

# Ucycle Nottingham



**Get in the saddle for 2011-12!!**

## UCYCLE NOTTINGHAM AT FRESHERS FAIR!

The new academic year is fast approaching and with a new academic year comes Freshers and with Freshers comes FRESHERS FAIR! This is everyone's opportunity to come along and find out about loads of stuff going on at the University and Ucycle Nottingham are going to be there. We'll have lots of cycling information on offer, details on the student Bike Hire scheme, some bikes to give you a test ride and the opportunity to reserve a bike plus we'll have some bike freebies to give away. Remember, if you want to register your interest in the student Bike Hire scheme before then you can email us at [ucyclenottingham@sustrans.org.uk](mailto:ucyclenottingham@sustrans.org.uk) We will be at Freshers Fair (with the UoN Environment team) on:

**Monday 26th September**  
**Tuesday 27th September**  
**Wednesday 28th September**

## BE CYCLE SECURITY SMART!

The new academic year will be starting soon and we'll be seeing lots of bikes all over campus (including our lovely shiny hire bikes). Now is a great time to start thinking about bicycle security. Ucycle Nottingham have put together a handy bicycle security leaflet to help you look after your bike effectively. Take a look at the link included with this newsletter!

## BIKE MAINTENANCE WORKSHOPS

Last academic year we ran a number of maintenance workshop at University Park. Attendees brushed up their skills in basic bike checks, checking their brakes and mending a puncture. The feedback after the workshops was very positive and I'm in the process of planning future sessions. These will hopefully be kicking off in October and if you would like to register your interest just drop me an email.

## 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)**

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## Making the most of what's left of the summer!



In June we told you about University staff member Susan Young who was planning to take part in the Brompton World Championships. Well we're very pleased to tell you that she completed the race and in a very respectable time too! And she raised a fantastic amount of money for Breast Cancer Care! Susan says, "The jacket shirt and tie are mandatory, not ideal racing gear on such a lovely hot and sunny day. It was however a great day and I achieved a pleasing result. I came 374<sup>th</sup> out of nearly 700 riders, doing the 13k course in 32 minutes 22 seconds. I was 8 mins 47 secs behind the overall winner. The fastest female rode the course in 23 mins 35 secs and coming in as the 5<sup>th</sup> fastest



veteran female (out of 33), the fastest in this class riding in 27 mins 33 secs was great." The official event video can be seen on the main page of the [Brompton website](#) or directly on [Youtube](#).

## 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](mailto:sarah.fraser@sustrans.org.uk) or internally on ext 32394

## What's going on?

### September Dr Bike

Dates for the Dr Bike sessions in September are:

**Friday 9th**—University Park (Portland)

**Monday 12th**—Jubilee

**Tuesday 13th**—Kings Meadow

**Thursday 22nd**—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](mailto: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

### September's featured events

#### Festival of Disability Cycling

Over 100 bikes to try out! 25th/26th September at Harvey Hadden Sports Complex. More details can be found [here](#).

#### Cycle City Ride

Ride celebrating Nottingham's rich cycling heritage. 25th September starting from Wilford Toll Bridge. For more details email [dr\\_jools@hotmail.com](mailto:dr_jools@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](http://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](http://www.thebigwheel.org.uk)