

Welcome to the summer 2019 issue of Velocheer, Cycling UK's newsletter for all our amazing current and future volunteers.

There's been a lot going on since the [last issue back in March](#) so we'll be bringing you bang up to date.

There's the latest news about our exciting [Volunteer Celebration](#), which is just over a week away now, as well as news of [the finalists](#) in Going the Extra Mile: our Volunteer Awards 2019.

We've also got information about our new volunteer hub plus ways you can get involved in [Bike Week](#) next week from 8 to 16 June.

Plus of course it's national [Volunteers' Week](#) this week so we've been celebrating in style with our awesome office volunteers Stasi and Roy.

If you want to thank the volunteers who help YOU get more out of cycling, why not treat them to a coffee and cake or even present them with [a Thank You Certificate](#) for all they do?

The Volunteering Team at Cycling UK



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Celebrating Volunteers' Week 2019

Volunteers' Week is an annual event aimed at recognising the incredible contribution of volunteers around the country and thanking them for all they do.

While there are many professionally organised cycling events, the vast majority of cycling activities in the UK are led by volunteers, none more so than those put on by the hundreds of groups, projects and programmes that are connected to Cycling UK.

Did you know that Cycling UK volunteers also do the following - and much more besides?

- research our history and heritage
- moderate the forum on our website
- read 'Cycle' magazine for visually impaired members
- help with admin at National Office

Cycling UK Chief Executive Paul Tuohy says:

"In Volunteers' Week, I'd like to thank all our fantastic volunteers, whoever you are and whatever you do. You are vital to our mission to encourage millions more people to cycle. We will be highlighting your contributions at our [Volunteer Celebration](#) on Saturday 15 June in London - I do hope you'll be there with us."

Use our Facebook and Twitter feeds to tell us about your volunteering in cycling and how you've celebrated at #VolunteersWeek or @WeAreCyclingUK or [email us](#) instead.





Malcolm's moment to shine: he receives the British Empire Medal for services to cycling

Cycling UK volunteer Malcolm Margolis from Harrogate, North Yorkshire, recently collected the British Empire Medal he was awarded in the New Year's Honours list earlier this year.

Malcolm and his wife Gia founded Cycling UK affiliate group Wheel Easy, and he has also been instrumental in lobbying for funding for routes for cyclists in and around Harrogate, including the popular Nidderdale Greenway.

Malcolm was delighted with the award in recognition of his tireless efforts on behalf of cycling in Harrogate. He said: "It was a huge honour to receive the medal"

In a nice coincidence, he [received his medal](#) from Mrs Jo Ropner, the Lord Lieutenant of North Yorkshire, a very enthusiastic cyclist herself!

Do you know someone equally deserving of national recognition? Why not [nominate them](#) too for a prestigious honour? They may end up being invited to Buckingham Palace like Malcolm!



Going the Extra Mile: Our Volunteer Awards and Celebration 2019

Our [Volunteer Celebration](#) in London on Saturday 15 June is fast approaching and there's still time to register your place - but hurry as bookings close soon.

The event will recognise, reward and thank all those groups and individuals who help make cycling activities accessible to people from a wide range of backgrounds and communities in the UK.

Whether it's a local Member Group like Two Mills CTC (pictured above), who put on great road events such as their [Early Spring Challenge Ride](#) every year, or an affiliate group like [Bike Park Bishopstoke](#), who have created and maintained features beloved by mountain bikers, they enable a diverse range of people to enjoy the fresh air and fantastic physical benefits of the kind of cycling they most enjoy. Read all about [our other worthy finalists](#).



A young volunteer from Bike Park Bishopstoke in Southampton digs in.

What does volunteering mean to YOU?

As part of the celebrations for Volunteers' Week, we're encouraging our volunteers [to create a short video of themselves](#) explaining what volunteering means to them; we can then share some of these videos on social media to encourage even more people to get into volunteering.

These videos may also be shown at our awesome [Volunteering Celebration](#) in London on Saturday 15 June to inspire and encourage others to volunteer.



Managing groups - use our new volunteer hub

Many of our Member Groups are now using our [resources](#) to welcome new members, send out newsletters, and keep track of their volunteers.

They can also register events and rides, tell the thousands of daily visitors to the Cycling UK website a little bit more about the group and its activities and more besides. Cycling UK's affiliate groups also have [their own publicity pages](#) on our website to register rides and events and give more information on what kind of cycling they do and even upload images and newsletters.

We are also busy developing a new volunteer hub, powered by ASSEMBLE, which has a wide range of [volunteering opportunities](#) to apply for. Once you have successfully applied for a volunteer role, you will be able to:

- control your own profile
- read our latest news
- access relevant documents
- sign up for tasks or events
- log your volunteering hours

and much more. ASSEMBLE makes it easier for volunteers to organise the skills and time they so generously donate to getting more of us cycling.

Order your group kit through Cycling UK

Many groups like to wear cycling kit customised with their own names and logos.

Did you know there is the option to order these items through [Cycling UK's Shop](#)*? There's a range of items available in a variety of different fits, from relaxed club kit to skintight racewear and you can order as little as one item at a time.

The Cycling UK logo(s) will have to be on the design and conform to our brand standards, as will the manufacturer's logo. The CTC Winged Wheel can also be added.

Jerseys can be bespoke to the individual, with custom names / nicknames and country / county flags available should you wish.



*For full Terms and Conditions, see [the Group Cycling Kit](#) page.

Bike Week is about to begin - so get involved!



Bike Week runs next week from Saturday 8 to 16 June and encourages hundreds of thousands of people to get on their bikes and rethink how they make their everyday journeys - ultimately inspiring the public to switch to cycling as the most convenient, fun and healthy way to get around. We'd love you to [get involved](#) and [register an event for Bike Week](#). Whether it's a one-mile pootle around town or a challenging off-road route, we want you to join us to celebrate everything that's great about cycling.

There are lots of ways you could take part: maybe cycling with colleagues, setting up a breakfast ride to school, university or work, putting on a charity ride or arranging a guided tour of your village. Perhaps instead of a bike ride, if you're handy with a tool kit, you could provide friends or colleagues with some bike maintenance and safety tips to help them get pedalling. [Registering your event](#) on the Bike Week website, you'll benefit from access to a [whole host of materials and free resources](#) to help you maximise your promotions, plus your event could be covered with [free public liability insurance provided by Cycling UK](#). Be a part of the UK's cycling awareness-raising week and help us celebrate cycling!

Many Happy Returns to Grampian CTC!

Voluntary group of the month Grampian CTC



Grampian CTC is [celebrating 30 years in existence](#) this year and its anniversary ride is a [finalist in the Best Cycling Event category](#) of our Volunteer Awards. The event saw people of all ages and kinds come together in four different groups to ride to Easter Anguston Farm café, where a special celebration cake (pictured above) was enjoyed. The group's Chair, John Baghurst, spoke about the growth of the group and its activities, from a membership of 156 in 1989 to 450 at present!

Taking the chains of office

Following recent elections and Mayor Making, the Mayor; Deputy Mayor and Deputy Mayoress of Stevenage Borough Council are all active cyclists and members of Cycling UK!



[Cycling UK Stevenage](#) has always been one of more active Member Groups, with rides for all ages and abilities regularly on offer.

Now, the group has added another spoke to its wheel with no fewer than three members of Stevenage Borough Council active cyclists and members of Cycling UK.

Here they are relaxing with their cycling guests during a break in the Mayor Making evening.

The group's next event is its [85km circular challenge](#) on 16 June.

From left to right:

Penny Schenkel, Deputy Mayoress (Ride Leader and web manager), Jim Brown, Deputy Mayor (Stevenage Cycling UK Group Secretary and former Cycling UK board member), Pete Woolmer (Group Ride Leader), Simon Speller, Mayor (Cycling UK member and PBP veteran), Elaine Walker (Group Ride Leader), Tina Walker (Group Chair), Andy Walker (Stevenage Cycle Hub and Cycling UK)

We need your routes!

The theme for Day 7 of [Bike Week](#) is: "Favourite three miles - best short routes by bike. So, we would love our local groups across the UK [to send us their best ones](#) to inspire new and returning cyclists to get out on their bikes.

It's a great way to show that cycling is for everyone, and that you don't have to be a really good cyclist and ride 50 miles non-stop to be part of Cycling UK. Take a look at [this example](#) from our Glasgow project Play on Pedals.

All you need to do is log in to the Cycling UK website and then go to [your group page](#) and [create a route](#). You will need a GPX file of the route, an image and a few words about it. If you haven't got a GPX file, create one using [Ride With GPS](#) or [BikeHike](#).



"Everyone enjoys the ride and it finishes with smiles. It makes me happy knowing they are safe on their bike and learning something new."

Muhammed, Volunteer Ride Leader, British Red Cross Cycling Group Portsmouth

Don't forget to follow us!

