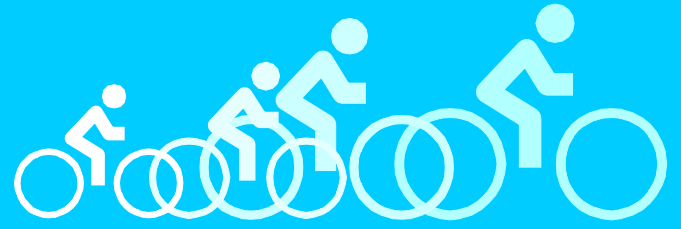


CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of Wakefield District Cycle Forum Edition No. 43 | February 2019

Struggling through the mud
(see page 2)

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Ride Leaders and Helpers Wanted

We need to recruit more ride leaders and helpers if our programme of rides is to continue so we are offering a training day for potential new ride leaders:

Cycle Leader Training
Pugneys
Saturday 30 March
10.00 till 16.00

To book a place email info@cycling-wakefield.org.uk

Annual General Meeting
Wakefield Town Hall
Kingswood Suite
Thursday 21st March
6.45pm

Come along, join in, support the Forum and help develop our future programme and priorities.

News Roundup

Bike Doctor drop in sessions



Bike Doctor drop-in sessions continue on the third Sunday of the month. The coming sessions are:
Sunday 17th February, Anglers Country Park, 11 am till 1 pm
Sunday 17th March, Anglers Country Park, 11 am till 1 pm
Sunday 21st April, Anglers Country Park, 11 am till 1 pm
Booking is not required for these sessions.

Basic Bike Maintenance Class

We have increased the number of Maintenance Classes we will be holding this year to four. Our Bike Doctor team will continue with their class at Anglers Country Park in March and October. In addition, we will have a longer course provided by CityConnect in May and August. Details below:

Sunday 17th March, Anglers Country Park, 1 till 3 pm

Sunday 19th May, Anglers, (change of venue).
10 am till 4 pm

Booking is essential for these courses. Please email you requests to attend to:

info@cycling-wakefield.org.uk

Ploughing damage to the Wakefield Wheel/WoW

Wakefield District Cycle Forum has spent many years developing and improving the Wheel and WoW cycle trials, which are well used and much appreciated beyond the boundaries of the Wakefield District. We do suffer setbacks from time to time and one of these occurred last year.



The section from Stantingley Lane, to the north of Anglers Country Park, (see photo left) was ploughed over earlier in the year by the farmer, who was extending the cultivation of the field to include a section which had previously be left to grow wild. Apart from the detrimental effect for wildlife, what was previously a relatively smooth ride on a bike became rough and bumpy. Through the summer however, given that this is a very well used track, things began to flatten out. Unfortunately come the autumn the farmer ploughed over the path again and it is now a muddy mess. So much so that your editor had to dismount and walk through the field on the forum's recent Santa Ride from Nostell.

The Forum has raised the problem with the council and asked them to raise the matter with the landowner, particularly as we believe previous planning permission specified that the land in the corner of the field should be left to grow wild. We have also suggested that it may suit the farmer if we suggested that the path be diverted around the edge of the field to lessen the likelihood of future problems. At the time of writing we are not aware of any action having been taken by the council.

If you use this track, or have used it in the past, and feel the same way as our young cyclist in the photo, you may like to support the Forum and write to the council asking them to act on the issue. You can do this by emailing customerrelations@wakefield.gov.uk



Rides roundup

It is pleasing to be able to report that our guided rides programme continues to be popular and is attracting new people to cycling. Our rides programme has changed over the years, which reflects many factors including the venues from which we can start and the volunteers who commit themselves to leading rides throughout the year. We continually need to recruit new ride leaders and helpers and will be running training courses for new leaders throughout the year. (see front page)

The number of rides and participants has dropped since the heady years of 2014 and 2015 when we had over 500 individuals on our rides and the Olympics, Tour de France and Tour de Yorkshire seemed to increase interest in cycling right down to the grass roots. 2018 still saw around 280 individual take part in our 125 rides. Our rides were always intended to encourage people who don't cycle, but want to cycle, to get back on their bikes and it is heartening to see that the majority of individuals last year, 161, were newcomers. It is also heartening to see an increase in the participation of women who now constitute nearly 50% of the individuals coming on our rides.



Nostell seems to be the most popular venue for women's attendance. We often get groups of friends turning up for a morning out together. One of these groups was the Rambelles, a walking group from Pontefract, who decided to borrow some of our bikes and try out the joys of cycling. As you can see from the photo, they brought the sun with them on our ride to Anglers Country Park and we were glad to see some of them return in later

months.

Our two Santa rides continue to attract participants, no doubt helped by the free drinks and mince pies

This year's rides and events programme is on the final page of this newsletter.



CityConnect Cycles Offer

Cityconnect is funded by the West Yorkshire Combined Authorities and works to help adults get back on their bikes and build their cycling confidence.

Whether you're looking to build your confidence, maintain your bike or master your commute, we have a course for you.

Free cycle training and maintenance courses, for anyone 16+, from beginner too advanced including route planning and journey accompaniment, FREE of charge. Participants can take advantage of up to 3 cycling sessions per level. Training takes place at one of the City Connect Cycle Hubs located across West Yorkshire, including Thornes Park in Wakefield. Typically, sessions running from Monday to Saturday, 1000 – 1200, 1230 – 1430 and 1500 – 1700. Bespoke times can be early mornings or late evenings.

Our sessions are typically run in 2-hour blocks, usually with ratios of 1 instructor to 4 participants with cycle training and 1 to 7 with maintenance sessions. Bespoke and 1:1 sessions available on request. People in receipt of certain benefits may be eligible for a free bike.

More information - <https://cyclecityconnect.co.uk/cycle-training/> or phone 01274 753 556



Last workday of 2018

Winter may officially arrive on 1st December but the hardy volunteers of Wakefield District Cycle Forum (WDCF) workgroup do not bow to the seasons. So, on Tuesday 4th December, they were out on the Trans Pennine Trail (TPT) for their annual leaf clearance.



Part of the TPT between Walton and Haw Park Woods, on the towpath of the old Barnsley canal, is in a deep cutting, which means that even on a bright winter's day, as this Tuesday was, it does not get any sunshine so one needs to keep moving to keep warm. It is a great place to appreciate the magnificence of the engineering and the back-breaking work that went into the construction of this canal but unfortunately it also means that the leaves that fall from the many trees in the area are not blown away by the wind, as they are on other parts of the path. If the path is not cleared of leaf-fall it becomes quite slippery and a bit of a mud bath in next to no time. The 'before' photo on the left illustrates this.

A few hours of raking, shovelling and brushing by WDCF workgroup returns the path to its hard, all-weather surface, as you can see in the photo on the right, which has amazingly lasted for 30 years.

During 2018 the WDCF workgroup were out on 15 days. The 17 individual helpers put in 294 hours of work and have built or improved many miles of cycle tracks throughout the district.



After a rest over the Christmas and the New Year period the workgroup resumed their programme of path maintenance at the end of January and intend to be out twice per month on the 1st and 3rd Tuesday. If you are interested in joining us email info@cyclng-wakefield.org.uk and we will put you on our mailing list.



Meg and Nev's Tandem Adventures: Part 2

In the last newsletter we heard how Meg and Nev progressed onto a tandem and then a tandem with an electric motor. This time the tandem takes them to foreign parts.

As the tandem will fit in a car, we have now been abroad twice. Our first overseas venture, on our original tandem, was a ferry trip to Bruges and a stay in a very bike-friendly hotel with a very large garage accommodating dozens of bikes. We were given maps of cycle routes centred on the hotel heading out towards the four points of the compass. On our first day the shortest and flattest route headed out along the canal on well-maintained and tree-lined paths. The trees gave us shade, strategically placed benches gave us a rest when needed and canal-side bars provided lunch and kept our fluid levels up.



Day 2 was less pleasant. After 6 or 7 miles of cycling my right knee started feeling uncomfortable and we decided to shorten the route somewhat. On day three, we chose the circuit that went to the seaside but planned a diversion should my knee continue to pose problems, which it did. We did learn a lesson, however. The tandem had been adjusted recently for our son-in-law and our grandson (then aged 8) and we should have taken more care readjusting it for our own use.

Back in the UK, we discovered that my knee problems were due to the seat being too low. It seems that on the back of a tandem your feet should barely touch the ground. When we stop for a short while, perhaps at a junction, I generally don't put my feet down. I have also changed my saddle, which is now shaped like a ring doughnut with a bite taken out at the front. I no longer fear cobbled roads and speedbumps are generally only a minor irritation.

Our next venture abroad was with a group of 10 tandems, a triplet and one single bike, with 10 different lady's saddles of varying degrees of comfort. We booked it in a fit of enthusiasm after the purchase of our new bike and hadn't appreciated how little time we had to prepare for the task we'd set ourselves. The route followed the Mosel from France to Germany via Luxembourg and included two days of 50 miles each.

We put in a bit of training as the most we had ridden so far was half the amount we were due to travel in the first, and shortest, of our five days but by the time we left on our coach to the continent our longest trip was the Wonders of Wakefield, around 20 miles. Nevertheless, we survived despite things getting a bit hairy when Nev got a bee in his helmet and pitched both of us and the bike into the hedge separating us from the river. It meant I had bruises as well as a tan to show off when we got home.

We're both a lot fitter now and can tackle longer rides. Our biggest problem these days is the obstacles put up ostensibly to deter motorbikes. These are a real hindrance for tandems not to mention wheelchairs, mobility scooters and sometimes ordinary bikes. The angled handlebars which form a wrist rest and help me with a wrist problem will not pass through a narrow A frame and we often need to lift the tandem over horse step-overs. I do have a Radar key and can open the gates for disabled access, but all this affects the flow of the ride and is a real nuisance.

We plan a trip to Dorset next. It will be interesting to see how cyclists are treated there.



Wakefield District Cycle Forum Guided Cycle Rides and Events 2019

January	February	March	April	May	June
Sat 5 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sat 2 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sat 2 Steady-Plus Darrington Start 10:00 ROAD RIDE	Tue 2 Meet 10:00 WORKDAY	Sat 4 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sat 1 Steady-Plus Darrington Start 10:00 ROAD RIDE
Tue 8 Steady Pontefract Park Start 10:00	Tue 5 Meet 10:00 WORKDAY	Tue 5 Meet 10:00 WORKDAY	Sat 6 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sun 5 Pedal in the Park Start 10:00 Nostell 	Sun 2 Pedal in the Park Start 10:00 Nostell 
Sat 12 Easy Castleford Mill Start 10:00	Sat 9 Easy Castleford Mill Start 10:00	Sat 9 Easy Castleford Mill Start 10:00	Sun 7 Pedal in the Park Start 10:00 Nostell 	BH Mon 6 Easy Start 10:00 Nostell 	Tue 4 Meet 10:00 WORKDAY
Tue 15 Meet 10:00 WORKDAY	Tue 12 Steady Pontefract Park Start 10:00	Tue 12 Steady Pontefract Park Start 10:00	Tue 9 Steady Pontefract Park Start 18:00	Tue 7 Meet 10:00 WORKDAY	Sat 8 Easy Castleford Mill Start 10:00
Sat 19 Steady Anglers CP Start 10:00	Sat 16 Steady Anglers CP Start 10:00	Sat 16 Steady Anglers CP Start 10:00	Sat 13 Easy Castleford Mill Start 10:00	Sat 11 Easy Castleford Mill Start 10:00	Sun 9 Steady Thomes Park Start 10:00
Sun 20 Easy Nostell Start 10:00 	Sun 17 Easy Nostell Start 10:00 	Sun 17 Easy Nostell Start 10:00 	Sun 14 Steady Thomes Park Start 10:00		Tue 11 Steady Pontefract Park Start 18:00
Sun 20 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sun 17 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sun 17 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Tue 16 Meet 10:00 WORKDAY	Tue 14 Steady Pontefract Park Start 18:00	Sat 15 Steady Anglers CP Start 10:00
Tues 22 Easy Nostell Start 10:00 	Tue 19 Meet 10:00 WORKDAY	Sun 17 13:00-15:00 Anglers Basic Bike Maintenance Class	Sat 20 Steady Anglers CP 10:00 Roger Talbot Ride	Sat 18 Steady Anglers CP Start 10:00	Sun 16 Easy Nostell Start 10:00 
Sat 26 Steady Castleford Mill Start 10:00	Sat 23 Steady Castleford Mill Start 10:00	Please email us to book: info@cycling-wakefield.org.uk	Sun 21 Easy Nostell Start 10:00 	Sun 19 Easy Nostell Start 10:00 	Tue 18 Meet 10:00 WORKDAY
Sun 27 Steady Nostell Start 10:00 	Sun 24 Steady Nostell Start 10:00 	Tue 19 Meet 10:00 WORKDAY	Sun 21 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sun 19 10:00-16:00 Pugneys Basic Bike Maintenance Class Please email us to book	Sat 22 Steady Castleford Mill Start 10:00
2019 start times are now at 10:00	2019 start times are now at 10:00	Sat 23 Steady Castleford Mill Start 10:00	Tues 23 Easy Nostell Start 10:00 	Tue 21 Meet 10:00 WORKDAY	Sun 23 Steady Nostell Start 10:00 
Our Facebook page is: www.facebook.com/groups/WDCF1	Tues 26 Easy Nostell Start 10:00 	Sun 24 Steady Nostell Start 10:00 	Sat 27 Steady Castleford Mill Start 10:00	Sat 25 Steady Castleford Mill Start 10:00 John Harvey Ride	Sun 23 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00
Check out our website or Facebook for extra rides & events	Our Pedal in the Park starts in April at Nostell	Tues 26 Easy Nostell Start 10:00 	Sun 28 Steady Nostell Start 10:00 	Sun 26 Steady Nostell Start 10:00 	Tues 25 Easy Nostell Start 10:00 
		Sat 30 Pugneys Cycle Leader Training Course 10:00 to 16:00		BH Mon 27 Easy Start 10:00 	Sat 29 Steady-Plus Start 10:00 Nostell TPT 30 th Anniversary Ride
Get Cycling Keep Smiling		Interested? Please email us: info@cycling-wakefield.org.uk	Our website address is: www.cycling-wakefield.org.uk	Wed 29, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides 	Holiday Wednesdays run throughout the Summer holidays too!

July	August	September	October	November	December
Tue 2 Meet 10:00 WORKDAY	Sat 3 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sun 1 Pedal in the Park Start 10:00 Nostell 	Tue 1 Meet 10:00 WORKDAY	Sat 2 Steady-Plus Darrington Start 10:00 ROAD RIDE	Tue 3 Meet 10:00 WORKDAY
Sat 6 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sun 4 Pedal in the Park Start 10:00 Nostell 	Tue 3 Meet 10:00 WORKDAY	Sat 5 Steady-Plus Darrington Start 10:00 ROAD RIDE	Tue 5 Meet 10:00 WORKDAY	Sat 7 Steady-Plus Darrington Start 10:00 ROAD RIDE
Sun 7 Pedal in the Park Start 10:00 Nostell 	Wed 7, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides 	Sat 7 Nostell Cycle Leader Training Course - 10:00 to 16:00 	Sun 6 Pedal in the Park Start 10:00 Nostell 	Sat 9 Easy Castleford Mill Start 10:00	Tue 10 Steady Pontefract Park Start 10:00
Sun 7, 11:00-15:00 Nostell Cycle Fun Day – Skills course, bike doctor, short rides & more	Sat 10 Easy Castleford Mill Start 10:00	Interested? Please email us: info@cycling-wakefield.org.uk	Tue 8 Steady Pontefract Park Start 10:00	Tue 12 Steady Pontefract Park Start 10:00	Sat 14 Easy Castleford Mill Start 10:00 Santa Ride
Tue 9 Steady Pontefract Park Start 18:00	Sun 11 Steady Thomes Park Start 10:00	Sat 7 Steady-Plus Darrington Start 10:00 ROAD RIDE	Sat 12 Easy Castleford Mill Start 10:00	Sat 16 Steady Anglers CP Start 10:00	Dress up yourself and/or your bike for this festive ride.
Sat 13 Easy Castleford Mill Start 10:00	Tue 13 Steady Pontefract Park Start 18:00		Tue 15 Meet 10:00 WORKDAY	Sun 17 Easy Nostell Start 10:00 	Free tea/coffee and mince pies for everyone. Merry Christmas!! 
	Wed 14, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides 	Tue 10 Steady Pontefract Park Start 17:00	Sat 19 Steady Anglers CP Start 10:00	Sun 17 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sat 21 Steady Anglers CP Start 10:00
Tue 16 Meet 10:00 WORKDAY	Sat 17 Steady Anglers CP Start 10:00	Sat 14 Easy Castleford Mill Start 10:00	Sun 20 Easy Nostell Start 10:00 	Tue 19 Meet 10:00 WORKDAY	Sat 21 Steady Anglers CP Start 10:00
Sat 20 Steady Anglers CP Start 10:00	Sun 18 Easy Nostell Start 10:00 	Sun 15 Easy Nostell Start 10:00 	Sun 20 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sat 23 Steady Castleford Mill Start 10:00	Sun 22 Easy Nostell Start 10:00 Santa Ride
Sun 21 Easy Nostell Start 10:00 	Sun 18 10:00-12:00 Nostell Basic Bike Maintenance Class Please email us to book	Sun 15 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Sun 20 13:00-15:00 Anglers Basic Bike Maintenance Class	Sun 24 Steady Nostell Start 10:00 	Free tea/coffee and mince pies for everyone. 
Sun 21 Anglers CP DIY Bike Maintenance Drop-in Arrive between 11:00 & 13:00	Wed 21, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides 	Tue 17 Meet 10:00 WORKDAY	Please email us to book: info@cycling-wakefield.org.uk	Tues 26 Easy Nostell Start 10:00 	Dress up yourself and/or your bike for this festive ride.
Tues 23 Easy Nostell Start 10:00 	Sat 24 Steady Castleford Mill Start 10:00	Sat 21 Steady Anglers CP Start 10:00	Tues 22 Easy Nostell Start 10:00 	Watch out for our new 2020 Rides & Events Leaflet SOON	Tues 24 Easy Nostell Start 10:00 
Sat 27 Steady Castleford Mill Start 10:00	Sun 25 Steady Nostell Start 10:00 	Sun 22 Steady Nostell Start 10:00 	Sat 26 Steady Castleford Mill Start 10:00		Sat 28 Steady Castleford Mill Start 10:00
Sun 28 Steady Nostell Start 10:00 	BH Mon 26 Easy Nostell Start 10:00 	Tues 24 Easy Nostell Start 10:00 	Sun 27 Steady Nostell Start 10:00 	Sun 29 Steady Nostell Start 10:00 	Sun 29 Steady Nostell Start 10:00
Wed 31, 11:00-15:00 Nostell Holiday Wednesday, Skills Course, info stall & short rides	Tues 27 Easy Nostell Start 10:00 	Sat 28 Steady Castleford Mill Start 10:00	Thurs 31 Steady Anglers CP Start 18:15 Halloween Ride		HAPPY NEW YEAR
Get Cycling Keep Smiling	Wed 28, 11:00-15:00 Nostell Holiday Wednesday, Skills course, info stall & short rides 	Sun 29 Steady-Plus Anglers Start 09:00 Wheel 38mls	Dress up for a spook-tacular night ride  	Join us in December for our Santa rides	