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Another Bike Ride Cancelled!!

This was the scene a bit too often this winter at Squires Tearoom in Anglers Country Park. On a lovely sunny day like this the place would usually be overrun with cyclists but the snow kept them away. Unfortunately the weather also forced the cancellation of a number of rides planned for Nostell Priory and Pugneys Water Park in December and January. Let's hope that is all behind us.

The spring/summer rides' programme will commence with a very special ride in memory of our late rides coordinator, Roger Talbot. Try and come along and help make a successful start to the new season.

The ride will be tailored to suit all abilities.

Roger Talbot Ride
Saturday 3rd April
11.00 am
Anglers Country Park
Winterset

AGM – 23 March

This year's Annual General Meeting will be held as usual at the Town Hall in Wakefield.

As well as the usual business we have a Guest Speaker from Sustrans. Mike Babbitt is Project Manager for Sustrans in Yorkshire and Humberside. He has been commissioned by WMDC to draw up a plan for cycle routes in the Castleford area and he will be presenting his report at the AGM.

Wakefield District Cycle Forum AGM

Tuesday 23 March – 7.00 pm

Wakefield Town Hall

Training Day for Ride and Event Volunteers

Our partnership with Wakefield NHS continues to be healthy and in conjunction with them the Forum is running a training day for volunteers and potential volunteers who help to run our rides, shows and events.

The training day will be run by Cycle Projects, a charity involved in cycling related training; bringing cycling to disabled people; encouraging people with poor health to take up cycling and working with excluded communities to help them make cycling part of their lives.

If you would like to get involved in this project get in touch with the forum through our web site or ring Sandy on 01977 703546.

New Grant for Wakefield District Cycle Forum

Following our success in attracting grants from the Big Lottery Fund and Wakefield NHS we have started 2010 with another grant success.

The Community Foundation for Wakefield District has confirmed a Grassroots Grant of £900 to allow the Forum to purchase six children's bikes. These bikes will be used on rides and on our skills course at shows and events. Although we already have six adult bikes, courtesy of a grant from Wakefield NHS, we are finding that our events are increasingly attracting family groups. The lack of children's cycles has therefore been a restriction to including these groups in the rides we organise.

Till now we have had to borrow children's cycles when we run the skills course. This new grant will make us much more able to provide for all needs and help us to be self-sufficient with no need to beg and borrow from other organisations as we have had to do in the past.

New Cycle Infrastructure in Wakefield District

Wakefield Metropolitan District Council continues to make progress, even if slowly, in improving the infrastructure for cyclists in the district. Below are two examples of new infrastructure in the last few months.



This is phase two, in Kettlethorpe, of the cycle paths that will link Pugneys Water Park to Newmillerdam.



New toucan cycle crossing, A6186 Standbridge Lane, Wakefield.

Cycle Forum Activists in Action



Martin hard at it putting up more signs on the Trans Pennine Trail.



Here is the hopeful group who turned up for our pre-Christmas ride at Nostell Priory. As you can see the weather was not kind to us and the tracks were too treacherous for the intended ride. Undeterred we set off for a leisurely walk. Enough to justify the tea and mince pies afterwards in the warmth of the National Trust tearoom.



There was no stopping these men with rakes as they cleared the way for cyclists on the Trans Pennine Trail. Hugh, David, Rob, Martin, John, Geoff and Robert form the backbone of the Sustrans Volunteer Rangers on our part of the TPT.



Cyclists and Traffic Lights

Wakefield council engineers are working alongside representatives of the Cycling Forum to come up with more reliable ways of detecting bicycles at traffic signals. As many cyclists will know, the sensors in the road that detect cars can often fail to see bicycles. This can leave cyclists stranded at the stop line waiting for a green signal that is just not going to appear.

It is thought that this may in part be due to the kerbside position cyclists are forced to assume as they approach a traffic signal. This can place them over the least sensitive part of the detector. The sensitivity of the detector can be increased but this is not always sufficient. Cyclists can in some cases, miss the loop entirely, particularly on right turns where traffic flows make it difficult to access the right turn lane early enough.

There are also concerns that some of the more exotic materials used in bicycle fabrication today, may be compromising our ability to detect them!

Wakefield Council will be working with the Cycling Forum and its traffic signal equipment suppliers to test some of these theories in the early spring. A range of different bicycles will be tested over a road based vehicle detector.

"...we will be trying to establish if certain bike frame materials are harder to detect and how critical the bicycles position over the detector actually is" the Councils traffic control manager tells us. "The outcome of these tests will then be used to improve cycle detection reliability at our traffic signal junctions".

A Full Programme of Shows, Events and Rides

Following the success of the Cycle Forum's programme over the last two years we will be rolling out another full programme of events over the summer.

You will find our information stall in the Wakefield Cathedral Precinct in February and March. On Friday and Saturday 26th and 27th February we will be part of the Rhubarb Festival and we will be returning to the Precinct on Thursday 18th March on our own. If you are free on any of these dates why not come along and help or at least come and say hello.

Wakefield Council is promoting the Wakefield Outdoor Festival in the two weeks from 2nd to 17th April to coincide with the Easter Holiday period. The idea is to introduce people from inside and outside the district to the range of outdoor activities available in

the Wakefield District and the Council have asked us to run events focusing on cycling. We have decided to kick off the fortnight with a ride dedicated to Roger Talbot who was the backbone of our Health Rides programme and who tragically died last year. The Roger Talbot Ride will be on Saturday 3rd April and will leave from Squires Café at Anglers Country Park at 11am. It would be a fitting memorial for Roger if we had a big crowd turning up for this event.

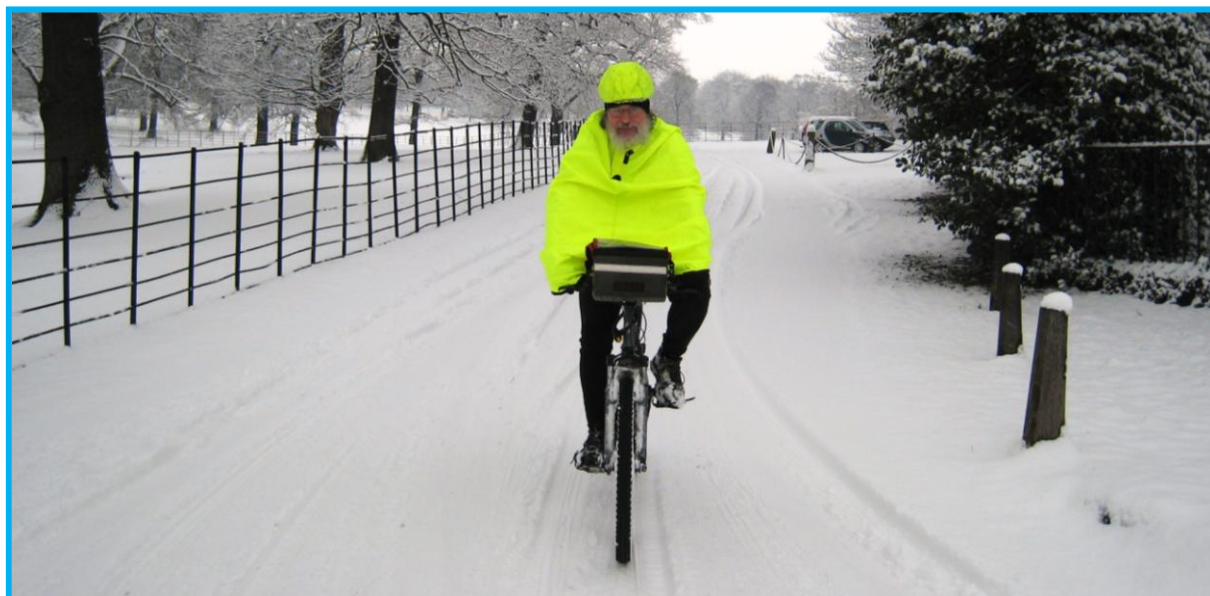
The major event of the Outdoor Festival will be a Cycling and Walking Festival on Wednesday 7th April. This will be held in the grounds of Nostell Priory and Parkland and will feature orienteering events, a cycle skills course, guided cycle rides/walks, the Bike Doctor and a whole lot more. It promises to be a great day and a great way to

launch the rest of our programme for the fortnight. The other events include information stalls and rides from Pugneys Water Park, Nostell Priory and Parkland and Anglers Country Park and an evening ride from Pontefract.

In May we will be found once again at the Wakefield Hospice May Day Gala in Thornes Park in Wakefield and will be running rides from Pugneys, Pontefract and Anglers.

We will have a full report of these events in the next newsletter and news of the rest of the summer programme. In the meantime you can keep up to date by visiting our web site at www.cycling-wakefield.org.uk. A full list of this year's events is on the back page of this newsletter.

Sandy goes to great lengths to try out his new winter bike



WHEELS FOR ALL

HAVERCROFT & RYHILL SPORTS CENTRE

The Wheels For All project is based at Havercroft and at present open sessions are being held on the second Saturday of each month.

These are held on the All- weather outdoor facility or in the Sports Hall if conditions are poor. There is a range of adapted bikes which are suitable for people with disabilities and differing needs and the sessions are delivered by qualified leaders.

We are in the process of building up our own fleet of adapted cycles so that we can offer additional sessions during the school holidays, early evenings during the summer and specially arranged sessions for schools and social service providers. Details of these will be advertised.

We have around 15 trained Cycle Leaders and will be holding another course later in the year. Anyone wishing to volunteer to become a Cycle Leader is invited to contact the WFA Coordinator on 07984074232/ 07743337778.

Cycle Training

Want some help and advice to get more use from your bike?

Use your bike for commuting and other everyday activities

Feel more confident riding in traffic

Advice on route planning

Call for more details

01924 417236

07810 017942

Mike Selway

(National Standards Cycling Instructor)
(DSA Approved Driving Instructor)

Volunteers Needed

As you know the Wakefield District Cycle Forum is a voluntary organisation run entirely by volunteers. It will be evident to you by reading this newsletter that despite this we organise an extensive programme of events throughout the year. Without the input of new volunteers it is likely that this programme would not be as extensive, indeed it might not happen at all. Help is needed from people who can staff information stall, lead guided rides or edit this newsletter. If you think you can help please contact us at info@cycling-wakefield.org.uk or contact David on 01924 240180 or Sandy on 01977 703546.



Update on Cycle Parking



Lord Adonis has been cycling around some London stations to see what the state of current facilities are, and has said that the rail network is currently 'letting down' cycling commuters. He has also visited Leiden in Holland, where he saw cycle parking for 4,500 bikes – 300 more than the entire city of London.

"I think we can do a lot better," he said. "There is a big job to be done but I am determined to see improvements in the facilities at our stations.

"I want to see every major station also serve as a cycling hub, as is the case in Holland," he added. "Cycling in Holland is not in the genes, it's in the facilities that are available."

As a consequence of his involvement in this area, in September 2009 Transport Secretary Andrew Adonis launched a major £14m package to transform facilities for cyclists at rail stations and encourage healthier, greener travel.

Over the next two years a series of measures, including 'Cycle Hubs' at 10 major rail stations and 10,000 extra cycle parking spaces across the country will be introduced by Government, Network Rail, Cycling England and train operators. The new cycle hubs will include extra cycle storage facilities, repair services, hire schemes and improved cycle access to and from the stations.

As a consequence of this initiative our region is set to benefit from an award of £1m by the Department for Transport to Northern Rail to be a "Cycling Demonstration Train Operating Company". The grant is intended to encourage "Dutch-style" bike/train travel across the Leeds City Region, where travellers can be assured of convenient, secure cycle parking at origin and destination stations. The programme must be completed by 2011.

The minimum "package" to be provided at each station will comprise: 10 "Sheffield-type" cycle stands, a shelter if required, CCTV, lighting, station signage and local catchment signage. Ramps and personal lockers may be provided if needed. This package has been termed the "Category 1" cycle package.

There will be 3 other categories on Northern stations:

- Category 2, which includes all the above plus cycle lockers,
- Category 3, which includes all these elements and major station modifications provided in partnership with others, and
- Category 4, which will be the Leeds Cyclepoint, a Dutch-style cycle storage and rental hub being provided outwith the £1m programme.

So the framework appears set to give cyclists a better deal at the railway station and this is indeed very welcome news. There is however a whole lot more to be done.

In the Wakefield District for example there are substantial numbers of retail outlets where cycle parking still ranges from a pathetic nothing, to the minimum which can be provided and still called cycle parking. As a cyclist am I angry?..... you bet I am. However it's going to take a lot of hard work to get the kind of parking that we as cyclist need.

What we need in public place are more stands such as the Sheffield stand where people can lock their bike quickly and go about their business. From the results of a survey conducted last year amongst our members, there was certainly a view that these arrangements satisfied a lot of questionnaire respondents. However there appeared to be a good level of interest in cycle parking which would be more secure and avoid the need to strip the bike of accessories before leaving it. Do we also need secure lockers in a supervised environment, to provide whole bike security?

We are currently engaged in a project to try to bring this about.

John Matthews



the coalfields
regeneration trust



Wakefield District

Wheels For All



CYCLING FOR PEOPLE WITH DISABILITIES AND DIFFERING NEEDS.

**Come and join in cycling sessions on a wide range of adapted bicycles!
(Trained Leaders present/ Helmets provided)**

HAVERCROFT & RYHILL SPORTS & YOUTH CENTRE

**OPEN SESSION HELD ON THE 2ND SATURDAY OF EVERY MONTH
10.00 - 12.00AM**

**SESSIONS COMING UP ARE:
(SATURDAYS) 13TH FEBRUARY, 13TH MARCH, 10TH APRIL**

TO BOOK YOUR PLACE (£2.00 FOR ONE HOUR) RING:

01226 723659

Would you like to train as a Cycle Leader?

For further information about volunteering, call Gail Tombs

07743337778

Wakefield District Cycle Forum

Summer Cycle Shows & Rides – 2010

April: Wakefield Outdoor Festival 2nd – 17th

Saturday 3rd Anglers Country Park – Roger Talbot Ride 11am

Wednesday 7th Nostell Priory 11-4pm, Cycling & Walking Festival, Bike Doctor, skills course, rides/walks

Sunday 11th Pugneys Water Park 11-4pm, information stall, Bike Doctor, rides

Wednesday 14th Anglers Country Park 12-4pm, information stall, rides

Saturday 17th Nostell Priory 11-4pm, information stall, rides

Tuesday 20th Pontefract evening ride, (6pm)



May: Monday 3rd May Day Thornes Park, 10-4pm, information stall, Bike Doctor skills course

Sunday 9th Pugneys Water Park, ride (11 am).

Sunday 16th Cyclothon, for the Prince of Wales Hospice, Pontefract. Tel: 01977 708868

Tuesday 18th Pontefract evening ride (6pm).

Saturday 22nd Nostell Priory ride (2pm).



June: Wednesday 2nd Nostell Priory from 12-4pm, information stall, skills course, ride (2pm).

Tuesday 15th Pontefract Squash Club evening ride (6 pm).

Friday 18th TPT Baton Relay Wakefield to Barnsley

Bike Week 19th – 27th

Saturday 19th 11-4pm Nostell Priory Cycling Festival. , information stall, Bike Doctor, skills course,

Sunday 20th 11-4pm Nostell Priory Cycling Festival. , guided rides, relay race, and more.

Tuesday 22nd Pontefract Squash Club evening ride (6 pm)

Thursday 24th Wakefield Kirkgate Station evening ride (6 pm)

Saturday 26th Anglers Country Park, TPT anniversary ride 11am

Sunday 27th Anglers Country Park 11-4pm, info stand, Bike Doctor, skills course rides



July: Sunday 11th Pontefract Liquorice Festival 10-4pm, information stall.

Sunday 18th Pontefract Park from 11-4, information stall, Bike Doctor, skills course, rides.

Tuesday 20th Pontefract evening ride (6pm).

Saturday 24th Nostell Priory ride (2 pm).

Wednesday 28th Nostell Priory from 12-4pm information stall, skills course, ride (2 pm).



August: Nostell Priory holiday Wednesdays

4th, 11th, 18th, 25th, 12-4pm, information stall, skills course, ride (2 pm).

Sunday 8th Hemsworth Water Park from 11-4pm information stall, Bike Doctor, rides.

Sunday 15th Sponsored Bike Ride for Wakefield Hospice, Tel: 01924 213900.

Tuesday 17th Pontefract evening ride (6pm).



September: Sunday 5th Nostell Priory from 11-4pm information stall, Bike Doctor, skills course, rides.

Sunday 12th September Pugneys Water Park ride (2 pm).

Tuesday 21st Pontefract evening ride (6pm)

October: Sunday 3rd Wakefield Bikeathon, Sponsored Bike Ride for Leukaemia Research.

Cycling information >> Maps, leaflets and advice

Health Rides >> Guided rides for all abilities, 5-10 miles on traffic free routes and some quiet roads.

Bike Doctor >> Dust off your bike and bring it along and let the Bike Doctor give it a FREE checkover.

Cycle Skills Course >> Practise your cycling skills open to all ages.

Bicycles to borrow free of charge >> There are a limited number of bicycles available to borrow at events where you see the Bike Doctor advertised and at all the events at Nostell. These bikes need to be booked in advance:- [e-mail info@cyclings-wakefield](mailto:info@cyclings-wakefield) or Tel 01977 665885