

Ucycle Nottingham



SUMMER HAPPENINGS!

CARNIVAL OF CYCLING – SATURDAY 18TH JUNE 2011

10am-4pm, Byron House, Nottingham
Trent University NG1 4GH

Carnival of Cycling, organised by Ucycle Nottingham and part of National Bike Week 2011, is a celebration of cycling as a way of life, a sport, a hobby, a sub-culture and leisure activity. The event will be both a celebration of cycling culture and a fun, informative access point for new cyclists and families. The Carnival of Cycling will consist of two main areas. Area 1 will be a Bike Jumble Sale in which stallholders trade cycle parts and accessories. The second area will be dedicated to the promotion of cycling, both to those who already ride bikes, and to those who are completely new to cycling and want advice about getting started. This will include roller racing, pedal powered fun, bike polo, free bike services, free bike maintenance workshops, second hand bike market, a plethora of information stalls, food/refreshments, secure bike parking and much, much more.

Time to get your diaries out and if you want to get rid of an old bike or parts then why not have a stall at our bike jumble sale.

More information on the event at: <http://carnivalofcycling.wordpress.com>

GREAT NOTTINGHAMSHIRE BIKE RIDE – SUNDAY 19TH JUNE 2011

An established event in the Notts cycling calendar, the Great Nottinghamshire Bike Ride is here again in 2011! This is the ride's 30th anniversary and it promises to be bigger and better than ever! There are a wide variety of distances to ride, from the 72 mile challenge to the 19 mile community ride and family lap challenge, so there really is something for everyone! This is a brilliant event that not only is a great day out for all the family, but also raises money for a number of charities. To find out more info and to get involved visit the [GNBR website](http://GNBRwebsite).

If you fancy taking part in the ride but don't have any willing companions then get in touch! We will try and put you in touch with some other UoN riders.

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

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Supported by:



May (cycle) Fest!



THE UNIVERSITY'S OPEN DAY FOR THE COMMUNITY, ALUMNI AND FRIENDS

On **Saturday 7 May 2011** from **11.00am to 5.30pm** The University of Nottingham is holding [May Fest](#), a day of free, fun and interactive activities for all ages and interests. Ucycle Nottingham are bringing some pedal-powered fun to the day!

Dr Bike – FREE bike check and tune-up by a qualified and experienced mechanic.

Time: Just drop in, 11.00am till 5.00pm

Location: Behind the Lakeside Arts Centre

Led Ride – Leisure ride led by local cycling experts. Ride will last no longer than an hour and is suitable for all abilities. Please bring your own bike.

Times: Rides will leave from the back of the Lakeside Arts Centre at 12.00pm and 2.00pm.

Location: Behind the Lakeside Arts Centre

If you would like any more information on the Ucycle Nottingham activities 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?

May Dr Bike

Dates for the Dr Bike sessions in April are:

Tuesday 10th – University Park (Portland)

Wednesday 11th – Jubilee

Tuesday 17th – Kings Meadow

Monday 23rd – University Park (Chemistry)

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 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

May BUG

May's BUG meeting will take place on **Thursday 19th** at **Kings Meadow** (room C7). If you have any agenda items just drop me an email and I will add them. If you are not yet a member of the BUG mailing list and would like to be then let me know via email

sarah.fraser@sustrans.org.uk

and I will get you on the list. You will then receive emails about upcoming meetings as well as agendas, meeting minutes and meeting actions.



If you would like to unsubscribe then please email sarah.fraser@sustrans.org.uk and put 'unsubscribe' in the title of your message.

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