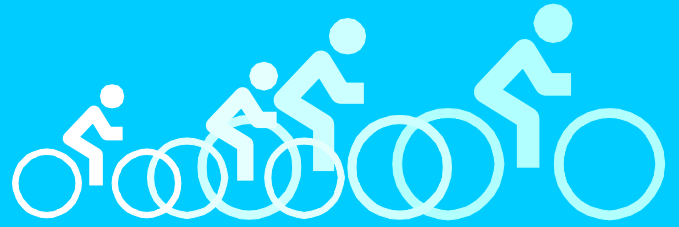


CYCLING Wakefield

Newsletter of Wakefield District Cycle Forum

Promoting and campaigning for cyclists



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| August 2016



Waiting
for
the
Off

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Holiday Wednesdays at Nostell

Once again we are occupying the lawn in front of the Priory at Nostell on Wednesday throughout the school holidays. We will have our information tent, skills course and short rides for all to enjoy.

As always we need volunteers to help so why not come along any time between 10am and 3pm. You'll have a great time.

General Meeting

Tuesday 11th October

6.45 pm

Town Hall, Wakefield

**Everyone
welcome**

Cherry's Cycling Passion

I have cycled on and off most of my life. At the age of 4 I taught myself to ride my older sister's 2 wheeler (the image captured on an old box brownie camera) and rode my bike everywhere I could until I was about 14. I started again when I had to get my son to nursery and there was no convenient bus route. I put him on a seat at the back. No cycle helmets!!!!



I came across the Cycle Forum at Pontefract Liquorice Festival in 2009 and paid £2 to join the group but didn't actually join any ride then. This was down to 4 reasons: I was still working and had many family commitments, I wasn't fit enough to ride to the start and didn't have an easy way of transporting my bike to the start of a ride, I wasn't confident about riding on the roads and finally although I had acquired the Cycle Forum maps to take myself on rides, I am rubbish at map reading!

My husband and I had always been keen walkers and I also did a bit of running, but hip and knee joints were beginning to hurt and I was told I would eventually need a hip replacement. The advice was to avoid high impact activities to preserve the hip joint for as long as possible but cycling would be OK.

I had all the gear (from Aldi) and a new bike and did a few short rides in the village to: work, watch grandchildren play football, visit mother-in-law, nip to the shops, etc.

Then in 2015 I bought a cycle rack for the car and in October took my bike up to Nostell Priory to join my first guided ride with the cycle forum. We went to Anglers Country Park had a break at the café there and cycled back to Nostell, about 8 miles in total. I eventually joined rides from Pugney's, Castleford Mill, and Pontefract Park. In July this year I joined the road ride from Darrington. It turned out to be 26 miles for me as I had cycled from home in Ackworth to the start.

The great thing for me about Forum rides is that they are graded and guided, and health and safety is a

priority. The groups are welcoming and friendly, rides are mostly off road or along country lanes and so I feel safe. They also go through some very pretty countryside. My bike handling skills are much better, my confidence has grown and my fitness levels have improved. I now ride from home to the start at Nostell, do the ride and cycle home again.

In the near future I am looking forward to taking my friends and grandchildren along some of the routes.



I have friends (who don't live near) who think we are very fortunate to have a dedicated, hardworking team who run the Forum, guide the rides, work with the council, help to build and maintain cycle paths, apply for funding, run special days, hold cycle maintenance sessions etc. etc.

And I agree with them!

Cherry Oldham



Rides Report



As summer eventually arrives in West Yorkshire the number of participants on our rides has begun to increase. The steady ride from Anglers in July attracted well over 30 riders (seen here on the new path in the Nostell Estate). And the 'Pedal in the Park' ride in July at Nostell had its biggest number of the year at 23 riders.

The bad weather earlier in the year had meant that numbers were down on most of our rides and our new 'Pedal in the Park' at Thornes Park in Wakefield, which is intended for the very new or nervous, has not taken off yet. Nevertheless, our rides programme remains very successful. In the first half of the year over a thousand participants joined our rides represented by 269 individual riders. Importantly, give our mission to encourage people to get back on their bikes, over half of these individuals were newcomers to our rides in 2016. The gender balance of individual participant has

also remained encouraging with over 40% being women.

At most of our venues we have bikes to borrow for free and this is still proving a popular feature. Our bikes were borrowed 88 times in the first half of the year.

We will be reviewing our rides programme for the Autumn/Winter and it may be that some rides will not feature, although they may return in the Spring/Summer. A continuing issue for our rides manager, Richard Denbigh, is the lack of new ride leaders coming through particularly as a number of existing ride leaders have had to reduce their commitment in 2016.

If you would like to join our pool of ride leaders/helpers then please get in touch with Richard at wdcfpressofficer@gmail.com



Adapted Bikes at Nostell

As part of our Holiday Wednesday programme at Nostell we will be joined on 27th July by 'Wheels for All' with a selection of their adapted bikes. The bikes are especially useful for people with disabilities and differing needs but they will be great fun for everyone.

Details of Wheels for All regular sessions at Havercroft and Ryhill Sports and Youth Centre are outlined on the final page of this newsletter.

Nostell 27th July 11am till 3pm



New Nostell Path Opened



Over 40 people turned up to celebrate the official opening of the new cycle path in Nostell Estate on Saturday 16th July. Those attending included the participants on the steady ride from Anglers Country Park lead by David Leigh (second from left).

The ribbon was cut by our Chair, Sandy Clark (the fat one), and Vice-Chair, David Keighley (the skinny one), who were instrumental in the path's completion. The Cycle Forum continues to investigate further possibilities to join up or traffic-free cycle network by filling in 'missing links' and by identifying funding possibilities. If you have any ideas drop us a line at info@cyclings-wakefield.org.uk



Many of our volunteers were in attendance. Looking especially pleased with himself is our new treasurer, Gary Boyes (On the right). Hopefully that means our finances are in good order.

And (on the left) making a break from the peloton to try and claim a stage victory, as usual, is 'Head Bike Doctor', Graham West. Our Bike Doctors were well used on the ride that day with a mechanical breakdown and three punctures.





WHEELS FOR ALL



CYCLING FUN FOR EVERYONE ON OUR FLEET OF ADAPTED BIKES!

The bikes are especially good for people with disabilities and differing needs

Come and join our fantastic cycle sessions!

(Trained Leaders present/ Helmets provided/Children to be accompanied)

HAVERCROFT & RYHILL SPORTS & YOUTH CENTRE (WF4 2BD)

OPEN SESSION HELD ON THE 2ND SATURDAY OF EVERY MONTH
10.00 am - 12.00 noon.

WHEELCHAIR
BIKE

Great value at £2.60 per family group !

3
DOUBLE
BIKES

SESSIONS COMING UP in 2016 ARE:

SATURDAYS:

9th July, 13th August, 10th September 2016

Sessions are held outside if it's fine, inside if it's wet and cold!

(Please ring the number below to check if the session is taking place if it's wet)

Website: www.wheelsforallhavercroft.org

For more information call: [Gail Tombs 07762018136](tel:07762018136)