

NORWICH CYCLING CAMPAIGN

Newsletter Number 51

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50p where sold - free to members

This newsletter is published by NORWICH CYCLING CAMPAIGN, which was formed in 1990 to promote cycling in Norwich and to lobby for better cycle facilities.

Norwich Cycling Campaign is affiliated to the National Cycle Campaign Network.



Cycles donated to local school

Norwich Cycling Campaign today brought Christmas forward a month for a group of lucky primary school pupils in Norwich. Nine recycled cycles have been donated to St. John's RCVA First School, Pottergate ready for youngsters to cycle to school after their Christmas break.

"Cycle Recycle" has long been an important arm of the Campaign and a stream of helpers has worked tirelessly over the years repairing second-hand bikes donated to them. "Nine classic children's cycles have been fully restored to working order, needing very little attention really; just some tender loving care!" said Nigel Howard of Cycle Recycle. "I am really pleased to see these bikes go to a good cause and be used again in the future by local school children."

Headmistress, Kim Payne today said "This is a fantastic gift for nine children, Christmas has come a month early at St. John's School. We are now going to devise a way of ensuring that children who don't have cycles at present, get one very soon! - very many thanks to Norwich Cycling Campaign and to all the volunteers involved."

Note: CycleRecycle is now trading independently from Norwich Cycling Campaign. There will, however, continue to be close co-operation and support between the two organisations.

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Don't forget...

Christmas with the CTC

Norwich Cycling Campaign members are invited to join the local Cyclists' Touring Club group for a seasonal get-together on Wednesday 10th December. 7.30pm onwards at the Clubroom, Mile Cross Methodist Church, Aylsham Road. (Secure indoor cycle parking)

Bring and share refreshments - sorry no alcohol!

Stuck for Christmas present ideas?

Why not give a friend a subscription to Norwich Cycling Campaign? Ring 07812 904652 for details

Good for them - and good for us

HAD A CYCLE STOLEN IN NORWICH IN THE PAST 12 MONTHS?

Nigel is compiling a list of members who have "lost" their bikes (one member has had three "walk" this year!) Cycle Recycle has had 6 stolen from racks near the station and one whilst on hire last season.

The Police have been reluctant in the past to allow individuals to inspect the dozens of stolen bikes in the Bethel St. "pound" but the Campaign approaching them as a group should be successful.

You will need to give Nigel a brief description of your bike (colour and type are the most important features); Nigel will then send the list to the Cycling Officer at Bethel St. with a request for a "mass view"; Nigel's van will be available, should you "find" your bike, for its safe transport to your home (free in Norwich).

ALL ENQUIRIES TO NIGEL BEFORE JANUARY 31st PLEASE

Phone Nigel on 01603 502188

HAVE YOU COME ACROSS A PROBLEM ON A CYCLE PATH?

Don't ignore it - Please report it to:

CityCare helpdesk on 0845 6582045

Correction

Hillside Cycling Project

In the article which appeared in Newsletter No. 50, the website for the Hillside Travel Group was shown incorrectly.

The website should have read:

www.hillside-travel.org.uk

Apologies for any inconvenience caused.

MORE USEFUL WEBSITES

www.soldsecure.com
(website for standards of bike locks)

www.thebigwheel.org.uk

(Nottingham's transport network)

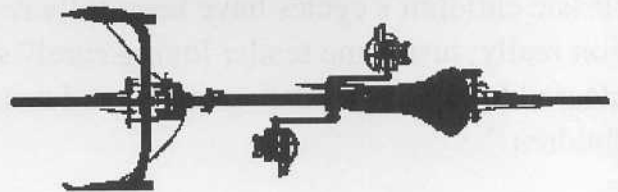
www.cycleweb.co.uk

www.nationalcyclingstrategy.org.uk

www.whycycle.co.uk

(impartial advice for new and potential uk cyclists)

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TEL/FAX: 01603 665668

OPEN: 8.30am—6.00pm

E-mail: specycle@lineone.net

www.specycle.co.uk

BUS LANES

The new bus lanes at Agricultural Hall Plain certainly improve access to Castle Meadow for cyclists as well as buses. Like bus lanes in many other parts of the city, they are much too narrow to allow a bus to overtake a cyclist. If, as we all hope, the number of cyclists rises in future, buses will be seriously delayed by bicycles – a wholly unacceptable state of affairs!

The council has agreed that the bus lane along Market Avenue will be discontinued to reduce congestion. “The lane is little used by buses” was the official reason. (I counted three buses in ten minutes). The real reason is to avoid the jams caused by cars leaving the Castle Mall car park.



HOSPITAL CYCLE ROUTE



A picturesque part of the UEA “bypass”

If you are cycling from the city to the Hospital here’s a way to bypass the UEA and all those buses and other traffic in the Chancellors Drive. Cross straight over from Cow Drive into Earlham Park, (near the new sports centre). Skirt the woods to your left, following the worn track. Enter the woods at the bottom of the park and turn left where paths cross. This will bring you out between the roundabout and the river bridge. The surface isn’t too bad along this route, at least in dry weather.

A tight squeeze - no room to pass a cyclist here!

TECNO TIPS: “BREATHABLE BELIEVABLE?”

Many garments in the shops nowadays are labeled “waterproof, breathable”. If you buy one of these and it isn’t waterproof that’s easy to prove and you should get your money back, but what if it’s not breathable? Although breathability can be measured under controlled conditions, and expressed as litres per sq metre, there does not appear to be any industrial standard. Some breathable fabrics such as Goretex or Sympatex are woven, others look like reinforced plastic and in my experience are only microporous. High breathability is essential for a cycling jacket. Cycling is a vigorous activity and the jacket needs to be close fitting. This is why extra ventilation such as “pit-zips” are often used. For leisurely touring I still prefer my old p.v.c. cape, worn with a separate “Sou-wester” cap this is completely waterproof and gives excellent ventilation!

If you want to be dry and “cool” my advice is to go to a good bike shop, where they have a selection of cycling clothes and be prepared to pay a good price.

Editor's Extra. . . from Ian Maunders

Update from Newsletter No. 50: Cycle signs have now been put in place at the Colegate/Magdalen Street junction.

*

Several people have contacted the campaign regarding the new bus lanes mentioned above. The main area of concern is how to manouvre across from upper King Street and into King Street (NCN Route 1). Comments welcome.

Remember: a bike is for life - Merry Christmas and best wishes to all for 2004

