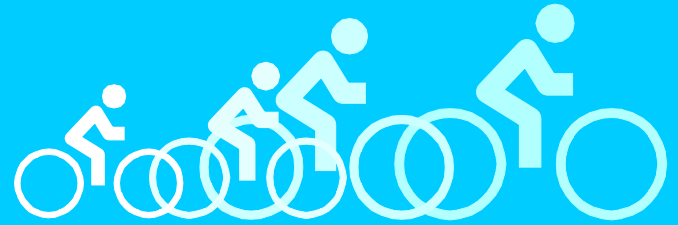


CYCLING Wakefield

Newsletter of Wakefield District Cycle Forum

Promoting and campaigning for cyclists



Edition No. 42 | November 2018



A windy
Autumn day
at Nostell

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2019 Rides and Events Programme

Next year's rides and events will soon be finalised and we will be printing the new programme. Even in these days of e-communications or printed programme is an important tool for publicising our activities.

If you can help get our leaflet displayed at new places contact us for a supply at:
info@cycling-wakefield.org.uk

Cycle Forum Annual Dinner
Thursday 6th December
Kings Croft, Pontefract
WF8 4HA
6.30 for 7 pm

Including raffle, seasonal quiz and
'presentation' ceremony.

For booking contact Janet Taylor on
01924 261452

News Roundup

Bike Doctor drop in sessions



Bike Doctor drop-in sessions continue on the third Sunday of the month. (None in December)

The coming sessions are:

Sunday 18th November, Anglers Country Park, 11 am till 1 pm

Sunday 21st January, Anglers Country Park, 11 am till 1 pm

Booking is not required for these sessions.

Basic Bike Maintenance Class

Our last maintenance class this year took place on Sunday 14th October with a full complement of 12 attendees.

We have had a great response to these classes. As one grateful attendee put it 'I would like to say a GREAT BIG THANK YOU to Graham, Steve and Steve they're a great team! I found the course very informative and very beneficial and it gave me the confidence I needed to enable me to sort my bike out independently.'

Look out for news of next years classes in our February newsletter.

Job Vacancies

As you know, if you have read any newsletter in the past, Wakefield District Cycle Forum (WDCF) is always looking for new volunteers. Just turning up to help at a workday or an event is great and hopefully more of you can do that in future. But there are some volunteer jobs on which we depend. Without them some of our activities would cease. Below are some of those for which we need 'new blood' in the near future. If you think you could do one of these jobs, please get in touch.

Rides Manager – Manage our rides programme including, organising meetings of ride leaders, co-ordinating our teams of ride leaders at our 'cycle hubs' and organising substitutes leaders when necessary.

Funding Officer – identifying and applying for funds to enable WDCF to carry out all its activities successfully.

Newsletter Editor – writing, compiling and editing our quarterly newsletter

If you want any more information or would like to discuss helping with these roles please contact us at info@cycling-wakefield.org.uk

Any new volunteer will receive the necessary assistance and guidance.





Summer Events

It was a sweltering summer. Too hot for some maybe but it did not deter our willing band of volunteer who put on a great cycling experience every Wednesday during the summer school holidays in front of the big house at Nostell. It is such a glorious setting, but the cycle forum does their best to add a touch of colour (and sometimes chaos) to the summer fun.

Apart from our colourful Gazebos, the main attraction is our skills course. The kids sometimes manage to challenge their parents/grandparents to a challenge on the course by the vast majority of participants are children and young adults. Well over 600 took part in the skills course at the Holiday Wednesdays. We also offered short bike rides round the park at Nostell. We ran 17 of these and around 150 people came along.

We also attended four 'village' events and over 300 participants enjoyed the challenge of our skills course.

A big thank you to the 27 volunteers who worked hard to make these events possible.

CityConnect Cycles Offer

Cityconnect is funded by the West Yorkshire Combined Authorities and works to help adults get back on their bikes and build their cycling confidence.

Whether you're looking to build your confidence, maintain your bike or master your commute, we have a course for you.

Free cycle training and maintenance courses, for anyone 16+, from beginner too advanced including route planning and journey accompaniment, FREE of charge. Participants can take advantage of up to 3 cycling sessions per level. Training takes place at one of the City Connect Cycle Hubs located across West Yorkshire, including Thornes Park in Wakefield. Typically, sessions running from Monday to Saturday, 1000 – 1200, 1230 – 1430 and 1500 – 1700. Bespoke times can be early mornings or late evenings.

Our sessions are typically run in 2-hour blocks, usually with ratios of 1 instructor to 4 participants with cycle training and 1 to 7 with maintenance sessions. Bespoke and 1:1 sessions available on request

People in receipt of certain benefits may be eligible for a free bike.

More information - <https://cyclecityconnect.co.uk/cycle-training/> or phone 01274 753 556

Meg and Nev's Tandem Adventures: Part 1

My first bike was older than me. Originally black with war issue tyres, my father had painted it green and sprayed the mudguards gold. It didn't have any gears and I don't remember any adventures on it.

30 years later, married with 2 children with bicycles, I bought a bike of my own. It was a blue racing bike with Beryl Burton handlebars. We didn't often go out for rides as a family but on one ride along a local packhorse trail, my front wheel got stuck and came to a sudden stop. I held on tight, shot over the handlebars, did a 180 degree turn and finished up flat on my back holding the bike above me.

Later Nev and I started to go out on our own. Nev, on his hybrid got up hills much quicker than me but going downhill my bike was much faster, so we didn't really spend much time together, meeting up at junctions to check that we would both be turning in the same direction. We have solved that problem now by having a tandem.

We first tried out a tandem at Clumber Park and Centreparks. We were paragliders but after I was diagnosed with multiple sclerosis we decided it wasn't safe to continue paragliding. So, we sold our paragliding equipment and purchased a Circe Helios tandem. With 20 inch wheels it had the advantage of fitting in the back of the car once you remove the front wheel, avoiding the need for a bike rack.

When we collected the bike we were given some instructions. For example, how to mount a tandem without taking chunks out of your partner's shins by rotating the pedals unexpectedly and why you needed to talk to your partner from time to time.

To keep a tandem stable, the heavier rider takes the front seat. They are responsible for steering, starting and stopping as well as shouting helpful advice to the person behind, like 'Duck!' when approaching a low branch, or 'Puddle!' in appropriate circumstances. It helps when the driver indicates that they are going to stop pedalling, so avoiding their companion jarring knees when the pedals suddenly stop rotating. In the rear you can't put your feet up, unless you are inordinately flexible, but you can admire the scenery, apart from the road immediately in front of course, and eat and drink as you wish. You are also free to wave at children one passes, indicate which way the driver intends to turn or signify appreciation to those allowing passage across a busy road or giving a wide berth when passing. When going downhill at speed, however, it is wise to hang onto the handlebars to avoid being thrown off. (And try not to collide with big horses.)



Despite our training course, we were hesitant about taking to the roads. On a visit to our local library, I picked up a Wakefield District Cycle Forum leaflet. The largely off-road circular routes of the Forum rides were therefore ideal. We started with easy rides, especially the one with the free mince pies. With experience, we moved on to longer steady rides and even when we had trouble with steep hills ride leaders were patient and supportive.

We have, however, now swapped our original Circe Helios for a Circe Helios Steps, a tandem with an electric motor, which makes long hills much easier. We both still need to pedal and the motor cuts out when we get to 15 mph, but it does mean we can keep up and even overtake going uphill. Having gained experience and discovered routes on forum rides we now combine forum rides with rides on our own, sometimes extensions of rides we have done with the forum or loosely combining two forum routes together.

Next time find out how the tandem has taken us on adventures further afield.
(To be continued.)

Castleford to Wakefield Greenway

Unfortunately, due to factors beyond our control 'The Big Workday' on 8th September had to be cancelled.

Fortunately, we were able to re-arrange for Monday 15th and Tuesday 30th October.

We can now report that a new surface has been installed on the section from Chantry Bridge to Fall Ings Locks (see red line on photo).



Our workday volunteers turned out in force (some seem to be working harder than others) and were joined by workers from the council who supplied the materials, a JCB and a roller to ease our workload.



The surface is only temporary, we hope, as a more permanent path will have to be constructed when the developer gets around to developing the site. As the surface was not machine laid it is a wee bit bumpy but at least it is solid and not the narrow, muddy path which previously was impassable by this time of year.

The before and after state of the path can be seen from the photos below.

