

# NORWICH CYCLING CAMPAIGN

## Newsletter Number 53

June - August 2004

£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.

## HEALTH and EFFICIENCY?

### 1: "AT LEAST FIVE A WEEK"

This is the snappy title of a report published at the end of April by the Chief Medical Officer for England, Dr. Liam Donaldson. The title comes from the recommendation it makes that adults should undertake at least 30 minutes of moderate intensity physical activity on five or more days a week. "Adults who are physically active reduce their risk of developing major chronic diseases, such as heart disease, stroke and type 2 diabetes, by up to 50 per cent and the risk of early death by 20-30 per cent. This report must be the wake-up call that changes attitudes to active lifestyles in every household."

Some energy expenditure levels are shown in the panel on the right.

### 2: GOOD NEWS FOR NORWICH

Apparently Norwich is one of 17 European cities, including Venice, Toulouse and Stuttgart, which have been selected to take part in a multi-million euro pilot scheme to ease congestion and pollution. This is part of the EU's Civitas II programme and is due to begin next January. The aims of the project are to encourage people to leave their cars at home in favour of more environmentally-friendly forms of transport - such as walking, cycling or public transport. (Sounds familiar?) Proposals for Norwich include better integration between rail, coach, bus, cycling and walking, better public transport facilities and improved travel information. The funding available will also mean more buses and commercial vehicles running on biofuel and the introduction of low-emission zones to encourage the use of "clean" vehicles.

Maybe, just maybe, this country is beginning to wake up. (Ed.)

### Energy expenditure for common physical activities

Activity	Intensity	Energy used*
Ironing	Light	69
Cleaning/dusting	Light	75
Walking-strolling at 2mph	Light	75
Painting & decorating	Moderate	90
Walking at 3mph	Moderate	99
Hoovering	Moderate	105
Golf	Moderate	129
Badminton	Moderate	135
Tennis (doubles)	Moderate	150
Walking-brisk, at 4mph	Moderate	150
Mowing Lawn	Moderate	165
<b>Cycling (10-12mph)</b>	<b>Moderate</b>	<b>180</b>
Aerobic dancing	Vigorous	195
<b>Cycling (12-14mph)</b>	<b>Vigorous</b>	<b>240</b>
Swimming (slow crawl)	Vigorous	240
Tennis (singles)	Vigorous	240
Running (10mins/mile)	Vigorous	300
Running (8.5mins/mile)	Vigorous	345
Running (7.5mins/mile)	Vigorous	405

\*Energy expenditure(Kcal) for 30 minutes activity for a person weighing 60kg

Source: CMO report

Full details  
of our  
**Bike Week**  
Events  
inside

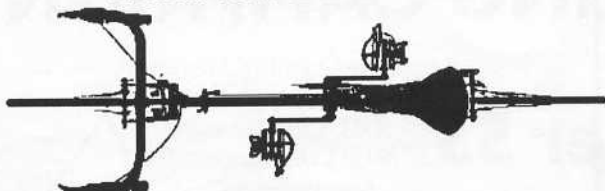


www.bikeweek.org.uk

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### FOR SALE

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## SOREN'S CYCLES

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## CYCLE RECYCLE MOTHBALLED BUT STILL RECYCLING.

Having been unable to obtain product liability insurance for doing cycle repairs and the sale of used cycles, Nigel will probably be forming a Ltd. Co. by Sept. Meanwhile he has started Dr. Bike sessions at UEA, featuring "Are you sitting comfortably" of course. These will continue until the end of Bike Week on Wednesdays or Thursdays (lunchtimes) (except May 20th and June 3rd); these sessions are covered by the Bike Week Public Liability Insurance.

CYCLE RECYCLE IS STILL ACCEPTING DONATIONS OF ADULT CYCLES at Upton Road. Nigel will collect for FREE if there are at least two bikes (just one attracts a collection charge of £5)

SORRY but we cannot except any more children's bikes (except 20" wheel mountain bikes, which will mostly be forwarded to Africa via the RECYCLE scheme \*\*)

### STOP PRESS.

1. Dr. BIKE at the N and N hospital. Probably 16th or 17th June \*\*

2. HALFORDS bike servicing scheme\*\*. This sounds almost too good to be true: for £10/annum you get free labour to maintain your bike (incl. annual service); you just pay for parts. Used bikes have to be checked by Halfords before acceptance (you may have to pay for an initial service). Pick up a leaflet from the Barn Road or Gentlemen's Walk branch (or Nigel).

PLEASE KEEP NIGEL INFORMED OF HOW YOU GET ON WITH THIS SCHEME: he would like to be able to recommend it to students a.s.a.p.

\*\* Phone Nigel on 502188 for more info.

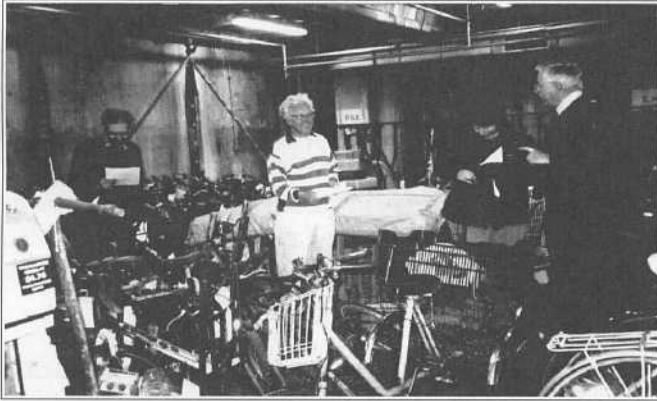
### New "Bike Buddy" Scheme

Are you new to cycling and need some help in getting from A to B? Or would you like to cycle to work but don't know a suitable route?

There could be a "Buddy" cyclist near you among our small list of committed volunteers - for more details contact  
**Norwich Cycling Campaign**  
(Address, phone and e-mail on back page)

## VISIT TO BETHEL STREET POLICE STATION

In March a group of members visited Bethel Street police station in an attempt to trace missing members' bikes from a prepared list. PC Alf Meade made us very welcome and let us search the basement where scores of unclaimed machines are stored. PC Meade then gave us a detailed explanation of police procedure when a bike is reported missing.



Although none of the missing bikes were found we all left the station feeling thoroughly reassured that the police

do go to a great deal of trouble when a bike is reported stolen. Unidentified machines are eventually auctioned locally. (See page 10 for details.)

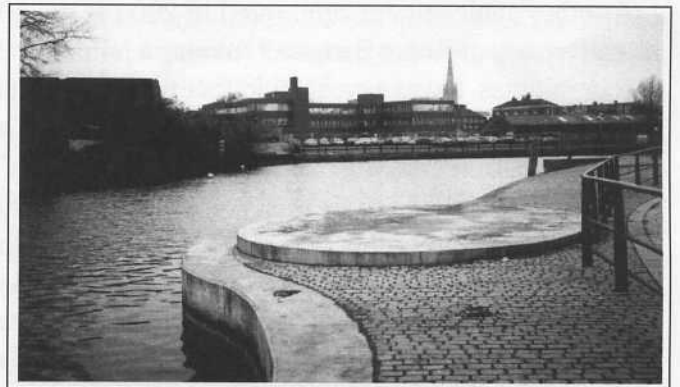
Prevention, of course, is always better than cure. To lessen the chance of your bike being stolen always:

- a) Lock it up in a well-lit, conspicuous place.
- b) Use a good quality lock which cannot be cut with a hacksaw or with bolt-cutters.
- c) Mark the bike with an invisible marker – the police always check with a UV light.
- d) Quick-release wheels and saddles need to be locked up as well.
- e) Take removable lamps, panniers etc. with you.

Unfortunately thieves will sometimes vandalise a bike out of spite if they can't nick it! For day to day use I think it's worth getting an old rusty, but roadworthy bike that is not so attractive to thieves in the first place, but still stick to the rules above.

## NEW RIVER CROSSING – LIGHT AT THE END OF THE TUNNEL?

The second new bridge from the Riverside complex across to St Anne's Wharf is, after three years delay, about to be constructed. This will provide cyclists and pedestrians with a much better route between Thorpe Station and the City centre via King Street instead of Prince of Wales Road or Rose Lane. The foundations for the bridge were built a long time ago. Problems with land acquisition on the St Anne's side of the Wensum were the apparent cause of the delay. Although the King Street route is about 200m further it will be much better for cyclists, but then anything is better than Prince of Wales Road.



*Foundations for the new bridge*



*It looks like a Brompton, it folds like a Brompton, but it weighs half as much! (Spotted in Pedal Revolution)*

Just a thought . . .

Petrol has just gone up in price and there is talk of a forthcoming increase in road tax. Surely this makes cycling an even more sensible option?

