



CYCLETALK

Produced by CTC Scotland

a part of the UK's national
cyclists' organisation

No 64 Jul/Jul 2010

Chair: Peter Hawkins
Councillor: Peter Hayman; Councillor@CTCScotland.org.uk
+44 (0)141 552 4336
Sec: Mike Harrison ; Secretary@CTCScotland.org.uk
65 the Loan, LOANHEAD, Midlothian, EH20 9AG; +44 131 448 0930

Deadline for copy for CycleTalk is the 1st of Jan, Mar, May, Jul, Sept, Nov.
Contributions from individual members as well as RTR and Local Groups
reps is welcomed [by email of words and/or pictures].

Bike Club has finally arrived in Scotland!

Bike Club is a new initiative in the UK, led by a consortium of organisations including CTC, Youth Scotland, UK Youth and ContinYou. Already a success in 8 towns and cities in England, the concept has now been rolled out into Scotland thanks to funding from ASDA's Pedal Power campaign.

Bike Club recognises that cycling is an essential way to improve the lives of young people by increasing physical activity levels, improving health and wellbeing, encouraging learning and building social inclusion for all. Regardless of background, income, disability or ethnicity, Bike Club is there for everyone.

Working with youth groups, schools and other providers for young people, Bike Club is working to engage 10-20 year olds who are new to cycling in a variety of bike related activities. Essentially, Bike Club's main aims are to:

- Encourage children and young people to use cycling as a means of transport so they can take part in more activities beyond the school day.
- Make cycling an important part of young people's lives in whichever way they choose - as recreation, sport, exercise, a 'green' form of transport - and just for fun!
- Help children and young people to discover the freedom that cycling brings.



Across the UK, Bike Club Development Officers are stationed in various towns and cities, offering youth workers, teachers, parents and volunteers support and training opportunities to incorporate cycling into their existing provisions.

TWO BIKE CLUB OFFICERS HAVE RECENTLY STARTED WORKING IN GLASGOW AND EDINBURGH AND ARE EAGER TO ENGAGE YOUNG PEOPLE IN SCOTLAND IN A WHOLE HOST OF BIKE CLUB PROJECTS

Working with their Bike Club Officer, youth providers are encouraged to consult with the young people in their areas to identify the type of cycling activity they would like to try. This can be anything from mountain biking, BMX, led bike rides, mechanical projects or National Standard training - the list is extensive! In addition, a small grants fund is available to each new club of up to £2000. Bike Club's grant programme has been established to give financial support to organisations and young people to develop and run their cycling projects and activities.

With this financial and practical support, youth groups can also enter into an accredited program called the Youth Achievement Awards (YAA). Facilitated in Scotland by Youth Scotland (the network of youth clubs across the country) the awards scheme is designed to recognise commitment and hard work in non-traditional educational activities. Working through various levels of achievement, the YAA incorporate a number of leadership opportunities, allowing and encouraging a peer centred and alternative approach to learning. Cycling related activities provide an ideal focus for participation in award schemes like the accredited Youth Achievement Awards and have proved to be a great tool for learning.

There is a multitude of reasons to get involved in Bike Club. The commitment and assistance of CTC's members is essential to the success of this youth development project so if you are interested in learning more or have an idea for a potential Bike Club please contact Victoria Leiper (Bike Club Officer in Glasgow) for further detail by emailing victoria.leiper@bikeclub.org.uk or call: 07766403220. The Edinburgh and the rest of Scotland Bike Club officer will be Amy Hickman, but she is not yet in post - contact Victoria meantime.

bike club scotland launch

date: end of June in Glasgow being arranged; those on our email list will get details (or watch our website)

CTC Scotland (Open) Committee Meeting: Sat Aug 14th in Glasgow

Details will go out in an email. If not on that list, contact Secretary nearer the time.

AGM & Gathering-III : Saturday 20th November in Stirling (provisional venue)

From: Dave Holladay Sent: 2010-04-30 23:07
Subject: (Some) Good news from Scotrail Cycle Forum

The re-opening of the line between Airdrie and Bathgate, the new Class 380 trains, and the return of the North Berwick Class 322 trains to East Anglia lead to my asking for a review of the planned shuffling around of trains which will happen as the new lines and trains arrive. The prospects look promising, although those using the North Berwick services are naturally a bit concerned to be losing the 4 coach trains with 8 very generous bike spaces.

So let's dive right in to the new Class 380 - a mock-up of which was on display at the Glasgow Transport Museum until its recent closure and removal to the new site. Each Driving motor trailer carriage will have a bay of 5 tip-up seats by the inner door (i.e. opposite end to the driving cab) so each train be it a 3 or 4 coach formation will have 2 'bike areas' that officially can take 2 bikes. The length provided is actually sufficient to squeeze in a tandem and this photo of the Siemens diesel version of the train, used by First Transpennine has 5 bikes fitted in to the space with one less tip-up seat.

Following suit with the First GW policy (where some trains have no proper bike spaces) we were advised that a policy to permit additional bikes in door vestibules was generally applied, where this did not affect the operation of the train. CTC's National Office is on a First GW route and as the station platforms are always on the same side between the key stops at Redhill, Guildford, and Reading it is common to find up to 10% of the passengers with bikes placed in the door vestibules on the side where the doors remain closed. So it looks as if the North Berwick commuters potentially have little to worry about but would do well to monitor and develop plans from the current operation.

East Lothian passengers will also see the return of Scotrail local trains to Dunbar with a small number of new services that will begin with the existing Class 322 units. The North Berwick Trains will continue to be maintained in Glasgow, so the Glasgow Central-North Berwick via Carstairs service will also keep running.

The Airdrie-Bathgate route will get the Class 334 trains working on several Strathclyde routes, and there will be 2 services in the service pattern - one to Milngavie and one (fast) to Helensburgh. The Class 334 has no dedicated bike space but when they are on the Ardrrossan 'Boat Trains' for Arran I've regularly counted 10% of the passengers travelling with bikes (12-14 bikes with 120-140 passengers on a 3-coach 260-seat train). Expect 3 and 6-coach trains on these services.

The Edinburgh-Glasgow via Shotts service has now got a fast and a stopping train every hour, and the train standardisation process should ensure that these trains are now all Class 156 units - with 6 official spaces on every 2-coach unit. The old units that have been 'won' from other parts of the UK (and not yet repainted or improved) will go on to local services around Glasgow, where bike capacity is less of an issue.

But the best bit comes at the end. The Hull Trains 3-car units with only 2 bike spaces are being kept off the services going to Inverness - so always 4 official bike spaces, and usually room to fit in one or two more, but for 2 key trains popular with tourists in the middle of the day we should normally see a 4-coach train made-up from the Highland Class 158 units - 4 official bike spaces in each 2-coach unit so 8 per train and on Saturdays there will be 6 coaches - 12 bike spaces, effectively 5% of the seated capacity - exceeding the level of cycle provision (4%) proposed by CTC as a minimum standard.

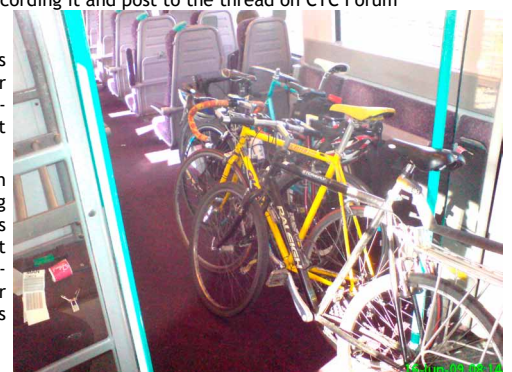
This same week a friendly chat with Arriva Cross Country could be bringing a clearer picture of which services will be operated by HST's - with the resulting increased capacity for bikes when the new timetable starts.

Remember too please to post any on-train counting of the number of bikes AND the total number of passengers. If the rail operators aren't doing this we should be recording it and post to the thread on CTC Forum

Dave Holladay

P.S. Dumfries Station - due for Hourbike installation in next month.

Stagecoach secure parking compound cuts cycle crime at Surbiton - waiting list for places after less than 4 months.



Thanks to all 7000 riders for making 2009 the biggest and best freshno Pedal for Scotland ever!

7003 riders set off from Glasgow Green in the glorious sunshine to take part in the biggest and best freshno Pedal for Scotland yet. Our 11th Glasgow to Edinburgh bike ride saw numbers increase from 5700 last year - a 23% increase. The sun split the sky on both sides of the country (with a helpful bit of cloud along the route to keep everyone cool) and the event went safely and smoothly.

freshno Pedal for Scotland is pleased to announce that charity partner Maggie's Cancer Caring Centres raised over £230,000 from the 2009 event.

freshno Pedal for Scotland Sportive route announced

Scotland's biggest bike ride has added a brand new Sportive route, as the annual Pedal for Scotland ride now offers a 100 mile route from Glasgow to Edinburgh through the Southern Uplands. You can now view the route online here - http://www.pedalforScotland.org/the_ride.htm. If you use Google Earth you can also download the route.

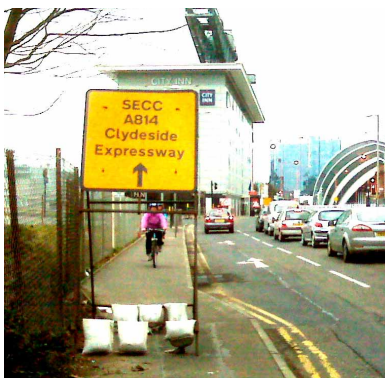
Passing through 7 local authorities and incorporating the best sections of numerous Scottish cycle racing circuits, including the A77 10 Mile Time Trial, sections of the Moscow APR and the Strathaven Anderside Classic, the Pedal for Scotland Sportive incorporates steep climbs around Muirkirk and undulating stretches across wild moorland.

The event uses the same start and finish points as the existing Pedal for Scotland ride, but takes an entirely separate route, meaning you can bring along friends and family that can't cover as many miles as you and meet up at the finish. The ride is priced at £30 and you can enter online at www.pedalforScotland.org - if you enter in groups of 4, the 4th rider goes free.



Campaigning

In Glasgow the long saga of Lancefield quay continues. An official response now blames the collapse of a quay wall in 1995 as the reason for the present blockage.



GoBike members are nothing if not determined, but they are getting increasingly frustrated with this particular issue. Code of Practice "SAFETY AT STREET WORKS AND ROAD WORKS" takes precedence over the 'Standards' for a National Cycle Network path width, even with four lanes of lightly trafficked road alongside. So the signs aren't put on the road (they could damage a car and are a danger to traffic!), never mind about pedestrians, prams, cyclists and wheelchairs - they aren't traffic.

The same road works were given as an excuse for not moving an advertising sign by the entrance to the City Inn (in the background) as the contractors' vehicles would take up a lane. This also straddles the NCN 75 and was identified as a hazard a year ago. The latest is that there are planning issues to be resolved before it can be moved. Two horrific examples of where cycling sits in the priorities of the Glasgow City Council, despite the best efforts of all the local Councillors.

Livingstone and West Lothian Cyclists' Touring Club

Following the successful inaugural run on April 11th*, we can look forward to regular runs on the **second Sunday of each month**. The Club runs will depart from Xcite Gym Car Park, (EH54 6QT) just outside Almondell Shopping Centre, Livingstone. There is a café and toilets at the departure point.

Please be at the start point promptly at 10 a.m. for a 10.15 a.m. departure. For more information contact David 07747 475643 or email DavidFitzcharles@ctclothians.org.uk www.westlothiancyclistsclub.org

**8 people turned up and we had a pleasant ride along cycle paths towards the union canal, then we biked towards Linlithgow stopping for lunch on the canal, then up and over the Bathgate Hills towards Livingstone. We had fantastic warm, sunny weather, and already looking forward to May bike ride.*

There were a lot of people who couldn't manage April ride, but are hoping to try and get along to future rides.

Conclusion to Scottish Parliament's Inquiry into Active Travel

234. The Committee believes that active travel has huge potential to benefit the health of the people of Scotland as well as contributing to meeting Scotland's ambitious climate change targets. Yet it is still very much a minority pursuit in Scotland. Attitudes to active travel will only change if walking and cycling are viewed as safe and convenient alternatives to other transport modes. The Committee has recommended in this report a variety of measures which could increase participation in walking and cycling, including improvements to infrastructure and a new nationally co-ordinated cycle training scheme.

235. The challenge will be to implement these initiatives in practice. The Scottish Government has set a target of 10 per cent modal share for cycling. However the Committee believes that this target will be meaningless if the Scottish Government fails to match its stated ambition with a realistic level of funding. The Committee therefore recommends ambitious increases in resources with robust mechanisms established to ensure that these are carefully targeted and effective. Stronger, more effective and sustained leadership is required from the Scottish Government in order to implement improvements to walking and cycling policies in Scotland.

Could you represent Scotland on the CTC National Council?

Nominations (see Cycle) need to be made by August 15th. Peter Hayman has been representing us for 4 years, and is eligible for re-election, but other nominations can be made. There are some minimum requirements and meetings to cover which involves a fair bit of travel but like most CTC voluntary work is as involved as you want to make it. If you are interested, contact Peter (or any of the other recent Councillors - Mike Harrison, Pat Harrow, Brian Curtis) to find out what the job entails.

Chatelherault Country Park Hamilton

 **Big Bike Day**
Sunday, June 20
10:00 AM - 4:00 PM **Free**

Join us for a **FREE** event for cyclists of all abilities. Families, groups and beginners welcome.

- Short, Medium & Long Road Rides
- Cycle Orienteering
- Explore the Local Countryside
- 'Connect2' Sustrans Cycle Route
- Vintage Bike Display
- Stalls & Information



Alan Laughlin / Sustrans



or offer to help
For Information & Registration Contact:
John Foster 01555 759102
Johnfoster70@aol.com