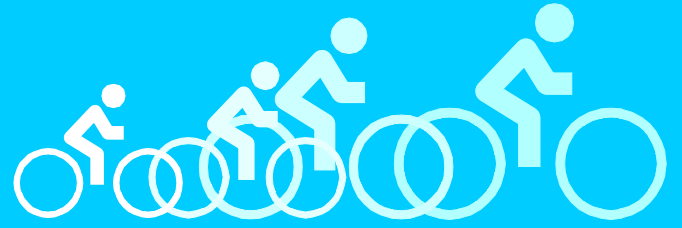


CYCLING Wakefield

Promoting and campaigning for cyclists



Newsletter of the Wakefield District Cycle Forum

Edition number 5

May 2010



IN THIS EDITION

Wakefield Council
and Cycling

Health Rides

Wheels for All

Bike Week
Programme

Cycle Shops
Support Forum

Round the District
with Forum
Volunteers

Roger Talbot Ride Starts the Season Well

Our first event of the summer season got us off to a good start as twenty six people, including one year old Rebecca, turned up to remember or late rides coordinator Roger Talbot. The 16 mile ride started at Anglers Country Park with a coffee stop at Pugney's Water Park. As you can see from the photo it was great weather and a good time was had by all.

Bike Week 19th – 27th June

Once again Wakefield District Cycle Forum is rolling out a full programme for Bike Week which this year runs from the 19th to the 27th June. To start the week we will be having a Cycling Festival at Nostell Priory and Parkland which we hope will equal the very successful event held last year. Our partners for the week's events are Wakefield Council, Wakefield NHS and the National Trust.

The programme for the week is outlined in full inside this newsletter and we hope we will see as many of you as possible at the events and rides throughout the week. We are in need of helpers for the events on the two weekends so if you can spare a few hour please get in touch through the web site, by email to infor@cyclings-wakefield.org.uk or by telephone to David Keighley at 01924 240180.

Wakefield Council Corporate Director Outlines WMDC's Plans for Cycling

During the last financial year the Council completed cycle projects at Shay Lane, Walton to Hare Park Lane, Crofton, and Kettlethorpe to Slack Lane, surfacing the routes to create links between the communities.

The Crofton project is part of a planned longer route between Crofton and Walton, linking to the Sandal Curves cycle path to Sandal and Agbrigg Station.



Path being laid through Walton Country Park earlier this year

Also planned for 2010/11 is the development of a cycle route on the former Methley Line at Cutsyke and improvements to the Nagger Line path at Outwood. Discussions are also ongoing with British Waterways about improving the section of tow path between Stanley Ferry and Fairies Hill.

As part of the new Wakefield Transport Strategy we are looking to incorporate a new Cycling Strategy that will include the adoption of a cycle network for the district. This will create more opportunities for cycling and will encourage people to cycle and deliver improvements to the environment.

Cycling not only contributes to improving people's health through increased physical activity, it is an important part of the Council's Transport Strategy to reduce the dependency on the car.

Wakefield Council is currently developing a new Transport Strategy for the district. It will tie-in with the West Yorkshire Local Transport Plan No 3 being developed by Metro in partnership with Wakefield Council and the other West Yorkshire Districts. As part of the strategy, we will want to promote cycling and pedestrian routes and facilities and will work with the Cycle Forum and local user groups to help do this.

Andrew Wallhead,

Corporate Director Regeneration, Culture & Sport

Health Rides Programme starts well

The programme of 'health rides' which the cycle forum runs on behalf of the Wakefield District NHS continues to attract new participants. The Roger Talbot ride, reported on page one, started the summer programme. Since then there have been four further rides attracting between 5 and 11 participants. In total so far the rides have been joined by 35 different people including regulars and a few new faces.

The purpose of these rides is to help people get back to cycling and encourage them to become regular cyclists. The full list of rides is on the web site at www.wakefield-cycling.org.uk. If you have a friend, colleague or member of your family who wants to get back on their bike but needs to build some confidence why not get them to come along to one of the rides.

Below are some of the riders on a 'health ride' from Pugneys.





WHEELS FOR ALL



CYCLING FOR PEOPLE WITH DISABILITIES AND DIFFERING NEEDS.

**Come and join in cycling sessions on a wide range of adapted bicycles!
(Trained Leaders present/ Helmets provided)**

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

**OPEN SESSION HELD ON THE 2ND SATURDAY OF EVERY MONTH
10.00 - 12.00AM**

**SESSIONS COMING UP ARE:
(SATURDAYS) 8TH MAY, 12TH JUNE, 10TH JULY, 14TH AUGUST**

TO BOOK YOUR PLACE (£2.00 FOR ONE HOUR) RING:

01226 723659

Would you like to train as a Cycle Leader?

**For further information about volunteering, call Gail Tombs
07743337778**

Nostell Cycling Festival Programme

Saturday 19 June - 11 am till 4 pm

Throughout the day you can visit any of the following stalls:

Cycling Information Stall – find out more about cycling in Wakefield

Bike Doctor – let the Bike Doctor give your bike a health check

Bike Bits Table – buy some second-hand bargain bits for your bike

Cycle Orienteering – test your navigation skills on the Nostell Parkland orienteering course

Cycle Skills Course - Throughout the day you are also invited to test your skills on the Cycle Skills Course. You can use your own bike or borrow one from us.

Guided Rides – why not join one of our guided rides round the grounds of Nostell Parkland or go further afield on a ride to Anglers Country Park. Rides will be between 2 miles and 8 miles. You can use your own bike or borrow one of ours.

Rides will take place at: 12.30 pm and 3 pm

Find out more about the Cycle Forum at

www.cycling-wakefield.org.uk



During the week there will be two organized rides:

Tuesday 22 June – Pontefract Squash Club
(15-20 miles)

Wednesday 23 June – Wakefield Kirkgate Station
(10 miles)

Both rides will commence at 6 pm

Nostell Cycling Festival Programme

Sunday 20 June - 11 am till 4 pm

11 am – Official opening of the Festival by Jon Trickett MP and the Mayor of Wakefield

Throughout the day you can visit any of the following stalls:

(See Saturday's programme for details)

Cycle Information Stall/Bike Doctor/Skills Course/ Bike Bits Table

11.15 Onwards: Orienteering– details from the Information Stall

11.30: Guided Ride round Nostell Parkland (approx 2 miles)

12. 00: Fathers' Day Challenge – take on your Dad in a Cycle race

12.30: Team Relay Race – Round 1

13.00: Guided Ride round Nostell Parkland (approx 2 miles)

13.30: Team Relay Race - Final

14:00: Guided Ride to Anglers Country Park (approx 8 miles)

Find out more about the Cycle Forum at

www.cycling-wakefield.org.uk



On the final weekend of Bike Week there will be two events at Anglers' Country Park:

Saturday 28 June 11am– Trans Pennine Trail Anniversary Ride

Sunday 27 June 11am till 4pm– information stall and rides

Bike Shops Support the Forum

As you know the Wakefield District Cycle Forum is entirely run by volunteers on a very tight budget. So far, as reported in previous newsletters, we have been fortunate in obtaining a number of grants which have allowed us to carry out a full programme of events over the last couple of years. We are now as a result well equipped to continue working to promote and campaign for cycling in the Wakefield District.

One of our activists, Robert Clegg, came up with the idea that we might supplement our funds by asking bike shops in

the district for 'freebies' that we could use as prizes at events and raffles, tombolas, etc. Robert has spent a good bit of time over the last few months visiting bike shops and writing to suppliers and his efforts have been rewarded.

Local shops JB's in Ossett and Kendals in Castleford have given us some bells and Wakefield Cycles have added some bells and reflectors. Not satisfied with local shops' donations Robert has extended his horizons and from tandem specialists JD's of Ilkley has acquired lots of goodies such as

shirts, socks, bottles and even an umbrella. From 2Pure, suppliers from near Edinburgh, even more goodies have arrived including shirts and a top quality pair of pedals.

So you see we will have a top class tombola at the Cycle Festival during bike week and hopefully this will help to keep our funds in a healthy state. We have also been promised a prize for the Cycle Festival from Halfords in Wakefield.

Make sure you are at Nostell Priory to win your prize on the 19th and 20th June

Wakefield District Cycle Forum Gets Out and About



This map display board is located at Walton Country Park. It illustrates the cycle routes on and around the Wakefield Wheel Cycle Route devised by David Keighley. Two other displays are located at Pugneys and Anglers' Country Park and it is hoped to locate a display at Nostell Priory.



The rain does not deter 11 volunteers attending a cycle leaders training course



An unusual client for the Bike Doctor



Having fun on the Cycle skills course at Kinsley



The forum information stall in the Cathedral precinct

