

# Ucycle Nottingham



## Cycle Safe this winter

### Don't let the arrival of winter put you off cycling!

Don't lock your bike away just because it's getting a bit colder, wetter and darker! Cycling in the winter can be lots of fun and Ucycle Nottingham want to keep you pedalling all year round!

Some tips to keep you comfortable in the saddle in the coming months:

- 🚲 **Lights** A front and a rear light are a legal requirement and will keep you more visible
- 🚲 **Mudguards** will help to keep you drier when it rains
- 🚲 **High-viz and reflective** equipment can make you more visible during the darker days and nights
- 🚲 **Waterproof clothing** will keep you more comfortable when cycling and when you reach your destination

Remember to stay vigilant and be aware of your surroundings at all times.

To help you out Ucycle Nottingham have teamed up with Evans Cycles to give UoN staff and students discounts on some winter essentials. Take your voucher (see email attachment) and your University ID card to [Evans Cycles in Nottingham](#). The offer is on until 15th November 2010 so be quick!

We've also got three pairs of [Knog Frog Strobe Lights](#) to give away. All you've got to do is send us a sentence (no longer than 20 words) stating why you'll keep cycling this winter. All entries must be made by Friday 26th November. The winners will be picked at random from all entries and winners will be notified by Tuesday 30th November. For terms and conditions please see additional email attachment.

## 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](http://www.sustrans.org.uk/ucyclenottingham)  
**Tel** 0115 823 2395  
**Email** [ucyclenottingham@sustrans.org.uk](mailto: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](http://www.sustrans.org.uk)

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



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## Travel Actively!

### Need some help with planning your route?

Nottingham has a great cycle route network and it's always growing! The City has recently been included in an [online cycle journey planner](#). This can help you work out how to get from A to B quietly or quickly, but most importantly, on two wheels!

Also, our Bike Buddies are always on hand to help staff and students with any route planning problems they may have. If you would like some advice just drop me an email and I will forward your query onto our super duper buddies!

### November Dr Bike

Dates for the Dr Bike sessions in October are:

**Thursday 11th**—University Park  
**Tuesday 16th**— Jubilee  
**Thursday 18th**—Kings Meadow  
**Tuesday 23rd**—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](mailto:sarah.fraser@sustrans.org.uk)) with the following information:

- Which date you would like
- What time you would like
- Any specific problems with your bike
- A contact telephone 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](mailto:sarah.fraser@sustrans.org.uk) or internally on ext 32394

## What's going on?

### Bike Hire

The students at the University of Nottingham have really embraced the bike hire scheme and we're pretty much all out of bikes! If you haven't managed to get your hands on one, still get in touch! We've got a waiting list set up and are contacting students as and when bikes become available, so don't miss your chance!



### BUG

The BUG is going into hibernation! We'll be back in the spring but in the meantime, if you would like to be included on the mailing list just drop me an email.

### We need your help!

Our bike hire scheme is currently being monitored by the Sustrans Research and Monitoring Unit. As part of the process they would like to set up a control group, i.e. a group of students who have not hired one of the Ucycle bikes. All that will be involved will be a quick and easy survey at three points in the year. So if you, or anyone you know (they don't have to be a cyclist!) would like to take part then email me at [sarah.fraser@sustrans.org.uk](mailto:sarah.fraser@sustrans.org.uk) There will be a reward for your help!!

## 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](http://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](http://www.ridewise.org.uk)

If you missed our Bike Market don't despair! Aladdin's Bikes on Ilkeston Road hold a second hand bike sale every Friday so why not pop along and grab a bargain!

For information on cycling in Nottingham, visit [www.thebigwheel.org.uk](http://www.thebigwheel.org.uk)