

Norwich Cycling Campaign

Newsletter 16
March/April 1995

*the focus of city
pedal power*

**price 30p
(free to members)**

NORWICH CYCLING CAMPAIGN was formed in 1990 to promote cycling in Norwich and lobby for better cycle facilities. It is affiliated to the National Cycle Campaign Network.



Editor's Column

The reception that Newsletter 15 received was so encouraging that this edition has increased to twelve pages! But credit where credit is due – I couldn't have done it without you, the

Campaign members who responded so enthusiastically with contributions, letters and suggestions.

I really feel that we are going to achieve a huge amount this year. There is a much faster growing awareness of traffic and pollution problems generally, and a new sense of urgency among the public who say that "something must be done" about these

environmental problems. With our new Campaign office and the kind of determination you have shown recently, WE will be the ones influential in personal transport matters, and much else besides.

Thank you very much for what you have done – please keep doing it!

John King



Lord Mayor opens Campaign office ! (page 8)

Councillor Julian Swainson (left) with Lord Mayor Councillor Brenda Ferris (centre) and Campaign Co-ordinator Les Hopkins (right). Andy Mitchell is at the front on his Kingcycle recumbent.

Meetings



NEXT MEETINGS

15th March
19th April
17th May

All members are welcome at these monthly meetings which are held in our Campaign Office at the Development and Environment Centre, 38 - 40 Exchange Street (entrance at rear, start 7:30pm).

Please come along and say what YOU think about cycling issues in Norwich!

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National News



Cambridge cycle ban

Cambridge City Council is considering taking legal action to reverse moves by Cambridgeshire County Council to impose a further cycling ban in the city centre.

The original restrictions, introduced in 1993 in a bid to improve conditions for pedestrians, cover the central market square area. These were made permanent at the end of 1993.

Despite opposition from the city council and the local MP, Anne Campbell, the county council recently overrode the advice of its transport officers by extending the ban to two other streets.

The head of the city council's legal services department, Margaret Walker, has said that she is taking legal advice on the possibility of a judicial review, 'to see if we have an arguable case'. She is being supported by the local Friends of the Earth group which has raised a petition of 1,800 signatures against the cycle ban. According to spokesman Roger Lilley, 'The county council is sending out all the wrong signals on urban transport policy by such a blatant snub to cyclists.'

Cycling to jail

A teenage cyclist recently learnt that off-road cycling is not all that it's cracked up to be.

18-year-old Alan Croft, from Braintree, Essex, was jailed for seven days for riding his mountain bike on the pavement, along with his friend Darren Slade. They did this to avoid a policeman who was giving safety lessons to a group of children.

Croft said "We could see they were being taught so we got out of the way. Then the copper arrested us. I couldn't believe it".

Unable to pay the £130 fine imposed, Croft, a student was asked to pay £5 per week, but had difficulty in finding this amount fortnightly. When he failed to make the first payment he was arrested and taken to Chelmsford jail, where he spent a miserable week.

Contribution deadline

Adverts, letters, articles, etc, for publication in the next Newsletter MUST be in the office by Friday 28th April.

Hide to Ride for Life?

World Champion Herbie Hide may switch from boxing to cycling in May. The WBO heavyweight titleholder has agreed to link his name with the 'RIDE FOR LIFE' cycling event to raise cash for Quidenham children's hospice. The organisers hope that he will be able to turn up on the day and go for a spin himself.

"It all depends on how his plans work out after his title fight with Riddick Bowe in America on March 11th", said Les King, a friend of the Norwich-based boxer.

Hide was approached by King to support the ride which is to take place on May 21st. and he is urging as many people as possible to get sponsors and then ride their bikes to raise money for the hospice.

The event is being organised by the Breckland Cycling Club. A 33-mile course around Breckland and South Norfolk will be available along with a less-demanding 7-mile alternative.

Last year the event raised almost £16,000 when proceeds were shared with the Little Haven Hospice Appeal at Southend. This year, all the profits will go to Quidenham.

For full details, call Quidenham Hospice on (01953) 888603.

Derby cycling plan

Derbyshire County Council is preparing a 'cycling blueprint' for promoting cycling in the county. The document, detailing training, publicity and engineering measures, is to be launched during National Bike Week in June.

Green grants for Sustrans routes

The Department of the Environment has awarded more than £70,000 in Environmental Action Fund grants to cycle charity Sustrans for development of the planned Inverness to Dover cycle route, and other projects. Grants have also been made to the National Society for Clean Air and Environmental Protection, and the Pedestrians Association.

Pennine national trail

Plans by the Countryside Commission to create a 330km Pennine bridleway for riders, cyclists and walkers have been accepted by the Department of the Environment. However, 150km has been cut from the northern end of the planned national trail. The Countryside Commission is planning to bid for National Lottery support for the £2,000,000 scheme.

'Just take the M6'!

Cycle shops, you might think, would not want to join the out-of-town exodus, but Wheelbase seems to, judging by their advertising. Along with details of their impressive product range is a picture of the shop - a huge grey shed, squatting among Cumbria's mountains. Directions to 'Lake District's premier cycle store' begin: "...take Junction 36 off the M6...".

The company reassured LOCAL TRANSPORT TODAY that while it was several miles from the nearest town, yes, there was plenty of parking!

The advert also states that the warehouse (whose appearance could charitably be described as 'functional') is in some of the finest on- and off-road cycling terrain. "So don't forget your bike," it advises, helpfully.



LOCAL NEWS



Bawburgh

Bawburgh cyclists can hold their breath. Norwich Cycling Campaign has voiced its opposition to the re-opening of New Road.

South Norfolk Green Party speaker and Norwich Cycling Campaign member Ingo Wagenknecht pledged our support as:

- it is a major cycle corridor into Norwich from the south
- expensive (£47,000) safety measures are not justified
- a 'ratrun' would be created into Bowthorpe, increasing traffic, pollution and accidents
- PPG 12/13 states a rethink on all urban transport.

On Mr Wagenknecht's advice to 'respect local democracy', a planned decision by the full County Council on February 27th was postponed, until the results of a ballot are known.

The ballot organised by South Norfolk D.C. on March 9th will be final and, we hope, without intimidation. Don't forget to vote!

Theatre Street

Read the article 'Take a fence' (right), and you might ask "So what?" Why all the fuss about one minor aspect of the safety scheme being put in at Theatre Street? But the matter has a far greater significance, on three main counts:

- 1 Theatre Street lies at the city end of the main cycle routes in from the south-western suburbs (crossing the inner Ring Road via the Chapelfield subway). So anything done here affects commuting and shopping journeys for a large number of people coming from a wide area of the city.
- 2 The design method for the accident prevention scheme has thrown up serious questions concerning the collection of accident data, especially the under-reporting of cycle accidents and the consequent lack of recognition of the hazards affecting cyclists.
- 3 The neglect of cyclists needs in the



The personnel in the photo above have been dutifully seeking cyclists to make sure they do not 'inconvenience road users'. They are trying to find the whereabouts of a 'Critical Mass Ride'

hereabouts around roundabouts (or thereabouts) and have got lost. If you should find them, please return them to Bethel Street Police Station where a friendly sergeant will help them with their problem.

Take a fence

Shoppers and commuters on their bikes are used to nipping through the car park between Bethel Street and Theatre Street to get to the Chapelfield cycle route. But the city council is now planning a continuous fence along the edge of the car park facing the Assembly House as part of the pedestrian safety scheme.

A Norwich Cycling Campaign spokesman said: "Last Wednesday we had the Lord Mayor open our new campaign office and we heard all the usual talk of the city council encouraging more cycling. "Now we have the same council implementing plans which have precisely the opposite effect."

Campaign Consultant Matthew Williams said: "We are trying to help the city get more people on their bikes, and

Eastern Evening News 10 - 2 - 95

you don't do that by closing an established cycle route.

"The alternative, Little Bethel Street, is pretty terrifying for a lot of people on bikes."

A city council spokesperson said the fence was part of a package of road safety measures for Theatre Street, which had been designated a 'red accident cluster site' following eight accidents, one of them fatal, in the last three years.

"The fence will be there to discourage people from crossing Theatre Street opposite the car park, and to encourage use of the pedestrian crossing," she said.

"The scheme was approved by the city and councils in consultation with the cycling forum. The forum's alternative plans were turned down."

original design could perhaps be forgiven, but for the complete inability/unwillingness on the City Council's part to make any modifications to the proposals in response to all the representations is rather worrying – especially in the light of the official Cycling Strategy, which is unambiguously to encourage cycling by checking all schemes for 'cycle friendliness'.

Even before the Theatre Street scheme was proposed, we had written to the City Planning Officer over the

difficulties experienced by cyclists turning right from Chapelfield East into Theatre Street (mainly due to the sudden emergence of vehicles from Little Bethel Street). The new scheme does nothing to address that problem.

Our other criticism of the scheme is the proposal to sever the unofficial but well used cycle route across Bethel Street Car Park, with no practical alternative being offered. This proposal is quite unacceptable. I predict a lot of public opposition should this fence be put up. MW

The views and opinions expressed in this newsletter are not necessarily those held by the Editor or by Norwich Cycling Campaign members. News items are reported in good faith; we shall not be held responsible for their accuracy.

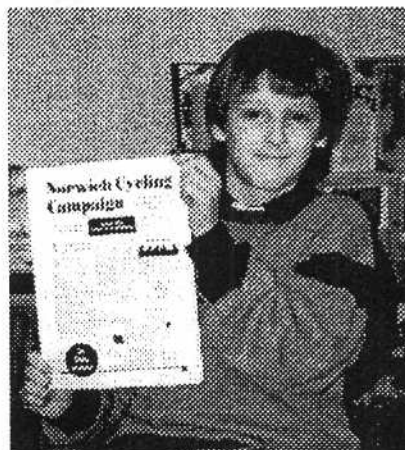
Warm welcome for Newsletter 15

Many thanks to all who took the trouble to comment on the 'new-look' Newsletter.

Congratulations were received from many Norwich Cycling Campaign members.

Newsletters are exchanged with other groups as a matter of course and ours was also well received in other parts of the country.

The main comment seems to be 'Keep up the good work!' and we hope to do just that.



Alarich Ross Wagenknecht loved Newsletter 15 – particularly the cartoons!

Wish you were here

Now available from the Campaign office – a range of colourful postcards, all with a bicycling theme!

These are ideal for spreading the bicycling word among friends and acquaintances. Some depict famous works of art ingeniously reworked by Richard Thumpston.

"The Artist's Room and Bicycle" by Vincent van Gogh is just one example of how the monaural painter would have painted the bike in his room if he had painted the bike in his room. Yes – real spooky, and a great conversation piece! There is a selection of these "BIKE IS BEST" postcards waiting for you at the Campaign office right now at only 35 pence each.

- "Original range" (Cycling Weekly)
- "Fun to send home from cycling tours" (Cycling Plus)
- "Cycling-oriented inspiration" (Cycling Today)

Local news extra...

... British Rail (or whatever they are called this week) have finally agreed to install bike lockers on the concourse of Norwich Station, following pressure from ourselves.

... Bishop Bridge Road is to be closed to all traffic except bikes and pedestrians.

... Broadland District Council have set up a Cycle Forum, the inaugural meeting to be held on 22nd March.

Congratulations

to our Campaign member, Lucy Agate, who has just landed the job of Friends of the Earth Local Group Development Officer for the Eastern Region. Although this means she will now be moving to Cambridge, Norwich is part of her 'area' so we'll still see her fairly frequently and we're certain she'll continue to push the case for cycling through East Anglia.

Paid jobs in the environment movement are rare enough (let alone well paid ones), so "well done, Lucy".



Prizes at the pub!

On their arrival at the Reindeer pub in Dereham Road, at the finish of the Critical Mass Ride, the lucky trio pictured above were presented with modest prizes. The three cyclists

were rewarded for their efforts in decorating themselves and their bikes as part of the festivities. From left to right, the winners were: Benjamin Heuvel, Rod Stewart, and Huggy.



The Black Horse Bookshop

Specialists in walking and long distance footpath guide books. Extensive range of local interest books.

Ordnance Survey
Landranger and
Pathfinder maps in stock.

8-10 Wensum Street
Norwich 626871

DRIVE A CAR — POISON A CHILD

You hardly dare breathe the air

Les Hopkins

84% of journeys to work in the Norwich area are of distances of 5km or less. Yet only 7% of these are made by bike as opposed to nearly 66% by car. No wonder Norwich has such problems with congestion and pollution.

For the last few years cycle campaign groups across the country have been pushing the advantages of cycling — cheap, quick, clean, convenient, healthy, non-polluting and so on. This year's 'theme' for the National Bike Week is "FIVE MILES FOR A HEALTHY HEART" and very good too. But isn't it about time, instead of constantly parroting the advantages of cycling, we perhaps started drawing attention to the anti-social attitudes of those car drivers who insist on using their cars unnecessarily — with horrific effects on people's health?

Why not, for example, have a theme like "DRIVE FIVE MILES AND POISON A CHILD"?

This is NOT the ranting, (as one correspondent to the 'Evening News' described us), of "selfish greenies", "car-hating zealots" or "health freaks". As a recent article in 'The Independent' showed, (highlighting research by Friends of the Earth), car exhaust emissions are responsible for the majority of airborne pollutants.

Take asthma, for example: we are told there is no causal link between exhaust emissions and asthma, yet it seems obvious that the dramatic rises

in child asthma over recent years has more than a little to do with increasing traffic levels.

Nationally, 1 in 7 children now suffers from asthma. At one nursery school in Bristol, which just happens to be next to a major road, the rate is 1 in 3!

It's either a case that there IS a link but scientists haven't found it yet, or that a link HAS been found and the Government aren't telling us. Why? Because then they might actually have to do something about it. And governments don't always tell us everything we ought to know.

On, ironically, Friday 13th December 1991, record levels of nitrogen dioxide built up over London. Whilst the Department of Health was issuing a statement saying "It is not expected that many people will be affected significantly", some 160 people **CHOKED** to death from air pollution that day.

This only came out following persistent questioning of officials by a House of Commons select committee, nearly three years later.

The report, which substantiates this airborne carnage, has not yet been

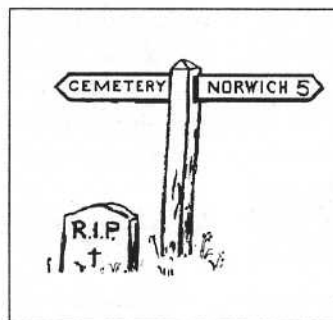
published. Environment Secretary, John Gummer, has flatly refused to set a health standard for Nitrogen Dioxide or Ozone pollution — against the recommendations of his own official advisers. These are the two main pollutants known to exacerbate asthma.

Research among schoolchildren in Norwich by Norfolk Friends of the Earth shows that incidence of asthma rises as children get older. 3% of 4-year-olds have asthma. By the time they reach twelve, it is nearly 9%. My 12 year-old daughter now has an inhaler, which she uses reluctantly but philosophically.

I don't feel quite so philosophical about it. Why should I have to put up with the prospect of my other children (aged 9 and 5) suffering from the obvious discomfort and pain Jenny suffers, just so people who live within easy cycling distance of their work can drive there?

What right do they have to put their convenience (if a traffic jam can be called 'convenient') before children's health?

Perhaps we should all start wearing those paper face masks whilst cycling. They don't actually do much good, but if they were inscribed with the legend "DRIVE A CAR — POISON A CHILD", they might at least get the message across.



Quotable quotes:

"A child's IQ can be lowered by 5% through growing up in a polluted inner city"

Sunday Times 13-11-1988

"When I see an adult on a bicycle, I have hope for the human race"

H.G. Wells (1866-1946)

"I regard Henry Ford as my inspiration"

Adolf Hitler, Detroit News 31-12-1931

The end of civilization

Five years ago this month, Margaret Thatcher was predicting the end of civilization as we know it if we dispensed with "the great car economy". Since then we've had PPG13, the Royal Commission on Environmental Pollution, and the SACTRA report all urging a huge reduction in car use.

Funny old world, isn't it, Mrs T?

Regional Round-up



Gorleston

Pensioners living in sheltered housing at Gorleston say plans to push a cycle path through their estate could put elderly people at risk of serious injury.

Norfolk County Council wants to create an 800-metre cycleway from Bridge Road through the estate at Hanover Gardens, Newton Cross and Links Road.

Pensioner Nora Quinton, 82, said the plans were "absolutely ridiculous. There are about thirty old folk living here and only last summer the council spent a lot of money putting up

Cycle path problems

bollards to stop people racing through.

"We have had no end of trouble with youngsters making a nuisance of themselves and this will just make things worse."

Another elderly resident, who did not wish to be named, said she had been knocked down by a cyclist on the path outside her own home.

"He just came racing past and sent me flying. If you say anything to the youngsters they just swear at you and hurl abuse", she said.

But a county council spokesman said the £60,000 cycle path would be

wide enough to accommodate pedestrians and cyclists, with dismount signs on narrower sections to maintain safety.

The plans were within DoT guidelines on pedestrian safety, and there was good visibility and lighting in the area.

The route — part of a major north-south strategic cycle path — would improve safety for schoolchildren riding to schools in the area.

A decision is expected soon on whether the scheme gets the final go-ahead this year.

South Norfolk

The RDS (Railway Development Society) want new stations at Cringleford, Dussindale, Newton Flotman and Fornsett, to encourage more people to travel to work by train.

They made their call at a recent meeting of Eastern England Rail Users' Consultative Committee.

East Anglian RDS secretary Nick Dibben said current services should not be reduced after privatisation. The end of the Norwich to Ely service was a major concern.

Village stations to be opened?

"Reopening local stations to form a ring around Norwich would cost about £100,000 for each station," said Mr Dibben.

"Regional Railways have already agreed to more services between Thetford and Norwich this year, and the County Rail Policy Group is discussing these issues, but it will probably be a couple of years at least before we see any action."

Anglia Railways managing director Andy Cooper said that discussions

were being held with Railtrack and train-leasing company Eversholt in the run-up to the second wave of privatisation. Satellite tracking would soon allow better timetable information.

Editor's note: What a golden opportunity to get village people on their bikes and into Norwich! Phrases like 'integrated transport policy' come to mind. But will it happen?

Cromer

Transport Retort Jan/Feb 1995

Far from being the gem of the Norfolk coast, Cromer has become a nightmare for pedestrians.

Norfolk Transport 2000 invited a wheelchair user, and a parent with baby in pram and toddler, to spend a summer day by the sea. What they

Traffic nightmare

found were narrow pavements, no signs to the bus station, (indeed no evidence that a bus station exists), no crossing facilities to the sea-front, and constant danger from cars.

Their report along with an urgent call for traffic restrictions and pedestrianisation of the main shopping streets has been sent to the local authorities.

Editors note: Cycling on the North Norfolk coast can be very rewarding but getting your bike there from Norwich and back again is no fun thanks to BR. And just how aware are the local authorities at Holt, Cromer, Sheringham, etc. of cycling issues? What facilities exist? Please let us know what YOU know about cycling on the Norfolk coast.



Write of way



MEETING WITH CLIVE NEEDLE MEP

Newsletter 15 covered a meeting called by Clive Needle, MEP for Norfolk. I was one of the speakers invited by Clive to answer questions at the meeting. I had a different perspective from the one you reported.

I found Labour Euro transport spokesperson Brian Simpson refreshing in his commitment to public transport. I agree with Les that Norwich can reach Groningen levels of cycle use, especially if it is given first priority. Brian and Les have much in common in their wishes for the future of cycling. When buses or trains carry cyclists and their bikes, that is a perfect example of integrated transport between the public and private sector.

I thought it was a great meeting. Keep up the pressure.

Eamonn Burgess,
SERA (Socialist Environment and
Resource Association)

DISTRICT CYCLING FORUMS INITIATIVE

Congratulations on the quality and content of the 'new look' Newsletter.

The DCF (District Cycling Forums) initiative is a pro-active County Council one and was not in response to any District Council request (the article 'Your Route to Broadland Enjoyment' refers).

In the autumn of last year, the County Council contacted all the District Planning Authorities that cover the rest of the County outside Norwich City Council's jurisdiction. They were asked to consider the setting up of a DCF. The County Council felt that such an initiative would

"guide and better inform the planning and investment process and to take on board and reflect more thoroughly the views, needs, experiences of local cyclists and the District Authority".

It is hoped that a DCF will provide a valuable opportunity for the County and District authorities to exchange views and ideas, consider existing problems and needs and further develop initiatives related to firm construction programmes or other budgets in order to better provide for cyclists.

To Broadland District Council's credit, they were the first of the District Councils to respond, and with a very positive response too. Phyll Hardie (tel 435547) has kindly agreed to be one of the 'real' cycling members of the forum and her request for routes, agenda items, other suggestions should be taken up. This is your chance to talk directly to planners and engineers and I would urge you to make the most of the opportunity.

Untold riches and cycling nirvana are not on offer (at the moment!), nevertheless, the DCF will bring together the 'professionals' and cyclists proper in an effort to make the most of the current pro-cycling climate.

Rob Marshall,
County Hall, Norwich

RESPONSIBLE CYCLISTS IN THE MAJORITY

Whenever the subject of cycling and provision for cyclists on the city's roads is mentioned, it would seem that a flood of letters is published on the subject of cycling on the pavement.

As with all types of anti-social

behaviour it is always the minority that get noticed and it is a fact that those who cycle on the pavements without due consideration for other people are a irresponsible minority – albeit an increasing minority.

Selfish they are, but they are certainly not 'health freaks' as A. Stokes called them in the Evening News. More likely they are the ones that as soon as they are able will drive a car in the same irresponsible manner and thus be a menace on our roads. A campaign of well publicised prosecutions by the Police might help to reduce this inconsiderate behaviour.

We need to remember that Norfolk has more cyclists than any other county and that the majority are responsible people who do cycle with due consideration for other people.

Pete Redwood, Norwich

NO LIGHTS, NO EDUCATION?

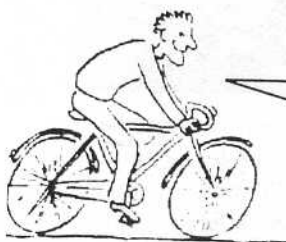
Some of us may have at some time ridden at night without lights but now we have learnt better ways and are responsible cyclists. But our image is nevertheless damaged by morons who do ride recklessly (sometimes maliciously) on pavements and uncaringly unlit at night.

The key word here is 'learnt' but lessons in responsible behaviour don't seem to exist now in most schools nor in many homes. Since Campaign members are suffering a tarnished image by being 'tarred with the same brush', could Campaign members suggest ways of educating this dangerous group?

Jack Nelson, Norwich

air your views . . . speak your mind . . . have your say . . . tell
it like it is . . . in your opinion . . . make your point . . . raise
an issue . . . write a comment . . . speak out . . . a right to reply

IF YOU have something to say about cycling issues then this is the place for it. So long as it is legible, it can be used – and we want to hear from you! While we reserve the right to edit letters (mainly for considerations of space), we shall always try to preserve the main points.



WRITE TODAY,
RIGHT AWAY,
TO
'WRITE OF WAY'!

Car Crazy

A fresh bright new morning,
Fling open the door!
No early warning –
A gathering roar
Demands my attention,
Destroys my enjoyment . . .
Only some person
Off to his employment.
The vehicle scythes past,
Scattering leaves as it goes,
The sound fades at last
As the fumes reach my nose.
Everybody's gone car crazy.

Another comes by,
Just like the last,
Smart collar and tie,
A little too fast,
Frightens a few
Before he is slowed,
Joining the queue
At the end of the road.
Pitiful warrior,
Holding his place,
Wasteful devourer
Of limited space.
Everybody's gone car crazy.

City existence,
It must be this way.
Through our persistence
Blue skies have turned grey.
Bathing in grime,
Exhaust fumes and dust,
The acceptable crime –
It's motorised lust.
Kids, have a good drag!
Your lungs nothing heals
While our fat bodies sag
In boxes on wheels.
Everybody's gone car crazy.

The last colour's drained,
The city's complete.
Now we've been trained
To not use our feet.
The wind blows outside,
No leaves left to scatter,
The trees they all died –
What does it matter?
Crumbling asphalt
Round a soot-covered grill,
A last sickening cough
And it's suddenly still.
Everybody's gone.

Matthew Williams
Norwich, February 1995

Official opening of Campaign office

Report and
photos by
John King

The Lord Mayor of Norwich, Cllr. Brenda Ferris formally opened the new Norwich Cycling Campaign office on February 1st 1995. Funded by Norwich Union, the office is one of several in the Environment and Development Centre, 38 - 40 Exchange Street.



Campaign Co-ordinator Les Hopkins (above) said *"We are immensely grateful to Norwich Union for giving us the opportunity to step up our campaign to promote cycling within the city and beyond."* The office computer was also kindly donated by Norwich Union, and is already proving to be a great asset.



Melanie Hopkins (left), of Friends of the Earth, chats with the Mayor who said *"The Campaign to promote cycling is a major plank in the city council's transportation and anti-pollution strategy. We have a target of doubling cycle use within the city by 1998, and the Norwich Cycling Campaign is very important in that."*



Norwich Union spokeswoman Julie Simons (right), spoke of the insurance giant's *"awareness of its environmental responsibilities"* to Campaign Consultant Matthew Williams and Campaign member Roseanne Hersee (left). *"We are very pleased to be associated with this project"*, she added.

Saturday spectacular!

Critical Mass Ride deemed "highly effective"

Cyclists demonstrating their right to a fair share of the roads set off in virtually ideal weather on Saturday, 11th February at 11:30am.

Escorted by police vans they rode from City Hall to Grapes Hill, back along Theatre Street to Red Lion Street, Castle Meadow, Bank Plain and St Benedict's, to finish at the Reindeer pub in Dereham Road.

The ride was deemed "*highly effective in making our point*" by Campaign Co-ordinator Les Hopkins in an interview with the Eastern Evening News. "*The campaign will inevitably continue to grow and get more influential,*" he said.

The ride certainly influenced a great number of people as the local papers received a flood of letters on the subject! They reveal some very interesting perceptions of cyclists and people's use of the roads in general. Some extracts are quoted here from letters to the Eastern Daily Press and the Evening News.

Good, bad, perceptive, ludicrous – all views are represented!

Cyclists:

"Health freaks"

"Selfish Greenies"

"Car-hating zealots"

A. Stokes, Taylor Road

"Motorists kill eleven cyclists in Britain every day, BUT . . . the future is pedal powered!"

Cllr. Eamonn Burgess
City Hall, Norwich



"... cycling protest fiasco . . . no unquestionable right to be on the roads . . . cyclepaths are freebies . . . make them pay tax and insurance . . ."

Vic Portway
Gowing Road, Hellesdon

"... by cycling, we do NOT contribute to growth in car traffic, new roads, damage to existing ones, global warming, or asthma."

Joe Button
Gladstone Road, Norwich

"Many cyclists have the option to use their cars but prefer to reduce congestion and pollution by using two wheels. Also consider older people (and some disabled) who extend the fit and agile part of their years by cycling."

Phyll Hardie
Booty Road, Thorpe St Andrew

"... we've an unequivocal right to ride on the roads for which we pay as citizens."

John Loveday,
British Cycling Federation



"Pedestrians and cyclists cause little wear to roads.

We all need roads, we all pay."

S. Harris
Caston Road, Thorpe St Andrew

"Cyclists worthy intentions gloss over their shortcomings (90% ride without lights at night!)."

D. Best, College Road

"The majority of accidents involving cyclists is caused by motorists. As responsible citizens we also shun riding on footpaths and without lights at night."

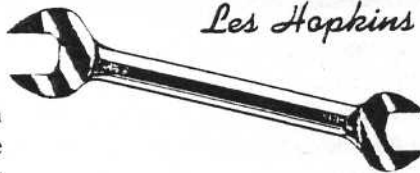
"We are the most vulnerable of road users."

Les Hopkins, Co-ordinator
Norwich Cycling Campaign



Helpful Hints and not-too-Technical Tips

by John King and
Les Hopkins



Make light work

Has the plastic clip ever broken from the back of your new cycle light? There seems no way of attaching the lamp to your bike and it's getting dark. A 'get you home' tip is to find a clear plastic bag that's bigger than the lamp. Place the lamp in the bag, close the top of the bag, and simply loop the bag over your handlebars or rear carrier, securing with sellotape, string, elastic band, etc. At least you'll still be legal and visible!

A permanent repair however, might not be so simple. 'Superglue' just will not work with many of the modern plastics used for cycle light

construction. 'Araldite' is much more likely to fix it though some sort of new clip that can be rivetted in place may be the only solution. Many people regard lamps as 'consumable' and just buy a new one. But if it's badly designed or made and is less than twelve months old, don't hesitate to take it back to the shop and complain. They shouldn't be selling anything that's not up to the job, especially where your safety is concerned.

Have you a favourite bike repair tip that you would like to pass on to fellow cyclists? We'd love to hear it - please write to the Newsletter Editor at:
Norwich Cycling Campaign
38 - 40 Exchange Street
Norwich NR2 1AX

Rubber scrubber

If you are repairing a puncture or just pumping up your tyres for best performance, a quick and simple check for stones in the tyre treads will save you endless time and irritation later.

It's those tiny sharp stones that do the damage and they aren't always visible at first glance. A harmless but effective way of removing them is to go over the treads with a stiff-bristled scrubbing brush that you've kept by for that purpose. Use of a screwdriver may risk pushing a stone further in, doing more harm than good!

... and you can always try a spot of do-it-yourself ...

WHEN YOUR BICYCLE NEEDS A GOOD CLEAN & SERVICE, SAVE MONEY BY DOING IT YOURSELF. Simply...



Take it apart.



gather your tools together.



Clean with an oily rag...



Turn your bike upside down.



and put back together again...



ARE YOU GETTING IT REGULARLY ?

... or are you are reading someone else's copy of this Newsletter ?

If you are, then you can see the benefits of joining the Campaign and having your very own Newsletter regularly delivered !

- *local and national cycling news*
- *make new friends and useful contacts*
- *special events, family rides*
- *get help with cycle repairs*
- *demos to raise cycling awareness*
- *promotion of cycling for everyone*
- *influence road planning decisions*



Norwich Cycling Campaign really works for it's members – join us now! Here's how:

Annual subscription rates:

Individual (waged) £9
Individual (unwaged)..... £4
Family £15
Donation £

Please make cheques/POs payable to:

NORWICH CYCLING CAMPAIGN
(sorry, credit cards can not be accepted)

Simply fill in this form and send it (or a photocopy) to:
Norwich Cycling Campaign, 38 - 40 Exchange Street, Norwich, NR2 1AX

Yes! Please enrol me as a member of Norwich Cycling Campaign. Please send me a copy of the current Newsletter and other useful information. I enclose my subscription of £

Thank you

Name _____

Address _____

(Postcode) _____

Show it to a friend!

If this IS your Newsletter – show it to a friend. Making more friends, workmates and neighbours into members can only strengthen the Campaign. That in turn helps YOU to more and better cycling facilities and events!

SMALL OFFICE TO RENT

in the Development and Environment Centre, 38 Exchange Street, Norwich
Monthly rent: £31 approx payable in monthly instalments (exclusive other bills)

ROOM AVAILABLE NOW Shared facilities available (fax, photocopier, etc)

Preference will be given to groups who are committed to developing a sustainable future for us all. Other groups in the building are:

NEAD/Third World Centre, Farmers' Link, Norfolk Friends of the Earth, Norwich Community Co-operative Credit Union, Norwich Cycling Campaign

FOR MORE INFORMATION

contact Sandy Betlem, NEAD/Third World Centre, (01603) 610993

Classified advertisements

FOR SALE – CHILD SEAT White plastic type, including spoke guard, full harness, etc. £12 ono. Contact Les, Norwich 762722

FOR SALE – BOY'S BIKE Raleigh 'Cobra', (suitable for 7 - 10 year old), 20" wheels, straight handlebars, 5-speed gears. Very good condition. £40.00. Phone Norwich 403415

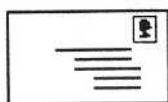
WANTED – VOLUNTEER The Campaign office needs YOU to maintain a presence (particularly on Tuesdays and Thursdays). No pay, bags of kudos, be part of the solution. Thanks. Norwich 664364

Free to members !

Classified ads of cycling items 'For sale', 'Wanted', 'Lost and found', etc, are FREE to Norwich Cycling Campaign members.

(Trade advertising excluded). Entries for next Newsletter MUST be with us by Friday 28th April.

Contacts



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38 - 40 Exchange Street,
Norwich, NR2 1AX



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'COME AND TRY IT' ('CATI')
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(County Hall)..... 222233

NORWICH CITY COUNCIL
CYCLE FORUM
Chair:
Cllr. Julian Swainson.. 618768
Vice-Chair:
Matthew Williams. 503737 (W)

WIN THIS SUPER PRIZE! in our easy Caption Competition!

Explore the hidden places in Norfolk, Suffolk, Cambridgeshire and Essex with the *Ordnance Survey Leisure Guide to East Anglia*.

This colourful and informative Guide contains, walks, tours, things to do and places to stay, PLUS detailed large-scale Ordnance Survey maps. Have a go at our Caption Competition and this book can be yours! You'll find it of use throughout the year.

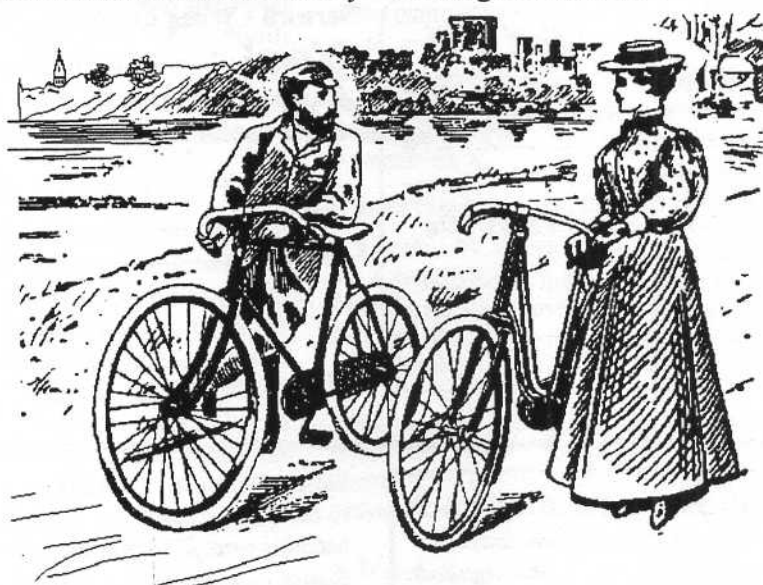
The *OS Leisure Guide to East Anglia* costs £8-95 to buy but the **BLACK HORSE BOOKSHOP** has very



kindly made a copy available as the prize in this competition. Simply suggest what the two people in the picture might be saying to each other.

Write your suggestions on a scrap of paper and send it to the Newsletter Editor at the Campaign office.

The entry deemed to be the most humorous, witty, apt or meaningful will win the prize which is even now awaiting its new owner!



Newsletter 15 Crossword

Numerous correct entries were received for the Norwich Cycling Campaign Crossword featured in Newsletter 15. The winning entry was that from **Andy Hurrell** of Hellesdon. Andy wins a trendy flashing LED rear light, plus an extra commendation for showing environmental awareness by sending his entry in a re-used envelope!

THE ANSWERS:

ACROSS

- 1 _ NORWICH
- 4 _ CHAIN
- 6 _ SPORT
- 8 _ TRUSTY
- 9 _ FIFERS
- 12 _ TRANSIT
- 13 _ CIVIC
- 15 _ AVENUES
- 17 _ RUN
- 18 _ ON
- 19 _ ALE
- 22 _ PUSHBIKE
- 23 _ CANARY

DOWN

- 1 _ NEWSLETTERS
- 2 _ RISK
- 3 _ CAR
- 4 _ CHRISTCHURCH
- 5 _ INTO
- 7 _ THEATRE
- 9 _ FINE
- 10 _ HOVIS
- 11 _ EXCHANGE
- 14 _ UNION
- 16 _ VALPY
- 20 _ EU
- 21 _ KIT