



Welcome to the New Year.

Christmas seems a long time ago now and New Year celebrations a forgotten head-ache. I hope that Father Christmas was generous to you and that you now have the new lights, waterproofs or warm gloves you asked for or a shiny new bike, perhaps even an electric one if you've been very good.

Our 2020 Guided Cycle Rides and Events Guide has been published and copies are available at libraries, schools, museums and community centres around the area. If your local supplier has run out or you can think of other places where it would be useful to have some, do get in touch at info@cycling-wakefield.org.uk. Details also appear on our website www.cycling-wakefield.org.uk and on our facebook page /WDCF1 or twitter @WDCF2

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ANNUAL GENERAL MEETING

The Annual General Meeting of Wakefield District Cycle Forum is being held in the palatial surroundings of Wakefield Town Hall on Thursday 19th March 2020 at 7pm.

We actually meet in a large room on the first floor, which is not too imposing. All members are invited and your input and ideas are very welcome.

A Request for Help



A small charity, Open Arms Malawi, which provides medical and educational support to abandoned and orphaned children in Malawi, has been in touch asking for help. As one of their major fundraising initiatives, they run a cycling trip through Malawi which also includes visits to their projects. They are trying to reach out to the local cycling community to see if members might be interested in participating.

The event runs from 25th September to 4th October 2020, so you've plenty of time to train, save up the fare or raise sponsorship. Food on cycling days and accommodation is provided and they'll provide a hybrid bike. Full details of the cost, route and mileage can be found on their dedicated website at: <https://www.openarmsmalawi.org/cycle20>. Distances are shown in kilometres, so it's not as far as it looks! Their fundraiser Jeri Smith-Cronin would be more than happy to receive any enquiries by email on jeri@openarmsmalawi.org or by phone on 01423 530129



Ride Leaders' Training

This is the promised photo of 7 of the enthusiastic group of 8 who attended our Ride Leader's Training Course on the 7th September 2019 at Nostell Priory, the 8th taking the picture.

The chap with his eyes closed is the presenter, Ken Woodhouse of Pedal Ready Cycle Training. This was a momentary lapse captured by the photographer's skill, as Ken certainly kept the rest of us wide awake and attentive.

Although the training is free to attend, it does cost money to run the courses and we hope to see some of you as ride leaders or back markers in the coming months. With more leaders to call on, the claims on the existing volunteers can be reduced a bit!



Christmas at Nostell



Sunglasses can't disguise the fact that Cherry Oldham and David Keighley had to wrap up well to decorate WDCF's splendid Christmas tree at Nostell Priory on the 2nd December.

Isabelle Leigh had brought some intriguing beribboned bike related decorations, so if anyone is missing a few discs, reflectors or a bell, you now know they went in support of a good cause.

Neville and Meg Andrews assisted with some home-made flat baubles featuring Santa cyclists, carefully weatherproofed.

A specially crafted smart wooden box containing our 2020 ride leaflets proved both popular and useful

Our tree was one of only two to feature in the Wakefield Express feature on 'Communitrees at Nostell' where it appeared flanked by David Leigh and Neville, beaming in their smart blue WDCF jackets.

If anyone can email me a copy of the photo, I'll make sure it appears in the next edition. For now, you'll have to use your imagination. If it helps, I can reveal that Neville was wearing his elf ears again.

Christmas Dinner



WDCF held its annual Christmas dinner on Thursday 5th December at the Queen's Arms Denby Dale Road Wakefield.

The menu was tasty, the speech short and the company superb.

Pictured dressed for the occasion is our chairman David Leigh. I'm not sure what message the lady behind him was trying to convey but I think we all missed it



Santa ride from Queen's Mill Castleford

On the 14th December 2019, Santa set out on a tour of Castleford, starting from Queen's Mill.

He was accompanied by an intrepid bunch of helpers, suitably attired for the occasion, with a wealth of tinsel and flashing lights.

It was wet, windy and bitterly cold and, although there was no snow, there was a short sharp hailstorm. Bystanders waved encouragingly and, despite the wet, Santa at least remained friendly and cheerful.



Steve Jones from Leeds Cycling Campaign joined Santa's helpers and took the photos.

Councillor Kim Groves, Chair of the West Yorkshire Combined Authority's Transport Committee, kindly braved the elements to officially open the bridge over the live railway line, to connect the Castleford Greenway with the Castleford to Wakefield Greenway. Her pink coat provided a light relief from all the red and florescent yellow on show.



Two of our riders seem to have taken the health (elf) benefits of cycling the wrong way! In any event, the calories used pedalling and keeping warm were more than replenished by the tea and delicious mince pies at The Mill Café Castleford, kindly sponsored by Neil West.

A second Santa ride followed on the 22nd December from Nostell Priory in much better weather. This time the tea and mince pies were supplied by WDCF at our comfort stop at Anglers Country Park.



Three new riders enjoyed themselves so much they came back to Nostell for the easy ride on the 5th January, with one bike still sporting festive tinsel, on the basis it wasn't 12th night yet.



Messages worth repeating

Cancellations

Occasionally, rides have to be cancelled at short notice, perhaps due to extreme weather or the sudden unavailability of ride leaders. We do try and send some-one to the start of the route to let riders know but strongly recommend that you **check on Facebook before you set off**, particularly if you are travelling a long distance. It may be lovely and sunny where you live, while a ferocious rainstorm lashes Nostell.

Castleford Mill

At present there is limited free parking at Castleford Mill for rides starting there, which generally take place on the second and fourth Saturday of the month. Please do not park in front of the Café, shop or other businesses on the site, all of which would welcome your custom.

Learn to Ride a Bike Sessions this Half Term.

Children's Beginners Learn to Ride Sessions

For non-riders aged 5 years and above

Monday 17th February.

At The Outdoor Athletics Track, Thornes Park, Wakefield

Times: 9:30am, 10:45am, 12:30pm and 13:45pm

For more information and to book:

<https://www.cyclenorth.co.uk/individuals>

Booking is essential for your child's session and can be done by clicking on the link above.

Due to Wakefield Council funding, we are able to provide these sessions for free, but please only book in for one session.

We will be organising more sessions over the following holidays.

Any additional questions, please contact mary.kelland@cyclenorth.co.uk or 07392547378

Basic Bicycle Maintenance Class



Sunday 5th April 1pm to 3pm at Anglers Country Park WF4 2EB.

Please book by emailing info@cycling-wakefield.org.uk

Inner tube replacement and puncture repair, chain care/link replacement, brake adjustment and replacement, adjusting your bike, and where time permits, gear indexing and cable replacement. The session will consist of classroom demonstrations and discussion and hands on instruction and activities, include: Kit checks, understanding legal requirements, knowing your bicycle and how it works, basic tools and spares, cleaning and lubricating and adjustments and general set up.

The session will be run by our two qualified/experienced bicycle mechanics.

If you would like to attend, please book by emailing info@cycling-wakefield.org.uk



Workgroup Report:



Workgroups will continue this year on the 1st and 3rd Tuesdays of the month. If you let us know you'd be interested in helping, we'll email you details of when and where to meet and what it would be useful to bring with you.

For the first few meetings we will be carrying on repairing parts of The Trans Pennine Trail along the Barnsley Canal near Walton.

Everyone is welcome. You'll see from the photos that our workforce does not consist solely of young fit blokes and that sometimes the lack of the appropriate tools means some ingenuity is required.



We are having some difficulties at the moment as we are struggling to find someone who might be able to help us transport our trailer from the depot where it is stored, with all our gear to the workday sites. If you can help, or know someone who can, please get in touch as soon as possible.



Similarly, if you know of any paths in the network in Wakefield District that you think need our attention please let us know. The workday organisers don't get around the whole district and we may be missing some work that needs doing.

Bicycles made for two



You may have noticed two Circe tandems riding from Nostell or Thornes Park, both electric assist, and wondered about getting one of your own. I thought I'd pass on some useful tips and information.

You do both need to pedal, although passers-by will often wittily shout out 'She's not pedalling' as if they were the first ever to make this calumnious comment.

The heavier rider should be on the front (FR) as the bike balances better this way. They are generally bigger all round, which does obscure the view of the road of the one at the back (OATB) but as OATB is not steering, braking or changing gear this needn't cause too much of a problem. The OATB can admire the passing countryside, eat chocolate, spot birds and wave at small children.

Because of the OATB's restricted vision, FR will need to use the following warnings:



- Duck - to warn of low hanging vegetation, not passing mallards
- Puddle - to explain a sudden swerve or wet feet
- Cattle grid – to allow OATB to brace themselves
- Bump – to allow OATB to raise themselves from the seat if required
- Sharp left/right – if the tandem has small wheels, like the Circe, a sharp turn can lead to pedals grounding. A warning allows the OATB to hold their pedals in a level position to avoid this.
- Coast – if FR suddenly stops pedalling without notice, there is a strong possibility that the OATB's knees will suffer. On our electric assist tandem the pedals no longer automatically coincide and FR can be ineffectually pedalling backwards while OATB persists in doing it right. Whilst FR can stop pedalling and leave OATB to do all the work, the converse is not true.
- Signal left/right – as FR is braking and changing gear, it makes sense for OATB to do the signalling. OATB may be aware that the route involves turning right at the next junction but, as FR may decide to wait at the kerb until 3 or 4 cars have passed, it makes sense to wait for the call before risking sticking an arm out.
- Changing down – the gears crunch somewhat if the change coincides with a downward thrust of the pedal. This notification ensures OATB takes the weight off.
- Stopping – notification allows OATB to line up their pedals for a quick getaway while the bike is still moving and FR's shins are out of the way.

Getting on a bike, particularly on with a crossbar, can mean the bike is leant towards the rider as they mount. Rather than risk collapsing under the weight of the bike and fellow rider, FR gets on first. They then adopt a wide stance while OATB puts their left foot on the nearside pedal and proceeds, issuing the following notifications in order:

- Mounting – called as they put their weight on their left foot and swing their right leg over the back of the bike, like mounting a horse. Once seated, their right foot is put on the right pedal, which at that stage is usually at its lowest point. FR has normally relaxed their stance by now so, to avoid hacking their shins with a pedal being turned round to the starting point, OATB will warn:
- Twiddling/ turning – or whatever phrase best conveys the action, followed by
- Ready when you are – when OATB is in a position to proceed.

FR should the countdown aloud '1, 2, 3 Go' but this is often reduced to 'Go'

On the move you may hear:

- STOP!!! – sometimes, unnoticed by FR, things will fall off, like water bottles, gloves etc, or laces get caught in gear wheels. Although OATB may have a brake to hand, using the brakes at the front is a good idea.
- Clear left/right – helpful at busy junctions
- I'm blowing my nose/ putting my gloves on/ having something to eat/drink – a response to 'What are you doing back there – the bike's all over the place?'

Things like 'Look, there's a chaffinch' or 'Can you see the state of that gate?' are probably best left unsaid, particularly if the path next to the canal is muddy and FR is concentrating on staying out of the water, especially as by the time FR looks the bird will have flown. 'That looks like a nice café/pub, shall we stop?' would probably go down better.

An invitation

We would welcome articles or photos for future newsletters. Just email us on info@cycling-wakefield.org.uk

