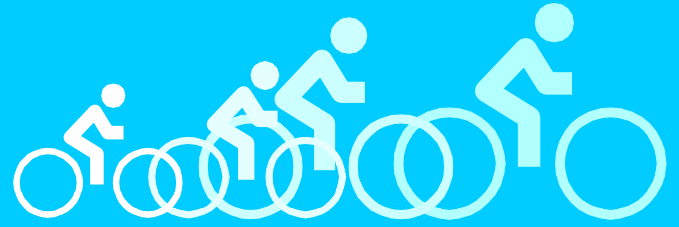


# CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of the Wakefield District Cycle Forum

Edition number 11 |

November 2011



A rainy day in Amsterdam

## IN THIS EDITION

### Open Meeting

23<sup>rd</sup> November

### Christmas Dinner

Thursday 1<sup>st</sup> December

### Cycling and arthritis

Cycling is good for you

### Janet gets on her bike

Born-again cycling

### Campaign Update

Progress on Hemsworth path

### Membership

Email addresses please

### Winter Rides

New walks and rides programme

# Open Meeting

All members are invited to the next meeting of WDCF steering group.

23<sup>rd</sup> November 7 pm  
Wakefield Town Hall

The meeting will be deciding the Cycle Forum programme for next year.

There will also be updates on our three campaign priorities:

Walton/Crofton path  
Hemsworth path  
Waterways route

Hope to see you there.

## Christmas Dinner

As has become traditional the Cycle Forum will toast the outgoing year at our Christmas Dinner.

This will give a chance for socializing in slightly more relaxing and luxurious surroundings than our usual haunt of Squires Café at Anglers Country Park.

Do join us

**Holmefield Arms**  
**Denby Dale Road**  
**Wakefield WF2 8DY**  
**Thursday 1<sup>st</sup> December**  
**7.30 pm**

Celebrate another successful year for the cycle forum  
To book a place contact Geoff Westmorland at [gmwestmorland@hotmail.co.uk](mailto:gmwestmorland@hotmail.co.uk) or telephone 01977 613141

## Cycling helps to stave off arthritis?

Exercising too much in middle age may increase your risk of arthritis, new research suggests. High impact exercise involving running and jumping may cause damage to a person's knees without them realising, and put them at risk of osteoarthritis later in life.

"Our data suggest that people with higher physical activity levels may be at greater risk for developing knee abnormalities and, thus, at higher risk for developing osteoarthritis," said Dr. Christoph Stehling, from the University of California, San Francisco.

Osteoarthritis is a degenerative disease of the joints, leading to pain, stiffness and swelling. It is the most common cause of arthritis in the UK and affects approximately 8 million people. It is more common in women than men, and usually affects people over the age of 40.

In the study, 236 men and women between the ages of 45 and 55 answered questionnaires about the amount of physical activity they did, and were then divided into low, medium and high activity groups. All were within a healthy weight range. A person in the high activity group generally did several hours of walking, sports or other exercise a week as well as gardening and various types of housework.

All the participants knees were then scanned using MRI, to look for any damage to the bones, cartilage and ligaments. The researchers found the severity of knee damage was linked to activity levels and unrelated to the person's age or sex.

"The prevalence of the knee abnormalities increased with the level of physical activity," Dr. Stehling said. "In addition, cartilage defects diagnosed in active people were more severe."

The findings, to be presented at the annual meeting of the Radiological Society of North America, also indicated that some activities carry a greater risk of knee damage over time.

"This study and previous studies by our group suggest that high-impact, weight-bearing physical activity, such as running and jumping, may be worse for cartilage health," said Dr. Stehling. "Conversely, **low-impact activities, such as swimming and cycling, may protect diseased cartilage and**

**prevent healthy cartilage from developing disease."**

## Janet gets on her bike

The Cycle Forum set up our health rides, in conjunction with the Wakefield District NHS, as a way to encourage people to get back on their bikes and discover the joys and health benefits of cycling. For the last three summers hundreds of people have taken advantage of the opportunity to start cycling again in a safe environment and with the help of trained and experience ride leaders. By joining our rides many 'born-again' cyclists have gained the confidence to go cycling on a regular basis.

One of these 'born-again' cyclists is Janet who joined one of our rides from Nostell Priory towards the end of last year. She had not been on a bicycle for over 40 years and was attracted to our ride from Nostell because she did not have a bicycle of her own and was able to borrow one of ours. Janet enjoyed the 8 mile ride between Nostell Priory and Anglers Country Park and returned the next month to have another go. Janet was not at all deterred by the cold weather and sometimes rather icy conditions on the winter ride and became a regular attendee.

Janet says: 'Having gained the confidence that I was still able to cycle after all this time I have really enjoyed the experience of riding with the Cycle Forum. I decided a couple of months ago to buy my own bicycle and am now able to get out and about on my own bike on my own and with friends locally.'

Janet has now stepped up a gear and last month joined in a longer ride, 15 miles this time.

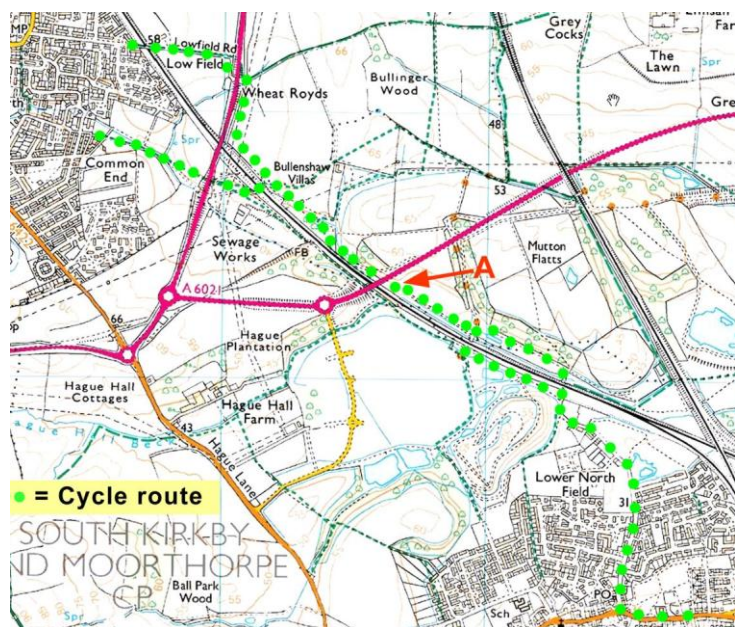


*Janet on her new bicycle sets off on a 'health ride'*



## Campaign Update

The last Cycle Forum Newsletter reported that we had succeeded in our campaign to re-open a path between Hemsworth and Moorthorpe. Unfortunately during the construction of the new Hemsworth-A1 link road a large amount of materials was dumped on the path making it difficult for cyclists to get through at that point.



The map shows the route in green. Most of the route is off-road and gives a good link between the south-west of Hemsworth and Moorthorpe railway station. 'A' marks the point at which the earth mound obstructs the route. At that point there is also a need to improve the path surface which does become difficult in winter.

Having investigated the extent of the problem, forum volunteers are now in discussion with Wakefield Council officers and are hopeful that within the next year work will be undertaken to remove the material causing the obstruction and take us one step further towards a quality traffic-free cycle commuter route between Hemsworth and Moorthorpe.

## Membership

If you have received this newsletter by post but have never received anything from us by email that is either because we don't have an email address for you or we have the wrong email address.

I'm sure that you will appreciate that the £2 joining fee doesn't cover the costs of sending regular notices in the post. With over 400 members a postal distribution of Newsletter is now very expensive.

If you have an email address that we can use it would be greatly appreciated if you could let us have it so that we can use it to send any newsletters, circulars and information. It is worth noting that if you don't have your own internet access you can use the computers at any library, at no cost.

The latest information on events and rides as well as any other details about the Forum can be found on our web site at [www.cycling-wakefield.org.uk](http://www.cycling-wakefield.org.uk).

So please can you send me your email address to [Gillross99@aol.com](mailto:Gillross99@aol.com)

Many thanks

Gill





# First Winter Ride



*About to set off from Nostell Priory*

Our winter programme of rides started well on the 16<sup>th</sup> October with a ride from Nostell Priory. 11 people turned up and agreed to do a slightly longer ride than usual to Rabbit Inges Country Park, on the Barnsley Border, which has recently opened on an old mine site. Here you can see the ride winding its way down the hill in Rabbits Inges.



It was not all plane sailing as Janet had a puncture in Havercroft. But how many ride leader does it take to mend a puncture?

It was a beautiful day however and everyone had a great time.

You should find some copies of he winter walks and rides programme with this newsletter and we would like you to help us publicise the rides by giving a copy to friends who might be interested our displaying them where you think interested parties might view them.

And of course we would like to see you on one of our rides.

