

Ucycle Nottingham



GET IN THE SADDLE THIS SUMMER!

THE NOTTINGHAM LIFE CYCLE

This year the University's Vice-Chancellor, Professor David Greenaway, will lead a team of colleagues as they cycle more than 1,000 gruelling miles over 13 days. Their ride begins on **Saturday 27 August**, to raise money for the Sue Ryder Care Centre for the Study of Supportive, Palliative and End of Life Care, based at The University of Nottingham.

The VC's personal commitment is believed to be a first in UK Higher Education. It comes ahead of the University's biggest fundraising campaign which will have health and well-being as a central theme.

The ride will feature scheduled stops along the way as well as a community fun ride between the University Park Campus and the Sutton Bonington Campus. Friends, alumni and supporters of the University may have the chance to join a leg of the ride and to help with the fundraising effort.

To meet the team and find out more about the challenge and the community ride, visit the [Life Cycle website](#).

RURAL RIDES

Do something different and join us on a **Rural Ride!**

Rural Rides is a programme of FREE guided bike rides which run throughout the year from various locations in and around Nottingham.

To get you started we have organised a students only ride from Lee Westwood Sports Centre at 14:00 on Friday 10th June. The ride will follow Nottingham's waterside tracks to Beeston and the City Centre. Come along—you'll be amazed at the places you can access from scenic off-road routes!

Fear not non-students! There are rides for everyone! There is another off-road ride from Bramcote Park on 11th June at 16:15 as part of the [Hemlock Happening](#) celebrations.

Visit the [website](#) for details of all of the Rural Rides.



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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JOIN THE MOVEMENT

Supported by:





More cycling good deeds!



UNIVERSITY STAFF MEMBER, SUSAN YOUNG, TAKES UP THE CHALLENGE AT THE BROMPTON WORLD CHAMPIONSHIPS!

Susan is a keen cyclist and can regularly be seen on campus on her very bright Brompton folding bike. Here Susan explains what motivated her to ride in the world championships... "Several people I know have had breast cancer so I took up the offer of a place in the Brompton World Championship Race which will be held in the grounds of Blenheim Palace in August, racing not only for a decent time, but to raise money for the charity Breast Cancer Care. I took part in the race last year securing a time of 35 minutes and position 417th out of over 600 participants. It was a great day out too, even in the rain, as the race is part of a festival of cycling. Part of the race's charm is that everyone has to wear a jacket, collared shirt and tie, strictly no sports gear and there is a Le Mans style start. The rules even apply to the professional (Tour de France level even) cyclists as well as those of us who are enthusiastic Brompton cyclists."

To find out more about the race visit the [website](#). If you would like to sponsor Susan you can do so through her [Just Giving page](#).



Susan at last year's race

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?

BIKE WEEK

June brings us Bike Week, an annual event designed to celebrate cycling and get more people cycling, more often. For details of events going on in the Nottingham area over the week (and the rest of June) visit the [Bike Week event search](#). This is a prime opportunity to remind everyone about the **CARNIVAL OF CYCLING** (Saturday 18th June) which Ucycle are organising. Visit the [website](#) for more details, hopefully we'll see you there!

Ucycle are organising discounts at some great bike shops in Nottingham during bike week. All the details are being finalised at the minute and I'll be back in touch when the discount vouchers are available ☺

SUPERTOOUR

A new cycling race is starting up this month in support of [Hope Against Cancer](#). The Leicestershire Supertour starts from The University of Nottingham Sutton Bonington campus on Saturday 11th June and participants can choose to ride a 64 mile route or a 112 mile route. The event is fully supported by mechanics, first aid, feedstations, showers at the finish etc. This is year one and organisers hope it will grow and be a regular fixture with a shorter, more recreational ride included next year. For more information and to enter visit the [website](#).



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 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