

Welcome and News Update

Bike Week will soon be upon us and this Cycle Special Newsletter provide you a summary of what is going on in and around the Travel Plan Plus area over the next few weeks;

- **Second BUG (8 June) Event** with many different types of bikes to try out and experts to ask for advice
- **Cambridge Cycle Challenge**, just cycle for 10 minutes and log your trip for a possible prize
- **Bike Week Events: FREE Bike Maintenance taster sessions, Launch of Electric Pool Bike Scheme, and Social Ride to Waterbeach**
- **A new cyclist gives his own account of why he is now cycling to work, including top tips**


TP+ Bicycle User Group EVENT – 8 June 2010

Following the success of the first TP+ BUG meeting in April, a second BUG event will take place on the 8 June 2010 in the car park of the Royal Society of Chemistry (building 290) from 11am to 2:30pm. At this event, we will have **different types of bikes for people to try out** including folding bikes, hybrid bikes, road bikes, mountain bikes, ladies bike, and electric bikes all in a variety of sizes. Also, there will be experts available to advise on the best bike and cycling practices for your commute to work. So if you are thinking about switching to something different or you have just discovered the wonders of cycling, come out and give it a try. If you are an avid cyclist and know someone who is new to cycling bring them along.

ATTENTION: NEW & AVID CYCLISTS!

TP+ BICYCLE USER GROUP EVENT
TUESDAY, 8 JUNE 2010, 11AM-2.30PM
ROYAL SOCIETY OF CHEMISTRY, CAR PARK



- Chance to try out different types of bikes including hybrid and road bikes
 - Get advice from our on-site experts
 - Learn more about the Cambridge Cycle Challenge
 - Find out what is happening during Bike Week (19-27 June 2010)
 - **PRIZE DRAW FOR ATTENDEES: WIN AN ALTURA HIGH-VISIBILITY JACKET** (courtesy of Taylor Vinters)
- To attend this FREE Event at 290 Cambridge Science Park, please RSVP to Tammy.Liu@cambridgeshire.gov.uk or call 01223 437052
- 



All attendees will be put into a prize draw to win a new TP+ Altura High Visibility Jacket worth around £50, courtesy of Taylor Vinters.

We are keen to attract as many people as possible to the event so please download the attached poster and put it on your notice board
http://www.tfw.org.uk/documents/BUGFlyer8june.pdf_000.pdf

To attend, please email Tammy Liu at tammy.liu@cambridgeshire.gov.uk or call 01223 437052.

Take Up the Cycle Challenge

Have you signed up for the Cambridge Cycle Challenge yet?

The Cambridge Cycle Challenge is a **FREE**, work-based competition that takes place between **7-27 June 2010**.



Businesses across the Cambridge area are invited to compete to see who can get the most staff to **ride a bike for just 10 minutes** or more. Participants once registered will be able to log all their cycling trips online - the journey can include a regular commute, business trip or a leisure ride. Participants, either individuals or teams, can potentially **win prizes** for those that get the most people cycling.

To make things more interesting **Cambridge will be pitted against Oxford in the Challenge**. Both cities will be competing to see who can recruit the most number of new cyclists over the three week Challenge period.

Would you be interested in acting as the in-house coordinator for your company? If so, these are the steps you need to follow to join:

- Register your company online at www.cambridgecyclechallenge.org.uk
- You'll receive a registration pack containing poster, flyers and cycling gear to hand out to staff. Also download a FREE Cambridge Cycle Challenge flyer at <http://www.cambridgecyclechallenge.org.uk/uploads/challenge-information-fo-5b338e.pdf>
- Staff cycle for at least 10 minutes and log their activities online

Eleven companies across the TP+ area have already signed up including: 1 Spatial, Arthur D Little, Cambridge Consultants, Cambridge Regional College, Jagex, Oakland Innovation, Plastic Logic, Red Gate, Royal Society of Chemistry, Toshiba, and WSP.

We want as many TP+ area organisations as possible to sign up so register now!

If you have any questions or need more information, please contact Vanessa Kelly at vanessa.kelly@cambridgeshire.gov.uk or call 07817774649, alternatively you can call the TP+ contact, Tammy Liu on 01223 437052 or email tammy.liu@cambridgeshire.gov.uk.



A Few Cycle Issues Answered!

At the last BUG meeting, many cycling issues in the TP+ area were brought to our attention. The following are the responses we have received to date from Bidwells and Cambridgeshire County Council on the raised issues.

1) Confusion regarding access to King's Hedges Road from the Science Park gate via busway.

Response: Once the Guided Busway is fully built and the cycle path paved, gaining access to King's Hedges Road will be easier and more straightforward.

2) The gates from King's Hedges Rd to Cambridge Science Park are closed on the nights & weekends

Response: Due to security and requests from companies on the area, this gate has to be closed at n&w

3) There are a lot of potholes and broken glass in the area

Response: If you see a pothole, please report it to Cambridgeshire Highways at 0345 0455 212

For broken glass, please report it to Cambridge City Council at 01223 458 282 or South Cambridge District Council 01954 212024

4) People may not want to cycle because they are afraid of picking up a puncture or that their bike may break down on their journey home/work.

Response: The Environmental Transport Association provides roadside pick-up for bikes, much like AA or RAC for cars. For more information, please visit www.eta.co.uk or alternatively attend the TP+ bike maintenance sessions, including one on repairing punctures, during bike week. See Bike Week article

5) Why isn't the kerb lowered near the overflow car park at the end of the path leading from the Milton Road gate cycle entrance. Cyclists have to make a sharp right turn to get onto the road.

Response: The requested site for the lowered kerb is adjacent to where cars exit the car park. A barrier and detour was put in place to prevent accidental collision.

6) Kerbs and shrubs are too high at places across the Cambridge Science Park

Response: Please inform TP+ of the exact location where there are kerbs and/or shrubs which are too high and these will be reported to Bidwells for possible action.

7) Phasing of traffic lights on Milton Road/Science Park Spur Road

Response: TP+ have reported this issue to the appropriate authorities and will do so for all issues that come to our attention. However, in addition, we strongly advise users to also report any problems by calling Cambridgeshire County Council on 0800 253 529

If there are any additional cycling issues you think need addressing, please forward your concerns to Tammy Liu at tammy.liu@cambridgeshire.gov.uk or call 01223 437052.



Bike Week Coming Up Fast (19 to 27 June 2010)

Bike week is a prime time to encourage beginners and novices to dust off your bike which is sitting in the garage and get it out into the open air. It's also a great time to try cycling to work. There is nothing better than cycling past stationary cars stuck in traffic. To provide encouragement we have organised a number of events just for you:

FREE Cycle Maintenance Taster Sessions (22-24 June)

If you are new to cycling or have been cycling for years, but never got to really understand your bike, we have organised these FREE cycle maintenance taster sessions just for you. A qualified instructor from Outspoken Training (www.outspokentraining.co.uk) will teach you how to clean and lubricate your bike, fix a puncture, adjust gears and replace your brake pads. Don't get caught on the road walking your bike home because you do not know how to fix a puncture, come to these taster classes and turn into a pro.

There will be three sessions each day; 12-1pm, 1-2pm or 4.30-5.30 covering the following:

- 22 June: Assessing a Bike's Condition
- 23 June: Roadside Puncture Repair
- 24 June: Brake & Gear Adjustment

For more information, please see <http://www.tfw.org.uk/documents/bikemaintenancecoursesflyer.pdf>

Launch of the TP+ Electric Pool Bike Scheme (22 June 2010)

If you need to nip into town and do not want to pay for parking, book out one of the TP+ new Electric Pool Bikes. It's easy, fun and no sweating involved. On Tuesday (22 June), TP+ will be at the Cambridge Science Park Innovation Centre car park showcasing the bikes and giving out ice cream. All you need to do is sign-up and we'll assign you 15 minutes to take the bike around and give it a test drive.

Social ride to Waterbeach – Lunchtime 25 June

Every Friday, you ache to get out of the office especially when the rarely sighted sun is out. On the 25 June, you'll get the chance to escape by joining our social ride to Waterbeach. The journey will start at the Cambridge Science Park Innovation Centre, go over the Jane Costan Bridge, through Milton Country Park and along the River Cam, ending up at The Bridge Pub, Waterbeach for a much deserved pint or for a bowl of chips. Everyone welcome so come and join us.

To reserve your place on any of these three TP+ events, please email Tammy Liu at tammy.liu@cambridgeshire.gov.uk or call 01223 437052

Other events happening in Cambridge during Bike Week

Bike Fair on Parker's Piece, 12 & 13 June, 10am-6pm

Try out the cycle scaletrix, watch a movie at the cycle cinema and enjoy a free pedal-powered fruit smoothie at the Blendavenda bar. There will be free advice on cycle training, security and basic bike maintenance along with free bike goodies.

Unusual History Bike Tour around Cambridge, 16 & 25 June 2010, 6-8pm

Discover the real Cambridge with local historian and Blue Badge Tour Guide, Allan Brigham. Tickets at £3 per person (children under 14 are free) and available through The Cambridge Tourist Information Centre, Peasant Hill.

Get Cycling During Bike Week, 19-27 June, 2010

Free cycle hire, free swimming at Abbey Pool if you arrive on your bike, free guided bike rides, and free cycle maps and local routes. For further information visit the events pages at www.cambridgeshire.gov.uk/cycling or call 01223 6999906



Cycling to work—A Real Life Story

By Nick Terry (an employee at Cambridge Science Park)

I had been working from home for several years and as a way of making sure I got out during the day I had been going for a bike ride several times a week on an old mountain bike. Eventually this became an 8 mile round trip that I could do in 40 minutes. Last year I got a contract with a company on the Cambridge Science Park and discovered it had a strong cycling culture. One co-worker in particular is a hardened cyclist who commutes daily by bike and also competes at the weekend. Seeing him commute into work every day all through the winter made me start to think again about cycling as a means of transport. It was demonstrably possible albeit with some things to be addressed. I was recently offered a full-time position at the company and decided to take it. I also decided that I would use this change in employment status to try riding to work. I now had somewhere to be and somewhere to ride to on a regular basis.

I decided that I would buy a new bike for this adventure and after much discussion with my tame guru, we selected a road bike, a Trek 1.5 Triple. Amongst other reasons this bike was chosen because it has attachment points for mudguards and a pannier rack and is not made of exotic materials. I bought a small saddle bag and filled it with essentials, spare tubes, tyre levers, etc. I also bought a new helmet, some shoes that clip into the pedals and can still be walked in, a bike computer and two decent locks, one for home and one for work. I figured I would buy more as it became obvious what I needed. Bikes have changed a lot since I last bought one, there are different styles, different levels and specification for parts. Get advice from a local bike shop or someone you know to help you choose the right bike for your needs. If you think you are going to become a regular bicycle commuter then the "cycle to work" scheme run by the government provides a cost effective way to buy a bike and the essentials.

I am told that the typical bicycle commute is around 3 to 4 miles which should take about 20 minutes at an easy pace. If you have a short commute you can probably get away without carrying spares as you can push your bike to your destination and sort it out from there if the worst happens. My commute from the West of Cambridge is about 12 miles each way which I am currently covering in 45 minutes. The route was pretty obvious given that I wanted to stay off the A14 and end up at the Cambridge Science Park. However, if you live within the city your car commute route might be very different from the route you can take by bike as there are many quiet streets and cycle routes to choose from.

My 3 Top tips for any one starting out cycling are:

1. Try and find someone who already rides to work who you can use as a mentor for information and encouragement. *Note from TP+: Try Bike BUDi on Camshare.co.uk*

2. Make it easier for yourself - do some planning. You are breaking a habit you have spent years forming - driving to work

- Start when the weather is good. Pick a first day cycling and take as little as possible (I left a change of clothes at work)
- Get some practice on your bike, you need to feel confident on the road. *Note from TP+: Try Bikeability Training with Cycle Cambridge.*
- Plan the route you will take, this might not be the same route that you currently drive. *Note from TP+: Try Cycle Route Planner on the Cambridge Cycle Campaign website.*
- If possible drive the route you plan to use and look closely at junctions you will need to cross or turn at and for the location of cycle paths and lanes or have a trial ride at the weekend, perhaps a Sunday, when the roads are quieter
- Ramp up at a rate that suits you. This lets you get started easily and allows you to see how riding to work affects the rest of the days in your week while giving you some time off between rides to sort stuff out. My plan was:

Week 1. Ride Wednesday.; Week 2. Ride Tuesday and Thursday; Week 3. Ride Monday, Wednesday, Friday; Week 4+ Ride Mon/Wed/Fri until comfortable then ride 5 days.

3. Don't give up! If one of your rides to work doesn't go well review why that was and see what you can do to fix it rather than deciding its all too hard and giving up. Remember the benefits you are getting, exercise, lower running costs, more predictable commute times, some quiet time before and after work. Ride as much as works for you but remember the more you do the more benefit you will get.

So far I have been riding for just over a month, covered nearly 300 miles and managed to get to the 5 times a week stage I wanted to achieve. I normally leave home at 6.30am and leave work at 4.30pm for the return trip. In general its been enjoyable, the weather has been, mostly, kind. I have had one puncture so far, in the rain which was a pain. I had everything I needed to fix the problem and continue home. The Internet tells me that punctures are more common in the rain as the sharp stuff sticks to the tyre and gets more than one go at cutting through the tyre. My tame guru tells me he has had one puncture in 5 months, that's not so bad. I have not fitted a rack to my bike; instead I have drastically cut down the amount of stuff I needlessly carry from home to work and back and what remains I carry in a small rucksack. Will I make it through the winter? If it's icy like last year maybe not but I am looking forward to riding through the summer and autumn and finding out.

Give it a go, if you have a bike in the garage what have you got to lose? If you don't have a bike then perhaps this is a good opportunity to get one.

Note from TP+: If you have a bike that has been sitting in the garage gathering dust, come to a Bike Maintenance Taster Sessions: Assessing Your Bike held at the Cambridge Science Park Innovation Centre on 22/6/2010, during Bike Week. For more information, check out the Bike Week section of this newsletter.

Run By:



On Behalf of:



With support from:



Intelligent Energy



Europe

The sole responsibility for the content of this website newsletter lies with the authors. It does not necessarily reflect the opinion of the European Communities. The European Commission is not responsible for any use that may be made of the information contained therein.