

Ucycle Nottingham



Give me one good reason...

...to cycle!

Those of us who use our two wheeled friends to get about already know lots of good reasons to cycle, but we have to spread the word! Ucycle Nottingham are starting a poster campaign at the University of Nottingham to let people know about a number of good reasons to get out and about on their bikes. For example:

The average cost of maintaining a car each year is £273 compared to just £75 for a bike

Regular cyclists are as fit as an average person 10 years younger

The posters will be going up all around the University (with the help of the Environmental Champions) and staff and students who are interested in starting to cycle can contact me for a **'Start Cycling' pack**.

If you would like some posters to put up just let me know and I'll get some out to you

Supported by:



the big wheel
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Nottingham
City Council

cycling england



The University of
Nottingham

Nottingham University Hospitals NHS
Trust

NOTTINGHAM
TRENT UNIVERSITY

Pedal to your meetings!

Got a meeting on another campus? Why not hop on your bike to get there? You'll turn up bright eyed and bushy tailed with a lovely glow! The main campuses in the city are all within easy cycling distance of each other and there are clear and easy routes between them. Have a look at these links and why not give it a go?

[Route between University Park and Jubilee](#)

[Route between University Park and Kings Meadow](#)

[Route between Kings Meadow and Jubilee](#)

If you have any questions or comments just email me at sarah.fraser@sustrans.org.uk

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

Ride like the wind!



LIGHT NIGHT 2011

Not heard of Light Night yet? You soon will! Light Night animates Nottingham's city centre with lighting trails, illuminated buildings, group tours, entertainment and a range of special offers. A variety of activities will provide over 20,000 visitors with the chance to experience the city in a different and dynamic way and there are lots of bike related events going on, including:

- 🚲 **A bike try out area with different types of bikes for people to use**
- 🚲 **Free rickshaw rides**
- 🚲 **Cycle routes to Light Night activities**

So why not light up your Friday night and come along?! The event takes place on Friday 18th February and more details can be found at the [Light Night website](#). Also, as a special Ucycle treat, if you go along to the bike activities in Trinity Square (22 on the event map) on Light Night, take along a copy of the Ucycle Nottingham newsletter to the Sustrans stand to claim a free gift!

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?

February Dr Bike

Dates for the Dr Bike sessions in February are:

- Thursday 10th**—University Park
- Tuesday 15th**—Jubilee
- Thursday 17th**—Kings Meadow
- Tuesday 22nd**—University Park

All sessions run from 10 till 2 so there are slots available at 10, 11, 12 and 1 o'clock. If you would like to book a slot email me (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

Frank van Rijn visits SB

The University has the privilege of hosting 'world cyclist' [Frank van Rijn](#) on Wednesday 2nd March at Sutton Bonington. Frank has travelled the world on his bike and is coming to tell us some of his stories. For more details on the event contact [Dr Ian Hardy](#).

Maintenance Workshops

Following the success of the January maintenance workshops we will be having two more in February:

- Wednesday 9th—Basic gear maintenance**
 - Tuesday 22nd—Puncture repair**
- For more details, or to sign up to either workshop just drop me an email.

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

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