

Ucycle Nottingham



FRESHER air miles!

Ucycle Nottingham at Freshers Fair

The new academic year is fast approaching and with a new academic year comes Freshers and with Freshers comes FRESHERS FAIR! This is everyone's opportunity to come along and find out about loads of stuff going on at the University and this year Ucycle Nottingham will be there. We'll have loads of cycling information on offer, details on the student Bike Hire scheme, some bikes to give you a test ride and the opportunity to reserve a bike plus we'll have some bike freebies to give away. Remember, if you want to register your interest in the student Bike Hire scheme before then you can text BIKE to 07797801415 or email us at ucyclenottingham@sustrans.org.uk (remember this does not guarantee you a bike).

We will be at Freshers Fair on:

Monday 20th September

Tuesday 21st September (with the Environment team)

Wednesday 22nd September

Bicycle Users Group (BUG)

Every month the University of Nottingham Bicycle Users Group (BUG) gets together to discuss issues around cycling at the University. This month we met at Jubilee and we chatted about a range of different areas including the future of the Dr Bike sessions, the Bike Hire scheme, the upcoming car parking charges at the University and the use of bike bells in areas surrounding the University. The group is made up OF the University community and works FOR the University community, aiming to improve cycling and make it a viable transport option for as many people as possible. The group is open to everyone, whether you've been cycling for years, are starting out or are just thinking about getting onto two wheels. Meetings run for one hour at lunchtime once a month at alternating campuses and you can come for as much or as little of the meeting as you want. Even if you can't make meetings you can still join our mailing list and catch up on what we've been discussing.

Our next get together will be on Wednesday 23rd August at University Park from 1-2 (room TBC). Email me if you would like some more details and to join the mailing list.

About Ucycle Nottingham

Ucycle Nottingham has been set up in partnership with Sustrans, Nottingham City Council, Nottingham University Hospitals NHS Trust, the University of Nottingham and Nottingham Trent University to increase the numbers of staff and students cycling.

To find out more about Ucycle Nottingham or any of the information or events in this news update, please use the following contact details

Web www.sustrans.org.uk/ucyclenottingham

Tel 0115 823 2395

Email ucyclenottingham@sustrans.org.uk

Sustrans' vision is a world in which people choose to travel in ways that benefit their health and the environment. Find out more: www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)



sustrans
JOIN THE MOVEMENT

Supported by:



the big wheel
making transport around
www.thebigwheel.org.uk



Nottingham
City Council

cycling england



The University of
Nottingham

Nottingham University Hospitals NHS
Trust

NOTTINGHAM
TRENT UNIVERSITY

Have a WHEELIE great summer!

Cyclocomputer Challenge

During Bike Week Ucycle Nottingham ran a Cyclocomputer Challenge, where staff and students were asked to try and pedal more miles in Bike Week than the week before. The first 50 entrants got a free cycle computer and participants registered their miles at the end of the challenge. Everyone who entered did brilliantly and it was great to see just how many miles the University community get through! There were however a few entrants who did especially well and won a £10 Evans Cycles voucher each for their efforts.

Lee Saunders increased his miles by a whopping 548%!

Derek Irvine did a mammoth 63 more miles in Bike Week!

Karen Attwood went from no miles the week before to 23 during Bike Week!

Well done to everyone who entered, I hope to see even more of you involved in our next challenge!

Maintenance Workshops

In June we ran a maintenance workshop at University Park. Attendees brushed up their skills in lubricating their bikes, checking their brakes and mending a puncture. The feedback after the workshop was very positive and I'm in the process of planning future sessions. These will hopefully be starting in September/October and if you would like to register your interest just drop me an email.



August Dr Bike

Dates for the Dr Bike sessions in August are:

Tuesday 10th—Jubilee (10-2)

Tuesday 17th—Kings Meadow (10-2)

Tuesday 24th—University Park (10-2)

Remember, you must book, so email me with your preferred campus, time, anything you would like looked at on your bike and a contact phone number.

Your Project

Hello! I'm Sarah, the University of Nottingham project officer for the Ucycle Nottingham. I am based at University Park but work across all of the university. My role is to set up various events and activities.



If you want to know more about the project at the university or to pass on ideas for improvements or activities you'd like to see happen, you can contact me at sarah.fraser@sustrans.org.uk or internally on ext 32394

What's going on?

Workplace Challenge

The Shape Up Notts! Workplace Challenge is still running and gives you a great opportunity to monitor your physical activity and how much CO₂ you save by travelling actively! There are prizes to be won and the website can give you great comparisons to how much work you've done. Maybe you've done the equivalent of doing the National 3 Peaks Challenge, or a stage of the Tour de France! To sign up visit the [Shape Up Notts! Registration page](#) and follow the instructions (don't forget to opt into the Workplace Challenge!).

Bicycle Security

The new academic year will be starting soon and we'll be seeing lots of bikes all over campus (including our lovely shiny new hire bikes). Now is a great time to start thinking about bicycle security. We've been working with UoN security to look at ways of ensuring staff and students, especially freshers, know about how to make their bike as secure as possible. One way we're hoping to do this is by producing a security information leaflet. This is being put together at the minute, if you'd like to see it and maybe pick up some extra hints on bike security let me know and I can email it to you.



More info...

Rural Rides

Nottinghamshire County Council have teamed up with Pedals to promote a series of leisurely bike rides through various parts of Nottinghamshire, taking in pleasant scenery with plenty of refreshment stops. All rides are free and open to everyone. To find out more visit www.nottinghamshire.gov.uk/countryside.

If you would like to cycle but don't think you are competent or confident enough, take advantage of RideWise. They provide free cycling instruction and training to national standards for adults, teenagers and children. Beginners, intermediate and advanced training is available. Find out more at www.ridewise.org.uk

To find out more about the Bike Buddy Scheme (if you are an experienced cyclist who would like to be a buddy or are a new cyclist who would like a buddy) email sarah.fraser@sustrans.org.uk

For information on cycling in Nottingham, visit www.thebigwheel.org.uk