

Ucycle Nottingham



BIKE HIRE RETURNS!

STUDENT BIKE HIRE

The 2010-11 academic year saw the launch of the Ucycle Student Bike Hire scheme here at the University of Nottingham. The project proved to be a massive success with every bike being hired at some point in the year (some lucky bikes even managed to get two temporary owners!)

The bikes are currently being serviced, primed and readied to be hired out again at the start of the 2011-12 academic year so if you, or anyone you know would like to hire one of our lovely sparkly white bikes just drop me an email (sarah.fraser@sustrans.org.uk). Hirers will receive a year long maintenance package, access to free Ridewise cycle training (if required) plus support from the Ucycle Nottingham team. The costs for the scheme this year will be a £49 hire fee plus a £100 refundable deposit.

Make sure you get in quick though, they flew off the shelves last year!

GET INVOLVED IN THE LIFECYCLE

Just a reminder about the two exciting ways you can get involved with the University of Nottingham [Lifecycle](#). To recap, the Lifecycle is a charity challenge where members of UoN staff are cycling from John O'Groats to Lands End, to raise money for the [Sue Ryder Care Centre](#).

[The Nottingham Leg](#) - There are 100 places available on the Nottingham Leg, riding from Retford to our Sutton Bonington Campus where a free celebratory BBQ will be waiting for all riders and their supporters. Entry is free and all those taking part are encouraged to raise as much sponsorship as possible, with a target of £500.

[The Community Life Cycle](#) - The Community Life Cycle takes place on **Saturday 3 September**, leaving from the Lakeside Arts Centre on The University of Nottingham's University Park Campus. The ride takes a scenic route to the Sutton Bonington Campus, where a free celebratory BBQ will be waiting for all riders and their supporters. There are 300 places available. Children over the age of 10 are welcome to take part. Entry is £11.50 for adults and £6.50 for children.

For more information click on the links above

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)



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Department Cycle Drop-Ins

CYCLING INFORMATION COMES TO YOU!

One of the key activities Ucycle Nottingham will be undertaking in the 2011-12 academic year will be departmental/building cycle drop in sessions. This will include a member of the Ucycle Nottingham team coming to a department over a lunchtime, giving out cycling information and trying to answer any cycling related questions staff and students may have.

If you would be interested in your department/building taking part in a drop-in session just drop me an email.



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.



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?

August Dr Bike

Dates for the Dr Bike sessions in August are:

Monday 8th – University Park (Portland)

Wednesday 10th – Jubilee

Wednesday 17th – Sutton Bonington

Thursday 18th – University Park (Chemistry)

All sessions run from 10 till 2 (except SB which runs from 10-4) so there are slots available at 10, 11, 12 and 1 o'clock. If you would like to book a slot email sarah.fraser@sustrans.org.uk with the following information:

- Which date you would like
- What time you would like (the sessions get booked quite quickly so please let me know two times)
- Any specific problems with your bike
- A contact telephone number

August's featured Rural Ride

Saturday 27th August – West Bridgford to Tollerton

All welcome on easier paced ride to Cotgrave for light lunch stop then to Tollerton Airfield. For more details of this (and other) exciting rides visit the [Rural Rides calendar](#).



Don't forget! Ridewise are still looking for volunteers to train as ride leaders. For more details contact them on ridewise@hotmail.com

More info...

Ridewise

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

Rural Rides

Ridewise are offering free guided cycle rides in Nottingham and Nottinghamshire. For more details and a calendar of rides visit the [Rural Rides site](#).

Need to plan a cycle route. Try out the [Transport Direct Cycle Journey Planner](#) for help and route advice.

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