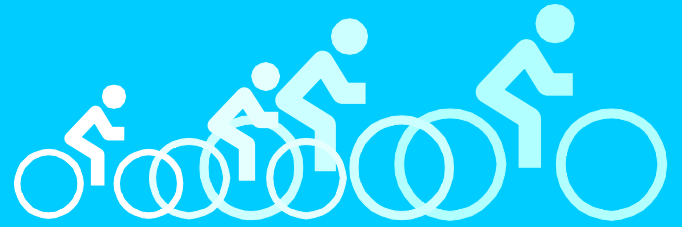


# CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of the Wakefield District Cycle Forum

Edition number 8

March 2011



Why can't they get through? (Answers on page 3)

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# Full Programme of Summer Events

Once more Wakefield District Cycle Forum will be embarking on a full programme of events and rides throughout the spring and summer. We start at Pugneys Water Park over the weekend of 2<sup>nd</sup> and 3<sup>rd</sup> April. Saturday sees the second Roger Talbot memorial ride, a 16 mile ride on and off road. On Sunday there will be short rides, information, Bike Doctor and the skills course. The leaflet of events and ride, sponsored by Wakefield NHS is enclosed with this newsletter.

## A. G. M

## 29<sup>th</sup> March

## Wakefield Town Hall 7pm

Come along to our third AGM and have your say on the work and plans of the Forum. As well as the usual AGM business we have a guest speaker. John Davis, Wakefield MDC Travel Plan Officer will be discussing the West Yorkshire Cycle Network which aims to co-ordinate cycle infrastructure across all local authority areas in West Yorkshire. You will also have an opportunity to contribute to the discussion about plans for new cycle schemes for the coming financial year.

### Don't miss out!!

# Health Benefits of Cycling

*Below we reproduce an article by a local GP in his practice newsletter. Lets hope more GPs follow his example and lots of patients take his advice.*

Regular exercise is one of the best ways of achieving good health and fitness. Walking is probably the easiest and more accessible form of exercise, but a bicycle enables you to venture further afield and cycling to work or school has marked health benefits.

As a keen cyclist I am aware of the feeling of wellbeing this form of exercise can bring and burning off the calories helps with weight regulation. Regular exercise can benefit health in many ways, not just the more obvious ones of exercising muscles and helping with breathing. During cycling, although the leg muscles are responsible for pedalling, abdominal and back muscles stabilize the body and the shoulders and arms supporting the body, training and tightening much of the muscular system.

Cycling has a positive effect on bone density, strengthening the bones and can also strengthen the immune system. Regular cycling strengthens the respiratory muscles and improves ventilation with a positive effect on oxygen exchange. It is also ideal for training the heart with a marked reduction in heart disease.

Regular cycling can reduce the risk of developing blood pressure and reduce pressure in those known to have hypertension, it is good exercise for the effects of balance and can have a relaxing effect on mental stress, counteracting anxiety and depression,

People may be put off cycling because of heavy traffic and the risks this may pose. However, most districts including our own, are developing a system of cycle routes using quieter routes and special cycle tracks through the countryside, often using suitable bridleways, canal paths and specially constructed cycle ways, such as the Trans Pennine route.

So if you have access to a bike, hunt it out, dust it off, make it roadworthy, get a cycle helmet and start cycling.



# Cycle Path improvements

Over the winter the probation service has been deploying some of its Community Payback teams to clean up and improve some of the cycle tracks in the district. These are teams of young offenders who do community work as part of their punishment. It is hoped that we will see more improvements in future as a result of this scheme.

Below are two examples of the work being done.



Community Payback clearing litter and leaves from the cycle track to Sandal and Agbrigg railway station.



Improvements to the towpath on the canal at Stanley Ferry. This will add one more piece to the waterways route between Castleford and Wakefield

# Cycle Path Campaigns

## Hemsworth to Moorthorpe path

The photograph on page 1 is an example of a path which has been cut short by the action of Network Rail. Unfortunately the land in question was given over to Network Rail by Wakefield council when the Hemsworth-A1 link road was built. Network Rail decided they did not want walkers or cyclists passing under the new road at the side of the railway so a 'diversion' now takes them up a steep and hazardous incline, across the new road and back down a steep and hazardous decline to end up 50 yards further on.

The Forum is pursuing this issue with Network rail and with the help of the local MP and Sustrans we hope to re-open the path which forms a useful link between Hemsworth and Moorthorpe railway station.

The intrepid riders on page one only wanted to get to this end.



## Walton to Crofton Cycle Path

This map shows the direction of the cycle path leading from Crofton to Walton Country Park, the Trans Pennine Trail and on to Sandal and Agbrigg station. It is an important part of the Cycle Forum's and Wakefield MDC's vision for a strategic network of cycle ways in the district. Unfortunately the section represented by a broken blue line has yet to be designated as a cycle path and is being held up by objections from Yorkshire Water, who make use of the existing path to service their water treatment plant. Network Rail also have blocked off the archway beneath the railway and raised objections to the proposed track. As a result of this objection cyclist have to negotiate a busy and in parts hazardous road.



The Cycle Forum is approaching Yorkshire Water with a view to persuading them to change their minds. Following on from this, Network Rail will also be contacted to state the importance of this cycle link and asked if it will change it's mind. If persuasion is not enough we may have to call on Forum members to help in our campaign which we are sure you will support, this might take the form of a petition or some other persuasive action. We will keep you informed of our progress and look forward to your support should it be necessary.



# Weekly Cycle Rides with WDCF

Wakefield District Cycle Forum, in conjunction with Wakefield NHS, has expanded its 'Health Rides' programme this year and as a result from April through to September you can join a ride on any week of the summer. Short rides of between 5 and 10 miles will leave Pugneys Water Park on the first Sunday of the month at 10.30am and on the first Tuesday there will be an evening ride from Pontefract Park at 6pm. Nostell Priory is host to a ride on the second Sunday of the month and the fourth Monday, both at 10.30am, and the fourth Sunday will see a ride leave Hemsworth Water Park, also at 10.30am. All of these rides will be predominantly on traffic-free routes.

In order to cater for those who are feeling a little bit more ambitious we are also organising two longer rides. A new ride leaving from Newmillerdam will leave at 9am on the third Saturday of the month. This will be approximately 20 miles with both traffic-free and quiet road sections. Our established evening ride from Pontefract Squash Club continues on the third Tuesday of the month leaving at 6pm. This ride is mostly on roads and between 15 and 20 miles

This is our most ambitious programme with more venues than last year so there should be something for everyone.

Come alone and join us. It's great fun.

## More Cycle Leader Trained

NHS Wakefield District, in partnership Wakefield District Cycle Forum, have organised and run two further highly successful cycle ride leader training sessions on 22<sup>nd</sup> and 29<sup>th</sup> of January.

The sessions which took place at Angler's Country Park and Nostell Priory saw a mix of volunteers and paid workers from a range of organisations, including Wakefield Youth Development & Support Service, National Trust, Sport 4 U and Wakefield Sport and Active Lifestyles Team, learn how to lead safe and enjoyable cycle rides for the public.



Keep an eye out for the new Wakefield Cycle Rides leaflet which gives details of a number of new rides and activities where these ride leaders will be putting their recently learned skills into practice.



## Wakefield District Cycle Forum on Facebook

You can now be kept informed of upcoming events by joining our Facebook group. We now have a new volunteer running this group and it is a great way to keep in touch with what's happening. So simply log on to our web site at [www.cycling-wakefield.org.uk](http://www.cycling-wakefield.org.uk) and follow the links from there

## Do we have your up to date address and email address?

A reminder to all members that, to keep costs to a minimum, we normally now only send information, notices of meetings and newsletters by email. The latest email was sent on 13<sup>th</sup> January informing you of the meeting at the end of January. If you did not receive this or previous emails from us it will be because we either don't have your email address or we have the wrong email address. If this is the case please can you let me know by emailing me at [gillross99@aol.com](mailto:gillross99@aol.com) to ensure that you receive any future emails. Please can you also let me know if you think we have the wrong postal address. Thanks.

## Summer Leaflet Distribution

You should have received with this newsletter a few copies of our summer leaflet of events and rides, which is produced in conjunction with Wakefield NHS. We hope you can help us with the distribution of this leaflet by giving it to friends who you think might be interested or having it displayed somewhere you think would be useful. If you can persuade you GP, you local sport or leisure centre, community centre or other places where the public will see it that would be great.

If you need more copies of the leaflet contact [info@cycling-wakefield.org.uk](mailto:info@cycling-wakefield.org.uk) or telephone 01924 315775.

## Maintenance Courses

A new addition to the Cycle Forum timetable this year will be Basis Maintenance Courses for those of us who feel we could do with a little help in mending punctures, changing tyres and so on. The course will last for 3 hours in the morning and there will be an optional ride in the afternoon. The course will be basic, covering issues such as changing tyres/inner tubes, fixing punctures, checking and adjusting brakes, checking and adjusting seat posts and handlebars and any issues raised by participants. Participants should bring their bicycles and any tools/spares they normally carry with them. Places are limited and need to be booked in advance. So you should let us know quickly if you want to reserve a place. You can book by emailing your name and the date you want to attend to [info@wakefield-cycling.org.uk](mailto:info@wakefield-cycling.org.uk).

The courses will take place as shown below:

**Sunday 20<sup>th</sup> March** 10am Information Centre  
Anglers Country Park, Winterset

**Saturday 25<sup>th</sup> June** 10 am Nostell Priory



Would you let these two near your bike?





# 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 FREE cycle sessions!**

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

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

OPEN SESSION HELD ON THE 2<sup>ND</sup> SATURDAY OF EVERY MONTH  
10.00 - 12.00AM

SESSIONS COMING UP ARE:

SATURDAYS: 12<sup>th</sup> February, 12<sup>th</sup> March, 9<sup>th</sup> April 2011

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

TO BOOK YOUR PLACE

Call: Havercroft Sports Centre :01226 723659