mph.

1 Mile	2 Miles	3 Miles	4 Miles	5 Miles
7 min	15 min	22 min	30 min	37 min
6 Miles	7 Miles	8 Miles	9 Miles	10 Miles
45 min	52 min	60 min	67 min	75 min

HOW TO GET STARTED

Here are some easy steps on how to get started

- Step 1: Make sure the bike frame fits you
- Step 2: Get the right type of bike for the terrain
- Step 3: Get a helmet, high visibility jacket/vest and lights, one white (front) & one red (back)
- Step 4: Panniers are the safest way to carry your kit
- Step 5: Plan your journey (see cyclestreets.net)
- Step 6: Put together a cycle bag + repair kit + tools
- Step 7: Get some Bikeability training, if needed

Cycle Bag Must Haves

- Hand pump
- Inner tube
- 3 tyre levers
- Puncture repair kit
- Small adjustable spanner; Allen keys, small screwdriver
- Sturdy locks, especially a D-Lock
- Wet wipes to give yourself a quick clean

And don't forget your mobile phone, sugar drink and food if you need a boost of energy.

It is important to take a Bike Maintenance course to learn how to take care of your bike and what to do when you have a puncture or if your brakes are a bit shaky. Outspoken gives a basic bike maintenance course for £20, see www.outspokentraining.co.uk

CYCLING FROM AFAR

If you live more than 5 miles from work and feel cycling to work is impossible, then read on. If you prepare well, set small targets and enjoy the route, cycling from a longer distance can be easily achieved and you'll feel GREAT afterwards.

Advice on Cycling from Afar

- Bike in good roadworthy condition
- Start local, find pleasant routes to cycle at the weekend
- Integrate cycling with other forms of transport (example: P&R sites)
- Start with around a 40 minutes ride each way
- Find a cycle buddy (register on www.camshare.co.uk)
- Wear comfortable, breathable and warm clothing and change at work

The cost benefits of cycling outweigh the pain in your thighs. Not only are you working out and getting healthier and fitter, you'll be cutting your commuting costs. Even if you cycle just once a week, the savings will start to add up. The grid below shows how much you spend on fuel in a week, based on a car that runs 35 mpg with petrol at £1.30 per litre.

10 Mile	20 Miles	30 Miles	40 Miles	50 Miles
£1.40	£2.81	£4.22	£5.62	£7.03
60 Miles	70 Miles	80 Miles	90 Miles	100 Miles
£8.44	£9.85	£11.26	£12.66	£14.07

Panniers & Bags

Using a regular backpack for a short cycle trip might be fine, but after some time that bag gets heavier and heavier. For longer trips, it is a good idea to invest in a good set of panniers or a cycling bag. To hold business attire, you may want to invest in a suit carrier that can be folded up or learn how to fold a shirt properly to prevent wrinkling. Make sure to pack light and do it the night before so you are not in a rush the next morning.

What to Look for in a Bag/Pannier

- Easy to get on and off the bike
- Resilient and made of good material
- Pockets to hold small items or laptop
- Waterproof or water resistant
- Easy to carry with handles or straps
- You get what you pay for so don't just go for the cheap bag, invest and it'll last for years
- Reflective