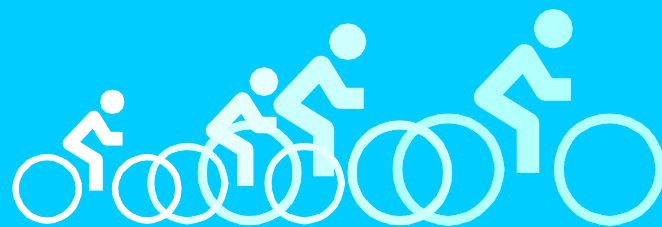


CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of Wakefield District Cycle Forum

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Autumn / Winter Programme Off to a Flying Start

Our Autumn/Winter Programme is showing no let up from the record numbers of participants we have experienced this year. Average attendance at the rides is above 20 and at time of press we have run over 100 rides in 2014 with over 2100 participants and 542 different individuals.

A big thank you to Jeff Kitching and all his team of ride leaders/helpers.

Christmas Dinner And Presentation Night

Thursday 4th December

8 for 8.30 pm

The Ruddy Duck

Bridge Street, Wakefield WF1 5RT

2 courses £10, 3 courses £12.50

To book and for further information contact:

Geoff Westmorland,

gmwestmorland@hotmail.co.uk

Cycle Path Workgroup

The last few months has been a busy period for the workday volunteers. Refurbishment of old paths, installations of new ones and some litter picking and tidying work as well.

Most workdays are only 2-3 hours but it is amazing what a group of willing volunteers can achieve in that period.

During July we completed the riverside path on the WOW route adjacent to the old Wakefield power station site. This route is not only popular with the forum rides but is also a commuter route into Wakefield. Discussions are underway to improve this route all the way to Chantry Bridge.

Other projects tackled by the group include improving the access way onto Sike's Lane road bridge on the Trans Pennine Trail, tidying up the cycle route at the northern end of Pontefract Park and under the M62 and installing signs on the new Castleford Greenway.

Future projects currently underway by the team are a new trail in the Nostell Estate used on some of the easy rides, and the opening up of the trail under the rail bridge at the northern end of Walton Country park. This trail has been one of our campaigns for several years and it will be very satisfying to see this project complete.

As ever, I would like to thank everyone for supporting these days, and giving up their time and

Castleford Cycle Hub

As you know the Wakefield District Cycle Forum is not an organisation to rest on its laurels. From our early days in 2008 we have tried to develop a network of cycle paths throughout the district and tried to link these to 'cycle hubs' in places that provide great cycling opportunities, especially for the 'returning' cyclist. Through that policy we have developed 'hubs' at Nostell Priory and Parkland, Pugneys Water Park and Anglers Country Park.

We are delighted to be able to report that in partnership with Castleford Heritage Trust we are now developing a fourth 'hub' at their centre in Queens Mill by the river in Castleford. We will start by running a monthly 'easy' cycle ride from the Mill on the second Saturday of the month. The first ride in October attracted a very good attendance. We will also run some Maintenance Day at the Mill.

If our initial programme proves successful we hope to expand our rides and events programme in the summer of 2015. Hopefully we can help complement the cultural programme which the Trust is running from this new and exciting venue.

Visit the trust web site at www.castlefordheritagetrust.org.uk for full information about their programme of events.



Tag It

The Cycle Forum has acquired a supply of ImmobiTags which are designed to act as a deterrent against theft of your bike. Here is what the Immobi web site says about tagging:

A bike is stolen every 71 seconds in the UK.

Act now and start protecting your bike with ImmobiTag, an easy-to-fit electronic tag emitting a unique ID that's embedded into your bike frame and is almost impossible to remove. ImmobiTag is registered on Immobilise - The UK national property register and is linked to all UK police forces.

Easy-to-fit electronic identification (RFID) tag.

*One off charge of **£14.29***

No annual subscription.

No updating fees.

Managed entirely online.

Includes stickers to ward off would be thieves.

Linked to Immobilise - The UK national property register and all UK police forces.

Linked to CheckMEND - The national second-hand trade stolen property database.

The Cycle Forum will be making some tags available at its drop-in bike maintenance sessions, full details below. In return for the tags the Forum is asking for a contribution to its path fund (minimum donation £5)

We have changed the format of DIY maintenance days. You will still be able to service your bike while being supervised by our Bike Doctor.

Sessions will take place on the first Saturday or Sunday of the month 10 am till 1 pm and 2pm till 3 pm.

Venues Castleford Queen's Mill, Pugneys Water Park, Anglers Country Park, Nostell Priory and Wakefield One.

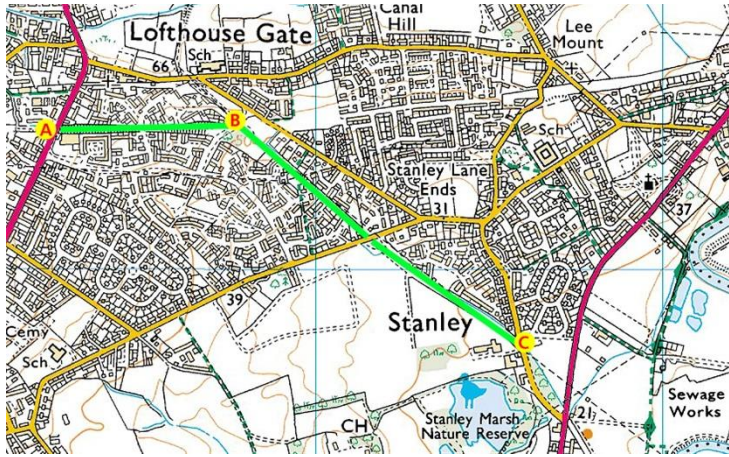
Session dates: Saturday 4th October Castleford; Sunday 2nd November Pugneys; Saturday 6th December Nostell; Sunday 4th January Wakefield One; Saturday 7th February Nostell; Sunday 1st March Castleford.

No need to book just come along.



The 'Wheel' gets even better

One of the most successful projects completed by the Forum is the Wakefield Wheel cycle trail, a 38 miles route circumventing the City of Wakefield. The 'Wheel' has become not only a popular route with the locals but we have met rides who have come from Liverpool and as far away as Scotland specially to spend a day on the route.



Never resting on our laurels however, the Forum continues to work to improve the condition of the route. We report elsewhere on the work of our volunteer work group who have cleared section of the path and improved surface conditions in a number of places. Fortunately Wakefield Council have also recognised the importance of the Wheel and the latest high quality improvement of the route has been completed by them. It is a DDA compliant stretch of tarmacked surface running from Leeds Road at Lofthouse Gate. The location of the route can be seen on the map below and the before and after

photographs give an idea of the improvements which have been made.



We hope that we can continue to report more improvements in future newsletters.

Path Fund in Need of Donations

In the May newsletter we reported on the launch of our Path Fund which will improve our ability to expand and develop the traffic-free network of cycle paths in the district. To date we have raised around £1,200. For the fund to be effective we do need to raise many more thousands of pounds. The Path Fund is an opportunity for all those people who have benefitted from the Cycle Forum's activities to say 'thank you' by making a small donation to a worthy cause.

Contributions to the fund please should be sent to **Sandy Clark, 16 Beechwood Avenue, Pontefract, WF8 4ED** or had your donation to one of our volunteers. Make cheques payable to Wakefield District Cycle Forum.

If you know of any businesses or potential corporate donors do let us know by emailing:

info@cycling-wakefield.org.uk



LETTERS PAGE

To the editor:

If the forum is to continue investing in local infrastructure it needs money. Probably more than the membership can provide. So we need to devise a way of parting folk from their money as painlessly as we can.

Most obvious is to do a 'sponsored ride (s)' but, up & down the UK there are fundraising bike rides wandering about almost all the time. We need to do something 'different' to attract both attention and funds. My suggestion is that we do 'un-supported' rides. We carry all our needs and do without that carbuncle; the support crew and its train of camper vans. However we can still travel light.....

A book on the shelves of Pontefract Library provides all the information you need. I know much of it, although I'm kicking myself because I'd not thought of linking the technique with cycling until I read it! "Micro-Adventures" by Alastair Humphreys gives the best details of bivvying that I've come upon. Although it avoids food, Mr Humphreys seems to have a 24 hour cafe in tow to give him and his companions endless tinnies & burgers! That aside the details are fairly comprehensive. And it could give us a definite advantage when 'shaking the collecting tin' at would-be sponsors. I suggest that we organise one major 'expedition' per year and use our kit to organise more local events.

How about 'Party in a Park' BBQ/Sleepovers? We know the major problems with young folk's parties. From the numpty who tells the world via the internet. Through would-be booze & pill bootleggers. To wannabe DJ's. And the perils of undercooked meat of doubtful source. Organised by responsible people, in a place that trucks of trouble cannot reach! Because we only provide a drop-off point and walk the party-goers into the venue. No way to get the bootleg liquor or van-load of wacky baccy to the victims. All we require of parents is an effective sleeping-bag, for the morning after and the funds for the event.

Where to expedition? For the first I suggest the Hadrian's Wall Coast to Coast cycle route. And that afterwards we devise our own routes based upon existing long-distance footpaths. Both the Yorkshire Wolds Way and Cleveland Way use lots of Bridleways or have parallel cycle routes. And the

Peak District offers several cycle routes so an, Off-Road Tour de Peak seems attractive. As might a similar Dales tour.

Best regards
William J. Houlder

From the editor:

The Forum is always open to new ideas but as always we need volunteers to carry them out. Our existing volunteers already have a full programme of commitments so if there is anyone out there who wants to take on the task being suggested by William let us know at

info@cycling-wakefield.org.uk

Last newsletter we published a letter enclosing a picture taken in the Walton Colliery Nature Park looking at the closed off bridge under the railway. It went on to ask 'about developments which would open up this route and save cyclist traveling along the road from Crofton to Walton along a difficult section of public road'



We are pleased to report that after years of campaigning by the forum, which culminated in Network Rail agreeing to open the closed off bridge, Wakefield Council have now committed to removing the palisade which blocks off the route. As you will have read elsewhere in this newsletter the forum workgroup has already done some work to clear the areas and will later be putting in place access barriers and other work to make the opening more accessible to cyclists.



On the road with Miss Marple

During a moment of madness last year I signed up for my first Nostell bike ride with the Cycle Forum at Nostell Priory. I'd threatened to do it before but my mind kept flashing back to the last time I'd been on a bike 10 years previously. On that occasion I had decided to part company with the bike, fly through the air like a leaping gazelle. I ended up in hospital with a pile of metal in my arm.

This time it was going to be different, it was a bank holiday, the sun was shining, the birds were tweeting and frankly I'd run out of excuses.

I was a little concerned that I was already 'naffed' walking from the car park to the house to join the start of the ride, but I was greeted by a friendly bunch of folk in lycra and introduced to my comfy sittyy-uppy bike (hybrid to the initiated) also known as the 'vicar's wife' bike. To me however it has become, my favourite, 'Miss Marple'.



That first bike ride was a bit of a blur. Zooming downhill from the house past the duck pond gave me a false sense of security. This was soon dashed by the arrival of the first hill – from then on my inner chatter warned me this was going to hurt. It certainly did as I got off the bike at Anglers, after four miles, for my coffee break. How I managed the four miles back to Nostell Priory is still a mystery to me. I was probably spurred on by a combination of being motivated by sympathetic fellow cyclists, and the prospect of being beaten by children 10 years and under.

My knees were consulting their lawyers as I dismounted at the end of the ride and I had to summon the Nostell buggy to get my jelly limbs up

the hill. However I felt an overall sense of happiness and achievement and rewarded myself with an afternoon in a beer garden stapled to a wooden bench.

If you had told me back then I was going to be able to complete the 20 mile 'Wonders of Wakefield' ride without CPR I would have laughed. However I did it and all because of 'Miss Marple' and the Forum, thank you for rekindling a childhood passion.

Mandi

Bike Fetter – Tales from the Workshop

An occasional series of Hints and Tips, Rumours and Dirty Lies to help you Fettle Your Bike

Split Tyre Fettle

Now then! It can happen to all of us. A sharp object or glass rips a slit in the tyre and the inner tube pokes out. Top tip -always take a bit of Duct (Duck) or Gaffer Tape with you wrapped around the seatpost!!! Good for everything except making tea!

Fettles

1. Be prepared and take an empty (full is messy) toothpaste tube with top and bottom cut off, or bit of old tyre with the bead cut off and tread sanded smooth, with you. Put it inside the tyre over the ripped bit, re-install tyre and tube and ride off feeling very smug (until you go to buy a new tyre)
2. Find a crisp packet (Doritos is best) or a power bar wrapper. Use that to cover the hole and hold in place with duct tape or just trap it with the tyre bead.
3. A piece of a laminating pouch does a fine job of fettling a tyre split.
4. Use a couple or three layers of criss-crossed duct tape that you've remembered to put round your seat tube or pump to cover the hole inside and extend the tape around the tyre bead.
5. Insole of your shoe will do at a pinch, get it stuffed in there!
6. You could use a banknote but, unlike some other countries, they are not made of plastic so not as good.
7. Get the mobile out!

