

NORWICH CYCLING CAMPAIGN

Newsletter Number 52

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£1.00 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.



Bike Week this year is 12 - 20 June and once again Norwich Cycling Campaign is planning a variety of events to encourage people of all ages, shapes and sizes to get out on their bikes and discover just how good cycling is; whether for work, school, shopping, or simply pure pleasure. Cheap, fun and healthy exercise all rolled into one. More convenient and usually quicker than the car or bus for local journeys - and don't forget: cakes taste twice as good when you've cycled for them!

HELP REQUIRED!

Bike Buddy Scheme - Snowball Picnic Ride Leaders and Backmarkers - Publicity - Working with Employers - Ride leaders. These are some of the things that would benefit from a little extra help during the the run-up to Bike Week as well as during the week itself. If you can spare some time and would like to get involved - please contact our Bike Week co-ordinator, Rachel Wix or any of the committee members listed on the back page. Alternatively you can leave a message on the campaign phone: 07812 904652. We look forward to hearing from you.

Also planned: "Are You Sitting Comfortably?" sessions. Often we see people riding around on bikes that have not been adjusted to fit the rider, making it look like hard work. Is there anyone who would like to help set-up and re-adjust bikes for these people?

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SOREN'S CYCLES

EST. 1994

17 Drayton Wood Road
(off Drayton High Road)
Hellesdon, Norwich
Tel: 01603 400764

Fully assembled cycles

Parts and Accessories

Repairs

*Distributor of OKO
anti-puncture Sealant*

*Collection and delivery
service*

HOTLINES

Smoky Vehicles

Note vehicle details, date, place and
time seen and telephone DVLA on
0870 6060440

Abandoned Vehicles

Norwich City Council
Take details of the exact location,
make, model, colour and registration
number and ring
Norwich (01603) 212329

HAVE YOU COME ACROSS A PROBLEM ON A CYCLE PATH?

Don't ignore it - Please report it to:

CityCare helpdesk on 0845 6502045
please note: corrected number

CYCLE-CODING

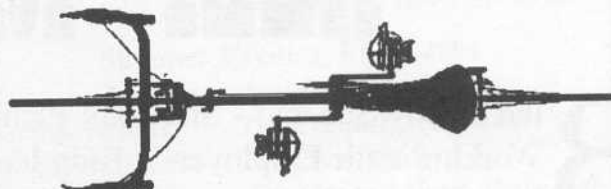
South East Norwich Neighbourhood
Wardens offer a coding service and
have already coded over 120 cycles
and distributed free locks as part of
their initiative to reduce cycle theft in
South East Norwich.

If you would like your cycle(s) coded,
then ring the Warden Call Centre
number 01603 666755 and ask for a
warden to contact you to make an
appointment.

USEFUL WEBSITES

www.waytogo.org.uk
(environmental transport campaign)
www.cyclehelmets.org
www.nationalcyclingstrategy.org.uk
www.whycycle.co.uk
(impartial advice for new and potential uk cyclists)

OFFICIAL DISTRIBUTORS OF DAWES CYCLES & BROMPTON FOLDING CYCLES



SPECIALISED CYCLES

80 Connaught Road, Norwich
(off Dereham Road)
Proprietor: Steve Holland

LIGHTWEIGHT SPECIALISTS, FRAME REPAIRS &
REFINISHING, WHEELBUILDING, SHOES & CLOTHING

CAMPAGNOLO, MAVIC, SACHS, SHIMANO, SMART,
AGUSPORT, BROOKS, CATEYE, CARRADICE, TA, TRELOCK,
PANARACER, DE MARCHI, LOOK 3TTT, CONTINENTAL,
CINELLI, AMBROSIO, MKS, SAPIM, BUSCH & MULLER, DT,
CARNAC, POLARIS, AXA, ASENDER, VITTORIA, SQUIRE,
NOKIAN, TOPEAK, SIDI, TIME, FREESTYLE, NIMROD,
ALTURA, MET, HAMAX, VREDESTEIN, HOPE, ZEFAL,
SAN MARCO, SELLE ITALIA, DIA COMPE and many more lines

TEL/FAX: 01603 665668
OPEN: 8.30am—6.00pm
E-mail: specycle@lineone.net
www.specycle.co.uk

WHITLINGHAM LANE

Gravel extraction at Whitlingham Lane Great Broad has now finished. The temporary earth dam has been removed and work on the banks should be finished by the summer. Many people visited the broad last summer and it is certain that numbers will continue to increase in the future. There is no longer any excuse for the appalling condition of Whitlingham Lane. The surface is fine as far as the car park but beyond that, the lane is deeply pot holed and there are no proper passing places. If you are cycling out of Norwich along what is actually Sustrans Route 1, don't be tempted to give your wheels a quick wash in a puddle: it may be four or five inches deep and you may find yourself airborne, wishing you had bought that helmet!



Top: Whitlingham Great Broad

Bottom: Riverside along Whitlingham Lane

On the subject of helmets, the MP for Carlisle has introduced a private members' bill making helmets compulsory for cyclists under 16. This was discussed at the last Campaign meeting and the feeling was very much against such a law. Opinions of course vary on this subject, I feel that a helmet is essential for off road cycling – it's easy at speed to underestimate the depth of a hole or the height of a bump!

TECHNO TIPS

Many people have asked me why things are always working loose on bicycles, why doesn't this happen on cars? Well, it's just a question of engineering. Engineers go to great lengths to make it virtually impossible for any part of a car's braking or suspension systems to work loose. Although things have improved in recent years, bicycle engineers haven't been so thorough! Accessories such as rear carriers, chainguards, mudguards, lights etc. are particularly vulnerable especially when fitted to tapered frame tubes or fork blades. A well-engineered cycle will have bosses welded to the frame for this purpose – but that's unusual. A simple way to reduce the problem is to fit the shakeproof washers in addition to the existing plain ones. It is also a good idea, in important places, to fit self-locking nuts (see diagram).



THE WASHERS MUST BE THE CORRECT SIZE. THE SELF-LOCKING NUTS MUST BE THE CORRECT SIZE AND THREAD.

I was pleased to be elected Chair of the Campaign in December, as NCC is such a welcoming and open group. There are so many resourceful and talented people in the organisation and on the committee, keen to develop so many initiatives.

All of us on the Committee appreciate the great contribution Phyll Hardie has made during the past 5 years as Chair. Locally and nationally she has achieved much, as a member of the steering group of the national CCN, leading Come And Try It rides, and her involvement in health and other initiatives too numerous to mention, with Bob's support. Phyll continues as a committee member and is already showing her continued commitment to cycling, having just completed a four-day course and qualified as a cycling trainer. I cannot compete with Phyll's depth of knowledge and experience, but with so many able people in the CCN I feel sure we will achieve much this year.

One aspect we continue to focus on is to find out what it takes for people to take up or return to cycling. Almost everyone can ride a bike and so many people have a bike, but choose not to use it for everyday travel. We need to continue to get in touch with these people and find out what would bring them back to cycling.

A recent magazine article reported that more children cycle than take part in any other physical activity. If this can be continued as they grow older then this could mean a huge increase, and we all know that more bikes on the roads means safer cycling and more pressure to improve facilities.

I am also keen on encouraging Councils and employers putting into practice a commitment to cycling, and Christine Wilson and I are holding a meeting for County Hall staff to pursue this. Tim Jarvis, County Cycling Officer will be attending, and we hope that people will come to the meeting with ideas for improved facilities and incentives for cycling on Thursday 4th March in the Colman room at lunchtime. If there is enough interest for a Bike User Group, this will continue the pressure for improvements. *Any NCC members please come along!*

Having had 2 locked bikes stolen in the last 2 months I am particularly keen on security measures!

I look forward to the rest of the year as Chair of NCC, and hope we will achieve much and have fun on the way. For me cycling is about enjoyment and freedom, and feeling young, speeding along the road!

Letter to the Editor

What an inspiring article about the Hillside Cycling Project! Wouldn't it be wonderful if more schools were determined to address the problem of congestion from cars. The school, governors and parents should be proud of what has been achieved. Their Project sounds like an excellent model for other schools to follow. As a school governor myself, I am glad to know that something like this is going on in Norwich. Thanks for publicising the Hillside Cycling Project.

