

Welcome to the latest issue of Velocheer, the newsletter for and about Cycling UK's brilliant volunteers.

We hope you have been able to enjoy some great riding this year. As we go to press, the weather has been unseasonably warm for many of us, with record-breaking temperatures for February and lighter evenings. The birds are singing in the trees and the promise of real spring is in the air - which means it's a great time to look forward to an exciting year of cycling ahead!

Just remember, it's only a few short weeks now until the official start of British Summertime - yay!



Alex, Julie and Gjoril

The Cycling UK Volunteering Team

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Going the Extra Mile:

Cycling UK's Volunteer Awards 2019

Although it doesn't seem that long ago that we were celebrating our amazing Volunteers of the Year at the Big Bike Celebration in Harrogate last October, it is now time to start thinking about who you would like to be recognised for their commitment to cycling in 2019.

This year's awards will be presented at our Volunteer Celebration: Going the Extra Mile in London on Saturday 15 June, where we will hear all about the winners and runners-up and their outstanding achievements.

Nominations opened on Thursday 14 February - because it's Voluntary's Day, of course! - and will close on Monday 8 April at 5pm. The shortlisted top three in each category will be chosen by a panel made up of Cycling UK staff and volunteers and be announced on Monday 15 April.

They will then be invited to the ceremony in June, where the winners will be announced.

Find out about all the winners who went the 'Extra Mile' in 2018 - do you know an event, campaign, project, group or individual who deserves the same recognition?



Enjoy the ride!





Have you tried our new IT tools for groups yet?

Many of our Member Groups are now using these new tools to view lists of riders in their areas, send out communications to them, keep track of their volunteers and more.

The toolkit is in its first phase of development, with more features to be gradually added over the next few months.

It's easy to use and it means that you won't have to worry about accessing confidential data in the light of the new [General Data Protection Regulations](#).



You will need to [create an account](#) on Cycling UK's website first. We will also be launching soon a separate Volunteer Engagement Tool as part of our ongoing investment in volunteer development.



Try a Tri-Vets - our special rides for over 50s are back

Every three years, some of Cycling UK's Member Groups put on rides of around 100km or 100 miles for riders aged 50 or over. These are the Tri-Vets or [Triennial Veterans' Rides](#), which have been taking place since Cycling UK's fiftieth anniversary year in 1928.

So far, there are Tri-Vets rides registered in the following areas in either June or July 2019:

- Teesside
- Huddersfield
- Alfreton
- Coventry
- Essex
- West Kent
- Chester and North Wales



If your group would like to put on a Tri-Vets, [please contact us](#) for a registration form and guidelines for organisers on how to run the event.

After the event, successful riders will be able to complete an order form to obtain their commemorative badges and date bars. These will then be distributed to organisers and participants sometime in August or September 2019.

Do you know someone who's completed several Tri-Vets events? If so, [get in touch](#) as we'd love to hear about them!

Club Confidential - Your Welcome!

We want all our volunteers to feel welcome, no matter what role they do. This is why we are pleased to announce our new [Volunteer Welcome booklet](#) aimed at anybody who volunteers with Cycling UK or one of our groups. The booklet sets out who we are and why volunteering in cycling is important, as well as information about our policies and how we can support you in making an impact. Find out more in [How groups can support volunteers](#).



The Challenge is on!

Our popular [Challenge Ride Series](#) kicks off again soon with [Cycling UK Stevenage's Start of Summertime Specials](#) on Sunday 31 March.

These rides will be shortly followed by CTC Devon's Devon Dirt and Two Mills CTC's Early Season Challenge Rides, both on Sunday 14 April.



Other events will take place throughout the summer, culminating in Stevenage's Emitremmus rides back in Hertfordshire at the end of October, where we see 'Summertime Reversed' once more.

Register your rides!

Don't forget to register your rides if you're a Challenge Ride event organiser so that we can start spreading the word amongst our members and supporters to sign up for these fantastic events.

Mike Walsh - Certificate of Merit

More congratulations are due to Mike Walsh, former Secretary of Wessex Cycling Member Group, who has been awarded a Certificate of Merit for his incredible contribution to cycling in the South West. Mike has been a stalwart of the group alongside his brother Terry, who was awarded the Certificate of Merit himself in 2013. Mike has served as a volunteer for Wessex Cycling in many capacities and was instrumental in shaping its transformation from the former District Association.

Mike has also been a major force in the organisation of Wessex Cycling's flagship event, the Gridiron 100 Challenge Ride. This event takes place every year in October in the New Forest and is enjoyed by hundreds of riders of all ages and abilities. The 100km route crosses many of the cattle grids around the forest, hence its name, and includes some breathtaking views across the Solent to the Isle of Wight.



Photo right: The Gridiron 100 by Mike Walsh

Well done on your well-deserved award, Mike, and thank you for your passion and dedication to enabling thousands more people to enjoy the wonderful benefits of cycling! (Note that the Certificate of Merit is now known as the [Certificate of Appreciation](#).)

Volunteer of the Month: Malcolm Margolis BEM

Many congratulations to Cycling UK volunteer Malcolm Margolis from Harrogate, who has been awarded the British Empire Medal in the New Year's Honours list.

He was one of only three nominees involved in cycling, one of the others being a certain Geraint Thomas, so he is in very good company! Malcolm's citation states that the award is for services to cycling in Harrogate.

Malcolm and his wife Gia founded Cycling UK-affiliated group [Wheel Easy](#) back in 2006 and it has gone from strength to strength, with 270 members and 30 to 40 regular ride leaders.

Malcolm has also been heavily involved in cycle campaigning and was a leading light in overturning the ban on cycling on The Stray, where Cycling UK was founded in 1878.

He says: "For me, BEM stands for Be EMpowered because that's how I feel!"

Sarah's got all her Sisters riding with her!

Voluntary Group of the Month

Cycle Sisters is a Cycling UK-affiliated group from North London. It was started in 2016 by Sarah Javid from Waltham Forest to encourage women from a Muslim background to take up cycling.

She took her own passion and experience to begin leading weekly social rides for her friends and family. Now the group has over 50 members and volunteer ride leaders.

Asma from Cycle Sisters says: **“The support from ride leaders, their enthusiasm for cycling, and the diverse people you meet makes Cycle Sisters special.”**

The group, which won Waltham Forest's Love Your Borough Award in 2018, is so popular it is now adding new rides, including Eat Pray Cycle, a monthly ride to a different mosque for Friday prayers followed by food at a local restaurant.



They're two of a kind



Jim and Jill Borchers of Cycling UK Stevenage are not only partners in life but also in cycling.

They met over 30 years ago during an Easter weekend organised by Cambridge CTC and have [cycled together](#) ever since. Not only that, but they also volunteer together and jointly organised last year's Start of Summertime Specials Challenge Rides. Jill says: "Cycling has always been the thing we've done together and about 15 years ago we started riding regularly with Cycling UK Stevenage." She added: "Cycling has kept us both healthy, Jim still cycles to work on the same bike he did when we first met."



Going the Extra Mile: show volunteers your appreciation



Do you know inspiring volunteers like Jill and Jim? Not only can you nominate them for our annual [Volunteer Awards](#) so they can receive recognition for their efforts but you can also thank them personally with a Certificate of Thanks or a Certificate of Appreciation.

We have also designed a series of digital Long Service medals for anyone who has been volunteering for a long time. For more information, take a look at [Going the Extra Mile](#).



Don't forget to follow us!

