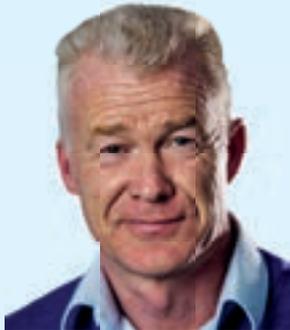


this is cycling UK



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Share the joy

Cycling is brilliant. Cycling together is even better! After a ride on his restored tandem, Chief Executive **Paul Tuohy** is looking forward to Bike Week

Well, summer is here. At least, I think it is; it's been unseasonably cold in May. However, I was excited to take out our beloved pink tandem, nicknamed Le Rose, for its first outing since its respray (the only one it's ever had).

I bought the tandem in 1992 when working for RNIB. Walking down Redhill high street in Surrey, I spotted it propped by a wall with a cardboard 'for sale' sign taped to the top tube. The elderly owner explained that his wife could no longer ride it due to illness. I sympathised with him, adding that I needed one because my wife was nervous on a solo. The frame size was perfect for Wendy and me.

In the 27 years since, Le Rose has been our faithful companion at home and around France. In 1995 it had child-seats fitted front and back, so I changed the drop handlebar for a wider flat bar to help with steering. We kept it like this after the children grew out of it and their seats were removed. The tandem's ride quality remained trouble-free as the years passed but the paint became faded and chipped. This year I decided it was time to revive Le Rose.

The frame sprayer asked me what colour I wanted. "The same as what's on it," I replied. He seemed surprised!

Stimulating cycling

Last weekend we undertook our first ride of 2019 on Le Rose to a country pub. It was pure joy. It's a great conversation piece. One local said it had inspired her: she would dust down her bike and get out on it this summer. "Why not start in Bike Week?" I replied.



Paul & Wendy's pink tandem before its recent restoration

Bike Week is a great opportunity to celebrate the social, health, and environmental benefits of cycling. Our aim is to encourage many more people across the UK to give cycling a try, getting them out on their bikes between Saturday 8 June to Sunday 16 June. Any outing on a bike counts, whether that's nipping round to a friend's house, cycling to work or school, enjoying a leisurely ride with the family, or tackling a cycling challenge.

In 2019, Bike Week is set to add another 240,000 people to the 2.4 million who already cycle three times or more a week. Across the UK, hundreds of great events will be taking place to help you enjoy cycling. Le Rose will be out and about carrying children at a summer fair. They love the experience of being the 'stoker' at the rear. Last year, some of them asked their parents to go and buy a tandem!

How to get involved

We shall be coordinating Bike Week events suitable for people of all ages and levels of experience. There will be family friendly rides, bike maintenance sessions, bike breakfasts, group rides, and more.

For more details on how to get involved, check out Cycling UK's website, bikeweek.org.uk. Alternatively, phone the office on 01483 238301.

Summer's here. Get out and enjoy the ride – and tell others to join you in Bike Week!

“
Bike Week is a great opportunity to celebrate the social, health, and environmental benefits of cycling
”

£23

The cost to make someone a regular cyclist through Big Bike Revival in England



20

The default speed we're urging the Scottish Government to adopt in urban areas



The Braich traverse in Snowdonia. More great trails in Wales will be opened up soon

Off-road access

TRAILS FOR WALES!

Thousands of miles of trails will be opened up across Wales for cycling in a radical shake-up of access laws announced by the Welsh Government

The new plans to open up Welsh rights of way were described by Cycling UK head of campaigns Duncan Dollimore as “possibly the most significant changes to rights of way legislation since Scotland’s Land Reform Act in 2003”.

The announcement follows four years of campaigning by Cycling UK and mountain biking advocacy network OpenMTB. Through our Trails for Wales campaign we mobilised over 12,000 people to write to the Welsh Government to support proposals to increase public access to the countryside – and thanks to you, they listened.

The plans include permitting cycling and horse riding on many (not all) footpaths. It’s a pragmatic approach that Cycling UK fully supports. A “presumption of multi-use” is promised, with exceptions determined by suitability rather than historic classification as footpath or bridleway. It’s a vast improvement on the 21% of the rights of way network currently available to cyclists in Wales.

Open access land, such as expanses of

moorlands like Cadair Idris and the Berwyn Mountains in North Wales, should also be opened up to explore on a bike or horse rather than just on foot. This potentially means an estimated 15,000 miles’ worth of new routes to discover, plus up to 450,000 hectares of access land.

The details still need to be determined, so Cycling UK will continue to speak up for off-road cyclists. We’d like to see a Scottish-style Outdoor Access Code created to promote responsible enjoyment of the outdoors.

As Stacey King from OpenMTB said: “It is heartening to see the Welsh Government recognising the huge public support for its forward-thinking proposals for access reform. ... [It] recognises the true value of mountain biking as both a public good and an economic attraction.”

How you can help

Add your voice by writing to the minister to support the changes. Visit:

cyclinguk.org/trailsforwales



More online

Help make 20mph the default in Scotland’s built-up areas by supporting the Safer Streets Bill:

bit.ly/20mphScotland

Road safety

SAFER LORRIES FOR LONDON

Cycling UK is celebrating another landmark victory after Transport for London announced it has won public approval to go ahead with new safety standards to reduce the dangers of lorries to vulnerable road users in the capital. From next year, lorries will need to achieve a minimum standard of safety to protect cyclists and pedestrians. These requirements will increase from 2024. cyclinguk.org/campaign/action-on-lorries



Campaign win

TOO CLOSE FOR COMFORT

Cycling UK has won national recognition for its Too Close for Comfort campaign. The Partnership Scheme of the Year award for the campaign, which has provided educational mats and VR headsets to UK police forces, was presented at the Young Driver Focus conference in London to Cycling UK’s Duncan Dollimore and Keir Gallagher. cyclinguk.org/toocloseforcomfort

Events

AGM & VOLUNTEER CELEBRATION

Round-the-world record holder Jenny Graham is the guest speaker at Cycling UK's Volunteer Celebration in London on Saturday 15 June. The event will showcase the amazing work of Cycling UK volunteers from all parts of the country, and takes place after a bike ride along the Thames. Cycling UK's AGM (members only) takes place afterwards at 4pm. bit.ly/agm-vols-2019



Right: Thomas Hogben

Rides

TRI-VETS 2019

If you're 50 or older, why not show everyone that you're still fit by riding – not being – 'over the hill'? The Triennial Veterans' Rides, which are organised by our Member Groups, have been taking place every three years since 1928! There are 13 events to choose from in June and July, with distances of either 100 kilometres or 100 miles. Find one near you by visiting the website: bit.ly/tri-vets2019.

14
Challenge Rides
to tackle in 2019
– with nine yet to
take place



It would have been harder to sell Manchester's cycle routes to the public without Boardman

Funding

CYCLING'S RISING CZARS

Anyone who wants to see more people on bikes would agree that Chris Boardman's appointment by Mayor Andy Burnham as Greater Manchester's Walking and Cycling Commissioner was a good thing.

Boardman's ambitious plans for the 'Beelines' network of walking and cycling routes across the region – supported by £1.5 billion of investment from central and local government funding – shows that where there's political will, there's a way.

Boardman's profile has helped sell the pro-cycling message to Mancunians and to

politicians. Now mayors in the Sheffield City Region and the West Midlands Combined Authority are following Manchester's lead. Former BMX and track cycling world champion Shanaze Reade is now the West Midlands Cycling and Walking Ambassador, while Britain's most successful Paralympian Dame Sarah Storey is the Active Travel Commissioner for Sheffield.

It takes more than a big name to effect change but if the new cycling czars inspire the public, politicians may show us the money.

More at: cyclinguk.org/funding-walking-and-cycling.

Local groups

MEMBER GROUP NEWS

- **The Welsh Festival of Cycling (pictured), run by CTC Cymru, returns to Ruthin in North Wales from 18-21 July. For details, see cyclinguk.org/event/gwyl-seiclo-cymru-welsh-festival-cycling.**
- **There will be an SGM at 7.30pm on 9 July at Chudleigh Knighton**

- **Hall, Chudleigh Knighton, TQ13 0HJ to propose changing the name of CTC Devon to CTC Torbay & South Devon.**
- **Congratulations to Mike Walsh, former long-time Secretary of Wessex Cycling Member Group, for his Certificate of Merit.**





More online

Read about the history of the CTC Winged Wheel emblem:
cyclinguk.org/article/history-winged-wheel

276
 People who went through our Cycle for Health scheme in 2017-18



Most bikes in England and Scotland aren't in regular use. BBR aims to fix that – and them

Cycling development

BIG BIKE REVIVAL IS BACK

Cycling UK has launched its fifth Big Bike Revival (BBR) programme in England and its fourth in Scotland. The aim of BBR is to get tens of thousands more people cycling by rescuing their unused bikes, of which there's an estimated 16 million in the UK.

In England, the launch of BBR at the beginning of May – at five special events in Southampton, Birmingham, Walsall, Manchester and Newcastle – coincided with a YouGov survey carried out for Cycling UK, which identified that 70% of parents who'd taught their children to ride a bike considered it a vital life skill.

The poll also revealed that 47% of people who can ride a bike lack confidence to carry

out basic repairs, like fixing a puncture or checking their brakes, and 41% said they would be encouraged to ride more if they could find a group of people of a similar standard to cycle with.

Big Bike Revival provides free bike maintenance workshops, learn-to-ride sessions, skills coaching, and access to community cycling clubs to help people continue cycling.

Events are taking place across England until 27 July. In Scotland, events will be running throughout the year in local authorities as far afield as Shetland and the Scottish Borders.

For full details, visit cyclinguk.org/bigbikerevival/events. To help out at an event, visit <https://volunteer.cyclinguk.org>.

Cycle-friendly employers

N.I. CYCLING DEPT WALKS THE TALK

The Department for Infrastructure, the government department responsible for promoting cycling in Northern Ireland, has been recognised by Cycling UK as a Cycle

Friendly Employer. The department, which gained a silver award, is the second UK organisation to be accredited. The Cycle Friendly Employer Scheme is part of the EU 'Bike2Work' project.



Women's festival

100 WOMEN IN CYCLING

Nearly 700 nominations were made for this year's 100 Women in Cycling list, which celebrates women who inspire others to cycle. The final list will be announced at the start of the Women's Festival of Cycling in July. Are you planning a women-friendly ride or event this July? Help us to get women pedalling and register your ride. Visit cyclinguk.org/womensfestival.



Funding

CYCLE SPENDING PENDING

Cycling UK has urged MPs to demand more funding for active travel as part of the Government Spending Review. Speaking to the All Party Parliamentary Cycling Group in a House of Commons debate, Policy Director Roger Geffen said Cycling UK's funding campaign with Living Streets is about making our streets and cityscapes better for everyone. cyclinguk.org/funding



745

**Groups affiliated to
Cycling UK. There
are also 95 member
groups**



Events

SADDLE UP FOR BIKE WEEK

Bike Week is back from Saturday 8 to Sunday 16 June with events and activities across the UK. Bike Week encourages “everyday cycling for everyone”, and Cycling UK, in partnership in Scotland with Cycling Scotland, will be encouraging thousands of people to join in events and rethink day-to-day journeys by switching to cycling as a convenient way to get around. Passionate cyclists like you are a vital ingredient in encouraging others to ride. See how you can get involved: bikeweek.org.uk.

Volunteering

THREE CHEERS FOR VOLUNTEERS

#VolunteersWeek from 1-7 June is all about celebrating and thanking those remarkable individuals who give up their time, energy and skills to run rides, events, rallies, and tours. If you know somebody who ‘Goes the Extra Mile’ for cyclists, show your appreciation by thanking them during the week. See <https://bit.ly/2H5T1kJ>.



Left: Cycle Surgery. Right: Calvin Cheung

Member benefit

CYCLE SURGERY SAVINGS

Getting kitted out for your summer riding? Cycling UK members can now save 15% on full-priced clothing and accessories and 10% on bikes at Cycle Surgery, both in store and online.

As well as being good news for your bank balance, some money is returned to Cycling UK to support the charity’s campaigning and project work.

From its beginnings as a bicycle workshop in a London basement, Cycle Surgery now offers expert, personal advice and the best quality brands in cycling, both for the road and the trails.

To access the promotional discount code,

you will need to be logged into the Cycling UK website (by first creating an online account). The code will then be visible at the bottom of the Cycle Surgery member benefit page. To claim your discount in store, you will need to show your valid Cycling UK membership card.

More at cyclinguk.org/member-benefits.

“Members can now save 15% on clothing and accessories and 10% on bikes”

Club kit!

PERSONALISED CLUB KIT

Godfrey Sports have been making custom club clothing for over 40 years. If you’re looking to update your kit design to include the Cycling UK logo (the CTC Winged Wheel can also be used), visit shop.cyclinguk.org/group-cycling-kit. Kit can be fully personalised, and Godfrey Sports will support you with a webpage for your members to order your approved clothing.

