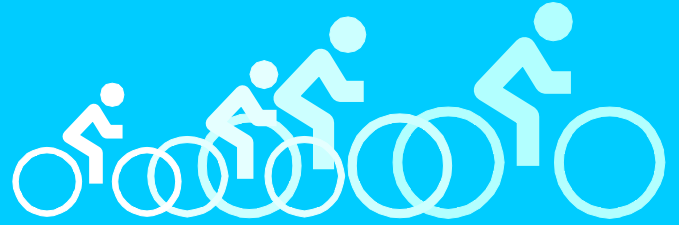


CYCLING Wakefield

Newsletter of Wakefield District Cycle Forum

Promoting and campaigning for cyclists



Edition No.27

May 2015



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Tour de Yorkshire comes to Wakefield

The 3rd May will see the final stage of the inaugural Tour de Yorkshire set off from Wakefield. The race will leave the city centre at around 12.15. After a circuit of the city it makes its way along Barnsley Road for the official start at the Agbrigg Road junction. More information about what is happening on the day can be found on Wakefield Council's web site.

Cycle Forum at the Tour

There are lots of activities taking place on 3rd May at Manygates Park, just next to the start of the race. The Cycle Forum will be there with our skills course, information stall and Bike Doctor. There will also be a ride of the Wonders of Wakefield leaving at around 1pm. More details on page 3

Why not come and join us or come and help

Volunteers needed
Manygates Park
Sunday 3rd May
10 am till 2 pm

Bike Maintenance Courses

We are increasing the number of Bike Maintenance Courses over the summer.

For members who would like to attend a Basic Bike Maintenance Training session covering puncture repairs, gears indexing, cable exchange, etc we are running two courses over the summer:

Sunday 21st June Nostell Priory, 12 noon till 3pm
Tuesday 14th July Castleford Queens Mill, 6pm till 8pm

Booking is essential for these sessions and you should book by email to info@cycling-wakefield.org.uk



All our bike maintenance sessions are run by our three 'Bike Doctors', Graham West, Dennis Bell and Steve Valentine.

Joy on Two Wheels

Fed up dieting getting nowhere fast, going to the gym and queuing for equipment or running the streets all by yourself? I have the answer, simples, come biking! For as little as £2 you can lose weight gradually from the parts other diet regimes just don't reach; tone up from the top to your bottom and make friends for life!



Amazingly that's my story. Last year I decided I needed to do something totally different with my life. I turned up last year, in early summer, for my first Wakefield Cycle Forum organised ride at Nostell Priory. I didn't even need a bike or helmet to take part. I was escorted all the way with friendly volunteers leading the ride, back marking to make sure no one was left behind and helping out to cross the odd busy road. Many were there already from the very young to older people looking amazing fit and very young.

In my early 50's it was one of the hardest but best things I had done in years. With the fantastic support and patience of the volunteers I did it. I had managed to cycle a short journey but in actual fact set myself up for life. In the proceeding months I was outside enjoying the glorious weather and countryside every weekend. Enjoying my district from the saddle rather than from behind the wheel of a car. Discovering oases of beauty, along a canal, a lake, marina and breath-taking views across Yorkshire.

My mental and physical wellbeing is the best it has ever been in my entire life. At middle age I am fitter than ever before and have a great new circle of friends. So instead of 'come dancing.....like my sister always did'.....come biking! You'll love it.



Editor's note: having been on a number of rides with Joy I can vouch for her improved fitness. I am no longer able to keep up with her, unless she is the backmarker, of course.

Wakefield District Cycle Forum at Tour de Yorkshire

To catch all the action on the day you just need to go to:

**The Spectator Hub
Manygates
Castle Grove Park
10 am to 2 pm Sunday 3rd May 2015**

The cycle forum will be there with:

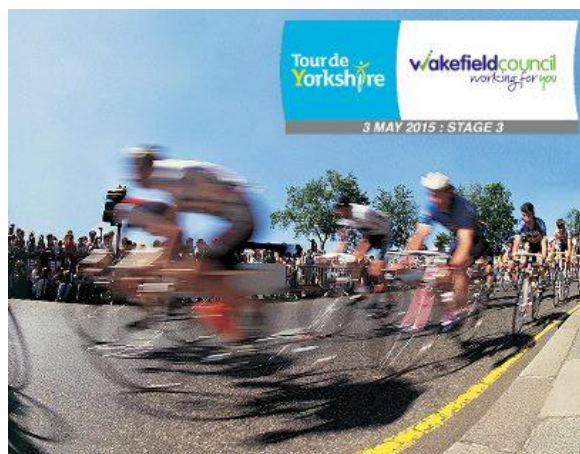
Gazebo with cycle information, advice and maps.

Bike Doctor offering advice and free bike safety & health check.

Cycle skill course, open to all, use your own bike or borrow one of ours.

A Guided steady paced cycle ride leaving at around 1pm, The WoW – 21 mile leisure ride, with stops at various locations to view the Wonders of Wakefield, using traffic free routes and some quiet roads, lasting approximately 4 hours, and includes a refreshment stop.

If you would like to help on the day please email Sandy :- info@cyclings-wakefield.org.uk



Other activities at the cycle hub

Large digital viewing area

Go Cycling

Cycle festival activity where you can try a variety of bikes on a safe and secure cycle circuit

Cycle challenges

Spinning bikes to challenge yourself to race a distance within a set time

3SIXTY display team

Adrenalin-fuelled BMX show. The ultimate display of skills and thrills.

The Five Towns FM Bus

Playing the latest tunes and interacting with the crowd

Pedal-powered Scalextric

Pedal-powered velodrome

Selection of

stalls



LETTERS PAGE

To the editor:

It is amazing what you find when you are not looking for it.

I have never missed the Roger Talbot Memorial Ride since it started in 2010 and as an old friend of Roger's it always brings back happy memories.

You can imagine my surprise when just after this year's ride I came across the leaflet for the rides' programme in 2009 with a photograph of Roger, with his trusted helper Geoff Westmorland, on the front page.

I thought others might like to share this memory.

Tony Anderson



From the editor:

It was great to see this leaflet again. Roger and Geoff were two of the volunteers who helped to establish the forum in 2008 and practically ran the rides programme by themselves. It is also a reminder of how far we have come as a forum. In 2009 we ran 49 rides with only a handful of participants on each. Last year,

2014, we ran 123 rides with an average attendance of over 20. It was Roger's hard work that helped lay the basis for this success.

Thanks for the memory Tony

To the editor:

An ever increasing number of people seem to enjoy the rides organised every week for them by the Wakefield District Cycle Forum (WDCF) and this is great to see. However I would like to point out that whilst these rides are good and give a lot of pleasure, there is another side to the work of the Forum which helps to make the rides enjoyable. Track Maintenance.

Local members of Sustrans and members of the Forum hold joint working groups to carry out repairs to cycle paths in our area. These work days (which are usually only a couple of hours long) can be great fun as there is often light hearted banter as we work and no one is expected to do anything which is too much for them physically.

Riding a bike is good for you as it provides the sort of exercise that the medical world has long recognised as being beneficial. But activity such as gardening can also be beneficial for us to use a different set of muscles, so why not think about doing some physical work that would benefit you and the rest of the cycling community.

To enable people to know when these days are planned I would like to suggest that the dates are made available on the WDCF website as I know there are many like myself who will not use Facebook under any circumstances.

If you know about the workdays then come along and see if you enjoy a bit of time spent with a good crowd of people.

John Matthews

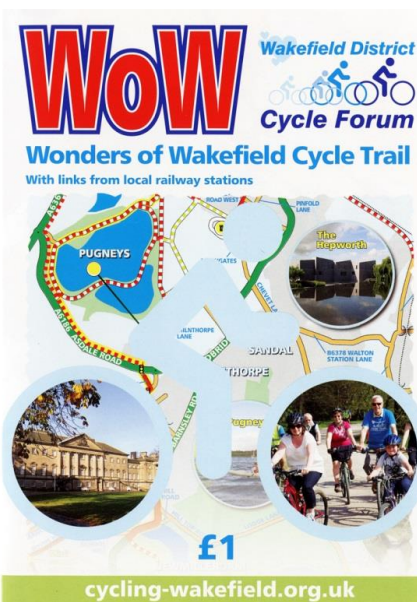
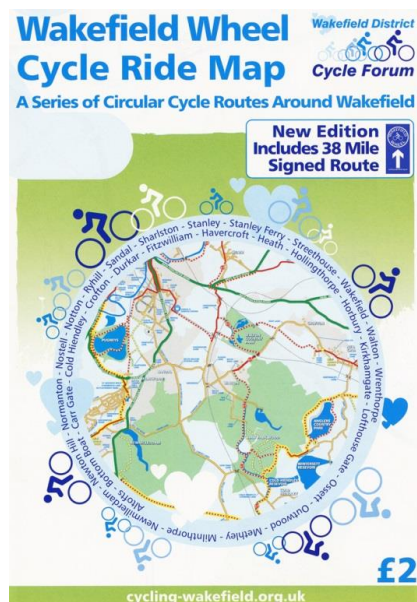
From the editor:

A report on the workgroup and details of how to join in can be found on page 6

New Revised Maps

A year after the formation of Wakefield District Cycle Forum we were successful in acquiring a lottery grant. One of the projects that benefitted from this was the development of our two Cycle Trails, 'The Wheel' and 'The WoW'.

Both of these routes were the brainchild of our Vice-Chair, David Keighley. He spent many a happy day on his bike investigating the lanes and byways of the District to discover two circular routes with a host of 'spurs' to suit all levels of cyclist. His ambition was to produce two maps of these routes and the lottery grant allowed the realisation of that ambition.



The Forum has continued to develop the trails and with the help of Forum volunteers and funding from the NHS and the council we have signposted both routes. As you will know if you have been reading our newsletter, we have also been adding new traffic-free sections to the trails and improving the surfaces of sections which were difficult to cross in winter. The success of these trails is evident by the number of cyclist who now make use of them.

To recognise the changes that have taken place in the last 6 years, and to improve on the existing maps, we have produced a new, revised edition of each. They can be purchased from Squires Tearoom and

reception at the discovery centre at Anglers Country Park, Pugneys Water Park, the Shop at Nostell Priory and the Information Centre in Wakefield. They will also be available on most rides from our ride leaders.

T-Shirts for the Discerning Cyclist

To celebrate the new, revised editions of the maps for our Wakefield Cycle Trails we have produced two T-shirts which can be worn proudly by those who have completed The Wakefield Wheel and/or the Wonders of Wakefield. For those who have not already managed this, or if you just want a change of top, we have also produced a Wakefield District Cycle Forum T-shirt. There is no doubt that these T-shirt will be the height-of-fashion in the summer of 2015 so make sure you order one soon as the supplies are limited.

T-shirts are £8 each and will be available at all Forum rides and events this summer. To order your T-shirt please email Sarah Furber, our merchandise manager, at sarahfurber@btinternet.com telling her your size and at which ride or event you would like to pick up (and pay for of course) your T-shirt.

All profits from the sale of these T-shirts will go to our path fund. So you will not only look good in them this summer but you will feel good because you are contributing to the improvement of cycle infrastructure in Wakefield District.



Workgroup Making a Difference

This year got off to flying start with probably our biggest turn out to complete the path on the Nostell estate. In total 14 people helped on a cold January morning to complete a section of path into the woods. As you can see from the photo, we used recycled bricks from the local brickyard and some planings to give a solid path into the woods



The second project was to clean up the TPT trail near Walton. This was an extensive job last year but because of that, one Saturday morning was enough to prepare the path for all users over the coming months

The March project was to improve the path north of Anglers Lake. This path has long been a problem in wet weather as you can see from the photo. Now thanks to the



support of the landowner and materials provided by the council, the path is much improved for all users. The finished path has now settled down and is a firm all weather surface. A great



addition to the Wakefield Wheel and the Wonders of Wakefield trails.

Thanks as ever to the volunteers who are prepared to turn out in all weathers to make a real difference to the network of trails, and whose work really benefits all users.



If you would like to join us please send your email to ianhookham39@gmail.com and we will add you to our mailing list



2015 Rides Programme

This is only the second year of a full rides programme for the cycle forum throughout the winter and it proves, yet again, that there is an appetite for our rides no matter what time of year.

The Roger Talbot Memorial Ride was a good example of the appeal which our rides generate. On a wet and windy day 25 people turned up to join us on the 'Wonders of Wakefield' cycle trail. The weather was so bad that the ride was cut short and on return to Anglers everyone was glad of the shelter in Squire's Tearoom. Roger, who initiated what were then called 'health rides' would have been pleased that his early perseverance had finally borne fruit. (See letters page for a photograph of Roger in the 2009 programme)

It seems that our rides are not only popular with two-legged mammals. Another first for the Forum was recorded on a recent ride from Pugneys where we were joined by Denise and her **dog**. Jeff Kitching is seen here doing his pre-ride check, which took on a different perspective on this occasion. He was happy with the 'kennel' arrangements and the ride passed without incident and was enjoyed by all.



The Roger Talbot Ride was the last ride of our Winter Programme, which also finished the first quarter of 2015. By the end of March we had completed 32 rides with an amazing 608 riders. 200 different individuals were recorded. It is very pleasing that we continue to attract new riders with 96 turning up so far this year. It is also pleasing that women continue to make up a large proportion of participants at 38%. This is more than our historical average but we still need to do better on this front.

Despite our success we are not complacent and one of the ways we try to improve our rides is by surveying participants each year. The 2014 survey reveals that well over 80% percent of participants

are happy with the pace, location and distance of our rides. A small number, 15%, find our rides too slow and too short and an even smaller group, around 2%, think they are too long or too fast. We need to keep reminding ourselves that our original aim in running rides was to get people back on their bikes. The fact that over 30% of participants had not cycled or only occasionally cycled before they joined us and 50% cycled more as a result of joining our rides seems to indicate that we are fulfilling that aim. It does seem however that there is a demand for some more challenging rides and hopefully we will fulfil that demand in our Spring/Summer Programme.

We had many complimentary comments in our survey. One in particular sums up what we are trying to achieve. 'Really friendly and good fun'.

Thanks to all our volunteers for making this programme possible.

Waterways Cycle Route

West Yorkshire Combined Authorities, in conjunction with Wakefield Council, have succeeded in acquiring a grant from central government of around £22 million for cycling infrastructure. About £4 million will be coming to Wakefield to fund the completion of a traffic-free Greenway connecting Castleford with Wakefield along the waterways. This route has been a long-time ambition of the Cycle Forum. A traffic-free connection between the two biggest towns in the district, with links into villages, towns and workplaces along the way, the route is the kind of cycle infrastructure that will increase the cycling population in the district and inspire further projects in future.

As well as the waterways route the grant will be used to complete phase 2 and 3 of the Castleford to Methley Greenway. Phase 1 of the Greenway was completed last year providing a high-quality 1 mile traffic-free route at Cutsyke in Castleford. Phase 2 will see the construction of a bridge across the railway which will then allow phase 3 to continue the route to Methley, connecting with the Trans Pennine Way and Leeds.

This is possibly the most ambitious cycle project that the council has undertaken and they must be congratulated in keeping the faith with the idea. The project has to be completed within 3 years and the cycle forum will be working with the council to help in any way we can to make the dream come true.



The Forum at the Rhubarb Festival

Once again the Cycle Forum was at Wakefield's Food, Drink and Rhubarb Festival to promote our Spring/Summer Programme. As you can see from this collection of photographs, our volunteers had a good time.



Ladies Wanted

The Calder Clarion Cycle Club are trying to attract more lady rides and have now established a ladies Thursday ride. See below for details.



14mph covering 20-route set by the sociable drink at

We know it can be new club so rest friendly, inclusive are very welcome. If contact our Calder Carolyn Stead for further details: cestead@btinternet.com



Okay, so we may not be the next Beryl Burton or Lissie Armitstead, but we can still be inspired by our local heroines, stop worrying about helmet hair and get out there and have some 2 wheeled excitement!

Calder Clarion are actively encouraging more female cyclists to join them, and to help us achieve this we run weekly Thursday Ladies rides, a sociably paced ride 12-25miles in total with the leader at the start with a the finish line.

a little daunting joining a assured we are a very group and new members you are interested please Clarion Women's leader

If you are interested in joining but feel you need to build up your stamina and confidence prior to this there is also a Transitional Group open to all newcomers to our sport – go to the web site at www.calder-clarion.co.uk and click on the link transitiongroup rides for further information