

CYCLING CITY YORK

news update

Issue 5, April 2011



Cycling City York is a community-led partnership that was allocated £3.68 million in government funding between 2008 and 2011 to promote and encourage cycling. During the last three years, City of York Council, NHS North Yorkshire and York,

major employers, schools, colleges, universities, cycle retailers and campaign groups have worked together to get more people on their bikes. As the programme draws to a close, we take a look back at its achievements and consider what the future holds...



Loretta Spyers-Ashby leads one of our Cycle Chic™ rides exclusively for women, which have proved extremely popular. See the page six for details of future rides and events.

The many organisations that have worked in partnership on the Cycling City York programme have all played their part in making York a cleaner, greener and healthier city.

A much greater proportion of those who live and work in York now have the confidence, knowledge and ability to get on their bikes regularly. Thousands of people of all ages have benefited from cycle training, bike maintenance courses, guided rides and other activities. Although official figures from the Department for Transport (DfT) won't be available until at least 2012, early indications suggest that at least 15 per cent of York's population now travels by bike.

A cleaner, greener, healthier York

Cycling City York's legacy also includes improved cycling infrastructure; high-profile annual cycling events that have helped to put York on the map; and a wide range of useful resources for cyclists.

Programme manager Graham Titchener said: "We have had so much support from our partners and the general public; I want to say a big thank you to everyone. I think everyone should be immensely proud of what has been accomplished since

Cycling City York was launched, which will contribute towards making York a less congested and less polluted city, with a healthier population. I'm confident that the many partner organisations will continue to work with City of York Council to build on these successes in the future, especially as the DfT has announced that funding will be available for programmes of work aimed at encouraging the use of sustainable transport."

Tuesday's our day...

Cycle in one day-a-week and we'll all notice the difference

For more information, please visit www.york.gov.uk/cycling

Visit our new website at www.cyclingcityyork.org.uk

A lasting legacy

Graham Titchener, programme manager for Cycling City York, shares his thoughts on the programme's achievements:

When you were first appointed programme manager for Cycling City York, what did you set out to achieve?

I wanted to move away from targets and focus more on outcomes, such as providing better infrastructure; getting more people cycling; and removing as many of the barriers that prevent people from cycling as possible.

The first few months were about consultation and planning. Thousands of people aired their views as part of the consultation process, and most are now seeing their ideas and suggestions come to fruition.

What do you see as the key achievements of Cycling City York?

We have exceeded our targets based on current data, but, more importantly, we've successfully delivered lots of events and activities for people to take part in, such as guided rides, and also large-scale, high-profile events, such as the Festival of Cycling, Virtual Bike Races for schools and the York Cycling City Races.

We've also set up a

joint scheme with York Credit Union to enable people to access low interest loans that they can use to buy a bike.

Our work to audit and improve cycling infrastructure means that there's now a continuous circular cycle route around the city, as well as exciting new facilities like the city centre cycle Hub Station and the soon-to-be completed access points at York Railway Station.

We've received thousands of feedback forms and letters from people of all ages; the vast majority of which has been extremely positive. It's really pleasing to receive comments like 'My child learned to ride a bike for the first time'.

However, even the critical responses have been invaluable as they have helped us shape and prioritise the programme of work. Thank you to everyone who has taken the time to air their views.

Will special events like the York Cycling City Races continue once the programme ends?

I certainly hope so, although this will, of

course, be dependent on the necessary funding being secured. Clifton Cycling Club is working with City of York Council and British Cycling to organise this year's races, which are due to take place on Sunday 21 August. A number of invaluable lessons were learnt from last year's inaugural event and this year the races will start later in the day to reflect feedback that we've received. The three-year Cycling City York programme was a great launch-pad for the races. However, the idea of adopting a partnership approach to the planning of these and other events was to ensure that they'd be able to continue in future years.

Do you think attitudes to cycling have changed as a result of Cycling City York's work?

Yes, there's definitely been a positive cultural shift. I think people now realise that, for a good many of the short journeys they make, the car is not the only way to get around. We are seeing a lot more people cycling, and this is reflected in the data that we've gathered and feedback that we've received. Of course, the shift could be partly due to other factors too, such as the recession and higher fuel prices, but personally I think that cyclists and motorists are generally much more accepting of one another, taking us a step closer to achieving the kind of balance seen in other European cities.

Do you consider this cultural change to be Cycling City York's legacy?

On the whole, yes, along with the better infrastructure that has been created for cyclists. As in many other cities, cycling was much further down the transport hierarchy a few years ago. York was much more car-centric, but now things are a little more balanced.

Another of Cycling City York's greatest successes has been the way in which organisations across the city worked together to promote and encourage cycling. I'm hopeful and confident that the various partners will continue to work together to build on the achievements of the Cycling City York programme. I think it's everyone's responsibility to make York a better place to live and work.





Our photograph shows representatives of just a few of the businesses and organisations competing in the York Cycle Challenge

York Cycle challenge

As this newsletter went to print, a number of major employers, schools, colleges and other organisations were battling it out in the York Cycle Challenge, a huge city-wide event organised by Cycling City York.

Aviva, City of York Council, Natural England, Nestlé UK, Shepherd Group, The York Marriott Hotel, DVA and Trustmarque Solutions are among the many organisations competing. The challenge, which began on 14 March and runs until 3 April, is a fun, free competition aimed at encouraging

people who live or work in York to discover the benefits of cycling. A host of exciting prizes is up for grabs for both teams and individuals, including a hybrid bicycle worth more than £500, cinema tickets and shopping vouchers.

The idea is to get as many people as possible to cycle during the challenge period, even if it's only for ten minutes. As well as competing against one another at a local level, participants from York are also part of a wider 'York versus Cambridge' competition, which will see the two

Cycling Cities going head-to-head.

Graham Titchener, programme manager for Cycling City York, explained: "I'm delighted that so many organisations are taking part in the challenge. As we enter the final stages, it's getting quite nail-biting, especially with the added excitement of seeing whether York can beat Cambridge. Good luck to all those taking part!"

To find out more and follow the progress of the teams, visit: www.yorkcyclechallenge.org.uk

Great reasons to cycle

With more York residents choosing to cycle than ever before, you probably don't need any encouragement to hop on your bike. However, just in case you've not yet discovered the benefits for yourself, we asked some of those taking part in the York Cycle Challenge to tell us why they choose to travel by bike:

"I cycle because I love it! It's also cheap, quick and gets my heart racing." **Denis Southall**, who works for City of York Council.

"I cycle because I love to feel the wind in my hair!" **Louise Diver**, who works for NHS North Yorkshire and York.

"I cycle because it's exercise, fast and greenish." **Simon Mattam**, who works at Huntington School.

"I cycle because it's good for my health and cheaper than using a car." **Antony Smith**, who works for City of York Council.

"I cycle because it benefits me financially, physically and mentally." **Jon Cooper**, who works for Aviva.

"I cycle because it's the easiest way to travel." **Trevor Gillen**, who works at Huntington School.

"I cycle because getting to work any other way would be bonkers." **Adrian Setter**, who works for Aviva.

"I cycle because...I can eat chocolate when I burn calories." **Lucy Hudson**, who works at The University of York.

One of Cycling City York's lasting legacies is new and improved cycling infrastructure and facilities.

Much of this work has been carried out in response to feedback from residents, as well as the findings of a city-wide audit. To name just a few examples, there's now a continuous circular cycle route around the city; a city centre cycle Hub Station with secure parking for 100 cycles; new and improved cycle route markings across the city; and more cycle parking.

A Moor Lane railway bridge

A cycle route has been created over this railway bridge, enabling cyclists to travel between Challoners Road and the Askham Bar roundabout. This connects with existing cycle routes along Tadcaster Road, and to York College and the P&R site.

B Orbital route (west)

This route connects existing facilities, which link up at Hob Moor and Water End, and mainly follows quiet streets. Facilities for cyclists at key junctions have also been improved.

C Beckfield Lane

An off-road cycle route created to ensure that pupils of Manor CE School have a safe cycle route to and from school.

D Clifton Bridge

This cycle route acts as an important link between existing key cycle routes, and takes cyclists over Clifton Bridge safely in both directions, from the Water End/Salisbury Road junction to Clifton Green.

E Orbital Route (north)

A cycle route created along the full length of Crichton Avenue to link up with other existing key routes. The missing link between Water End and Crichton Avenue is currently being constructed, and will take in Water Lane and Kingsway North.

F Wigginton Road

A cycle route that runs past York Hospital, which was created to link together a number of key cycle routes.

G Gillygate

On-road extended cycle feeder-lanes are being trialled on this narrow inner ring-road street to enable cyclists to bypass stationary traffic and reach the front of the queue safely.

H York Station access

Two new access points and ramps for cyclists are currently being created to link up with other key cycle routes, and provide a safer entrance and exit for cyclists using the station. One link is to the north of the station, via the short-stay car park to the riverside cycle path, and the other is to the south of the station, via the long-stay car park to Lowther Terrace and Holgate Road.

I Cycle Hub Station

A former electricity sub-station next to the River Ouse and Lendal Bridge has been converted to offer secure parking for 100 bikes, as well as lockers, refreshments, bike sales and repairs. The Hub Station is managed by The Bike Rescue Project.

J Blossom Street

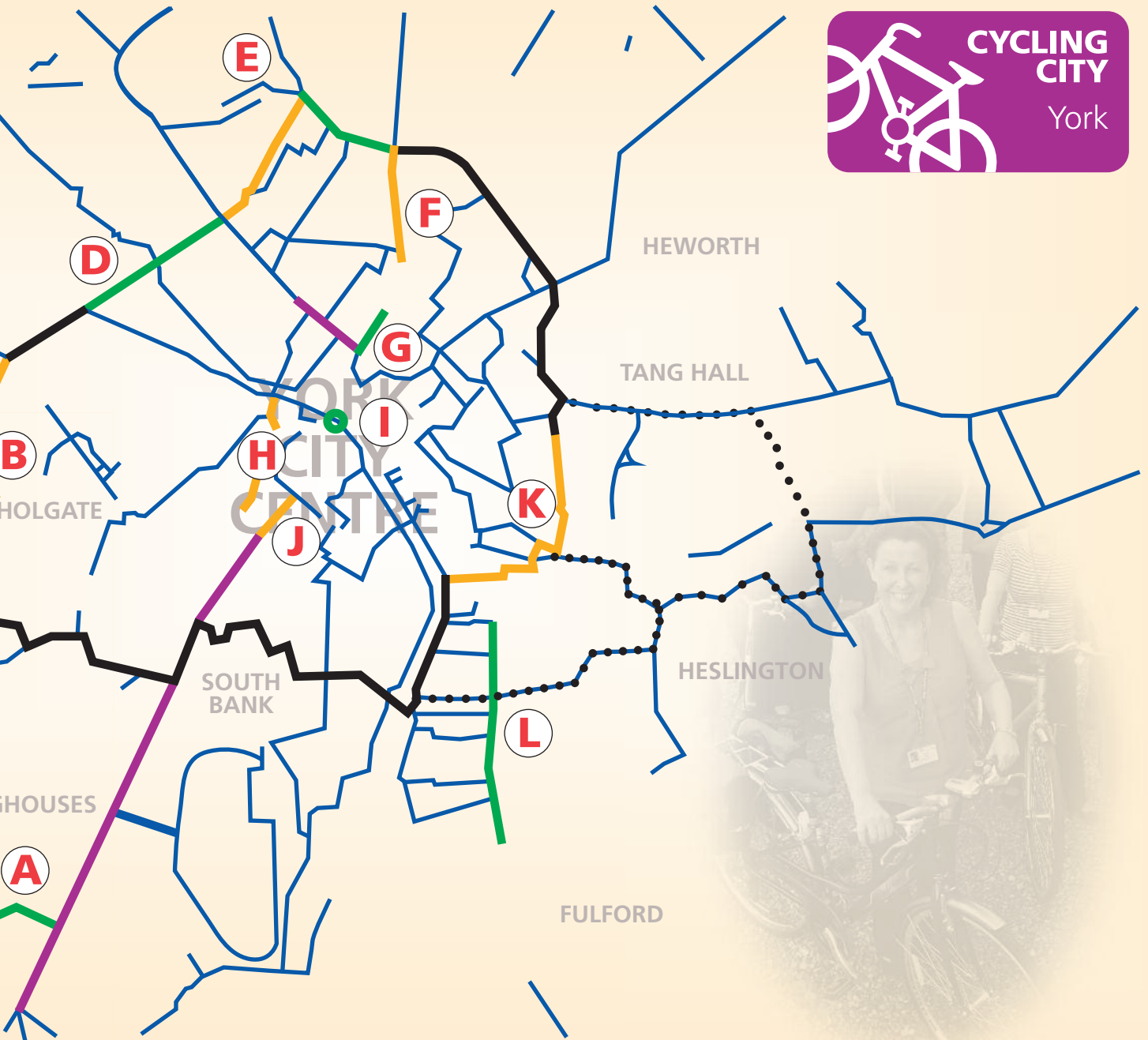
The first phase of work has been completed at the junction with Micklegate and Queen Street. This offers an improved environment for cyclists,



pedestrians and other road users, as well as featuring York's first advance priority signal for cyclists. Phase two will get underway in the summer and will involve improvements at the junction with The Mount and Holgate Road.

K Orbital Route (east)

A cycle route has been created to join up existing facilities to the south of the city centre (at New Walk and Blue Bridge) with those to the east of the








city centre (on James Street). It follows quiet streets and includes major junction improvements at Lawrence Street and new off-road facilities on James Street.

L Fulford Road

On and off-road cycle routes has been created between Heslington Lane and Cemetery Road, alongside other improvements for pedestrians and public transport

The key to your lasting legacies is new and improved cycling infrastructure and facilities.

-  **Orbital route (a circular cycle route around the city)**
-  **New cycle facilities (completed)**
-  **New cycle facilities (due for completion spring 2011)**
-  **Improved or upgraded cycle facilities**
-  **Other cycle routes**

Forthcoming events



More Bikes Not Barriers events have been planned to help people with physical or learning disabilities, and mobility or balance problems to enjoy cycling.

April

Monday 4: A Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems. Priority will be given to those who have attended the Bikes Not Barriers cycle try-out events. For information or to book a place, telephone Get Cycling on 01904 636812 or email nobarriers@getcycling.org.uk

Tuesday 5: A 'pedal to the past' guided cycle ride with a local history theme. Details of this ride were still to be confirmed as this newsletter went to print. To find out more, telephone 01904 553440 or visit the website - www.cyclingcityyork.org.uk

Tuesday 5: A Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems. Priority will be given to those who have attended the Bikes Not Barriers cycle try-out events. For information or to book a place, telephone Get Cycling on 01904 636812 or email nobarriers@getcycling.org.uk

Saturday 9: A Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems. Priority will be given to those who have attended the Bikes Not Barriers cycle try-out events. For information or to book a place, telephone Get Cycling on 01904 636812 or email nobarriers@getcycling.org.uk

Sunday 10: A Cycle Chic™ guided ride exclusively for women. Details of this ride were still to be confirmed as this newsletter went to print. To find out more, telephone 01904 553440 or visit the website - www.cyclingcityyork.org.uk

May

Tuesday 3: A 'pedal to the past' guided cycle ride with a local history theme. Details of this ride were still to be confirmed as this newsletter went to print. To find out more, telephone 01904 553440 or visit the website - www.cyclingcityyork.org.uk

Saturday 7: A short, Bikes Not Barriers guided cycle ride is planned for people with physical

or learning disabilities, and mobility or balance problems. Those taking part will be assessed beforehand and loaned a bike suited to their needs. Places on all of these rides must be booked in advance by telephoning Get Cycling on 01904 636812 or emailing nobarriers@getcycling.org.uk

Thursday 12: A short, Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems. Those taking part will be assessed beforehand and loaned a bike suited to their needs. Places on all of these rides must be booked in advance by telephoning Get Cycling on 01904 636812 or emailing nobarriers@getcycling.org.uk

Saturday 14: A free community cycle try-out event at the Energise Centre on Cornlands Road between 9am and 2pm. As well as having the opportunity to try a wide variety of different bikes, local residents can also take part in a free, guided cycle ride to Askham Bryan at 11am and take their own bikes along to a Dr Bike session for help and advice with repairs and maintenance.

Saturday 21: A short, Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems. Those taking part will be assessed beforehand and loaned a bike suited to their needs. Places on all of these rides must be booked in advance by telephoning Get Cycling on 01904 636812 or emailing nobarriers@getcycling.org.uk

Saturday 21: A guided cycle ride through meadows and along the riverside, starting from Clifton Bridge at 10.30am. Participants can choose to visit Beningborough Hall and Gardens or continue to the Blacksmiths Arms at Newton-on-Ouse for a pub lunch. Admission charges apply at Beningborough Hall. This ride is suitable for cyclists who are confident on quiet roads.

Sunday 22: Cycle Chic™ 'credit crunch chic' guided cycle ride for women only. This ride had been due

to take place in January but was cancelled due to bad weather. Those taking part should meet at Rawcliffe Bar Country Park Office on Shipton Road at 10am before heading to Grays Court to hear Jacey Lammerton of the Get Your Frocks Off dress agency share the secrets of credit crunch chic. A visit to Get Your Frocks Off is also part of the programme.

Thursday 26: A short, Bikes Not Barriers guided cycle ride is planned for people with physical or learning disabilities, and mobility or balance problems.

Those taking part will be assessed beforehand and loaned a bike suited to their needs. Places on all of these rides must be booked in advance by telephoning Get Cycling on 01904 636812 or emailing nobarriers@getcycling.org.uk

June

Saturday 12: A guided cycle ride from the Hub Station for a guided tour of the cold war bunker at Acomb to uncover the secret history of Britain's cold war. Details of this ride were still to be confirmed as this newsletter went to print. To find out more, telephone 01904 553440 or visit the website - www.cyclingcityyork.org.uk

Sunday 5: A Cycle Chic™ guided ride exclusively for women. Details of this ride were still to be confirmed as this newsletter went to print. To find out more, telephone 01904 553440 or visit the website - www.cyclingcityyork.org.uk

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Saturday 11: A guided cycle ride to the Breezy Knees Gardens and Nursery. This leisurely-paced ride will start at Tang Hall Library on Fifth Avenue at 10am. It will follow cycle tracks and quiet roads passing through villages and woodland. At Breezy Knees, participants will be able to enjoy the gardens and buy refreshments at the café. Admission to the gardens is £4 for adults. This ride is suitable for cyclists who can ride confidently on quiet roads.

Saturday 18 to Saturday 25: Bike Week 2011. Visit the Cycling City York website - www.cyclingcityyork.org.uk – for details of events and activities taking

place in York to mark this annual event. Don't forget to tell us about any events that you're planning so we can include them on the website!

July

Keep checking the website for details -
www.cyclingcityyork.org.uk

August

Sunday 21: The second annual York Cycling City Races is scheduled to take place in the city centre. Organised by Clifton Cycling Club in conjunction with City of York Council and British Cycling, the event will build on the success and lessons learnt from the inaugural races in 2010. Visit http://www.cliftoncc.org/competition/cycling_city_races for more information.

Remember to keep checking the Cycling City York website for details of any additional events -
www.cyclingcityyork.org.uk

Also you'll still be able to air your views on all things cycling-related by emailing: cycling.city@york.gov.uk

Off-road adventures at Dalby Forest

York cyclists of all ages enjoyed the opportunity to get off-road and explore the great outdoors as part of Cycling City York's recent series of guided mountain bike rides at Dalby Forest in North Yorkshire.

Some of the rides were aimed at beginners keen to learn the basics of mountain biking, but there were also rides suitable for those who have enjoyed mountain biking before and were looking to develop their skills further.

Loretta Spyers-Ashby, cycling activity officer, said: "We've had some really positive feedback from those who

took part. The activities at Dalby Forest can be tailored to the needs of those taking part and are ideal for families who want to enjoy some quality time in the great outdoors together."

Here's what a couple of recent participants had to say about the rides:



"A great day out, and a very encouraging teacher. Thank you for the bits of one-to-one tuition also - they were very helpful."

"I thoroughly enjoyed the day and so did my children, you both showed great patience and encouragement thank you and we would like to come again for the next two sessions."

There are only a few places left on the April rides at Dalby Forest, but more are planned for the future. Keep checking the website – www.cyclingcityyork.org.uk – for details.

A hub of activity



York's brand new city centre cycle Hub Station has proved a real hit with cyclists since it opened for business in January.

Both Cycling City York and City of York Council provided funding towards the cost of the £285,000 project, which saw a listed electricity substation on the banks of the River Ouse transformed into a focal point for cycling-related activity. The Hub Station is run by York-based community interest company The Bike Rescue Project.

Mark Gell, director of the Bike Rescue Project and manager of the Hub Station, said: "It's been going really well since we opened and there has definitely been an increase in the number of enquiries we're getting, particularly from people who haven't cycled for some time and want to get back into it. I think that's something that Cycling City York has really helped with. It has been fantastic."

Located opposite the Aviva building and next to Lendal Bridge, the Hub Station is situated on a busy, riverside cycle route. As well as offering secure cycle parking for 100 cycles, it features a display and sales area, and shower, washroom, changing and toilet facilities. For more information, visit www.bikerescueproject.org.uk

Did you know that The Bike Rescue Project is offering free, security marking for cycles? Visit the Hub Station or log on to the website for details.

Useful new resources for cyclists

Cycling City York has added an online Cycle Trip planning tool and an updated city-wide cycle route map to the range of invaluable resources available to local and visiting cyclists.

The Cycle Trip Planner can be found on the website - www.cyclingcityyork.org.uk/routes/ - and enables users to input details of journeys that they intend to make to find the quietest, quickest or most recreational route. Cyclists can use it to tailor their journeys to their exact requirements and then view the suggested route on a map.

An updated version of the city-wide cycle route map has also been produced and will be available later this month from City of York Council libraries, leisure centres and reception points, as well as local bike shops. Copies will be sent out to every household and can also be downloaded from www.cyclingcityyork.org.uk

The map is a comprehensive guide to cycle routes and facilities across the city, and also provides a wealth of additional information for cyclists in a handy, pocket-size format.

Thumbs up

June Nelsey, director of York's Best Western Monkbar Hotel, has given the Cycling City York programme a big thumbs-up!

The hotel has recently installed a new bike rack to accommodate the growing number of conference delegates arriving by bike.

June believes that this increase is largely due to Cycling City York's efforts to promote and encourage cycling.

She said: "We take being green very seriously, and encourage our staff to cycle to work. The increasing number of conference delegates arriving by cycle is very noticeable too and I am sure it is all to do with the city's commitment both to cycling and recycling!"

Have your say on cycle parking

Have you identified a location in York where additional cycle parking is needed? Maybe you've spotted some damage to existing cycle parking?

If so, you can now air your views via a new website set up to provide councils with feedback on cycle parking in their area. By visiting www.parkthatbike.info you can even report slotted slabs and other forms of parking that no longer meet the needs of cyclists.

If you would like this information in an accessible format (for example in large print, on CD or by email) or another language, please phone: 01904 551550 or email: cycling.city@york.gov.uk



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This information can be provided in your own language.

我們也用您們的語言提供這個信息 (Cantonese)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

☎ 01904 551550