



Schooled in cycling

Bike Club is a new CTC youth and schools initiative aimed at keeping older children cycling



CTC has won a £2.5 million Department for Transport grant for a package of activities aimed at getting more children cycling, in partnership with ContinYou and UK Youth. Called Bike Club, the scheme will provide opportunities outside of the main school day for children to cycle. The emphasis will be on fun and positive experiences, so that children (and their families) can enjoy cycling.

Bike Club will make cycling more accessible to children, young people, and parents. It will establish new breakfast clubs and after-school cycling clubs and embrace existing ones. Its remit will also be to engage the child's family in cycling. Bike Club kicks off this summer in the 16 Cycling Towns chosen by Cycling England, and will later be offered to other nearby towns.

CTC Director Kevin Mayne said: 'While we have been the leading national body in cycle training for a number of years, we have always wanted to launch a programme that gives young people much more. I don't have to explain to CTC members that a

supportive club environment is the very best way to show that cycling can be fun as well as practical. We are the nation's cycling club, but we need a lively, youth-oriented scheme designed by young people for their own needs. Bike Club is that opportunity.'

The consortium of CTC, ContinYou and UK Youth will use the grant to employ eight development officers across England. The new team will use programmes developed by all three partners to create a joined-up package. Bike Club will extend CTC's community development strategy (funded by the BIG Lottery Wellbeing Fund) in that

it will be designed to reach and include all members of the community, regardless of age, religion, ability or social background.

The scheme has been designed to complement existing Sustrans and British Cycling schemes. Bike Club will aim at slightly older children and it will be much more about informal cycling outside the school than existing programmes.

Once Bike Club is established, CTC will be investigating ways for the families of members and for existing CTC groups to get involved. Information on Bike Club will be available from May via the CTC website.

CTC's Bike Club partners

ContinYou is a registered charity with over 25 years of experience in delivering community learning programmes. ContinYou has been implementing the Extended Schools service for the Department for Children, Schools and Families since 2003, and has lots of expertise in family learning, health literacy and well-being programmes.

UK Youth has an outstanding track record in delivering government-funded programmes. UK Youth exists to develop and promote innovative non-formal education programmes for and with young people, working with them to develop their potential. UK Youth focuses its work on the personal and social development of young people.



FROM THE CHAIR OF CTC **DAVID ROBINSON**



Winter is behind us now and our local protests at poor gritting on footways and cycle routes seem to be a bit

distant. It's worth noting that in 24 hours, in our early January cold snap, 400 people went through Chester's casualty unit with sprains and broken bones. Almost none were motorists. Whatever happened to the 'hierarchy of road users' that is meant to be a cornerstone of local transport plans?

National Council meets four times a year and is well attended by your 20 councillors. Our next meeting, on Saturday 4th April, is in Manchester at the Mechanics Institute and members are welcome to observe. Contact Sue Cherry if you wish to attend. Or if you really want to hold your councillors to account, then come to the AGM in Chester.

There were two highlights in my cycling diary in February. Firstly the All Parliamentary Cycling Group hosted an afternoon tea (obviously true cyclists) at Westminster. I was able to meet the Parliamentary under Secretary of State for Transport, Paul Clark, who is Minister for Cycling and he has agreed to attend our annual dinner in Chester. His department have just provided £2.5m of funding for CTC to deliver a new scheme, Bike Club (see main story), so it will be good to hear what he has to say about this.

The second was attending the opening of the new cycle centre at Hollingworth Lake near Rochdale. The project, fronted by Karen Carter, one of CTC's cycling development officers, saw hundreds of enthusiastic cyclists of all ages converging on the centre against the snowy backdrop of Blackstone Edge. Magic!

Billions for green transport

 **CTC and a coalition of partner organisations are calling on the Department for Transport to set up a 'Carbon Reduction Fund', and to put around £4 billion from its existing budgets into this fund over the next five years to encourage more cycling, walking and other forms of low-carbon travel. Other groups supporting this call include Friends of the Earth, Sustrans and the Campaign for Better Transport.**

The funding would support measures such as those suggested in a 'New Vision for Cycling' – see last issue of Cycle – which spelt out how the Government could double cycle use in ten years. CTC and its partners believe the money for these measures should come from the Department for Transport's existing fund to reduce congestion and increase productivity. The failure of last year's referendum on Manchester's congestion charging scheme means that several billion pounds from this fund is now unallocated. The coalition believes it should now be earmarked specifically for low-carbon travel.

CTC and its partners now need to show the Government that there is strong local support for the idea by encouraging MPs to sign up to a parliamentary 'Early Day Motion'. You can help by contacting your MP and urging him/her to support the Motion.

You can find out more, and send a message to your MP automatically with just two minutes of work, at www.ctc.org.uk/carbonreductionfund. But it is worth taking a bit of time to read the background information and write to your MP in your own words – individualised responses really do make a difference. You can download CTC's 'New Vision for Cycling' from www.ctc.org.uk/campaigns, or contact National Office to request paper copies.



Fill that hole

 Almost 20,000 potholes have been reported to local councils over the last two years via CTC's website www.fillthathole.org.uk. Councils have a duty to repair potholes and other defects once reported if they are potentially hazardous.

CTC will shortly be improving the busy reporting website to make it even easier to use. Soon you will be able to log in and report multiple road defects in the same session. You will also be able to mark potholes that have been reported by others as either fixed or still unfixed. If the pothole or road defect has led to an injury to you or to any damage to your cycle, then you will be able to report your injury and print off details to be included in a police report. Plus there will be a link to CTC's Accident Helpline so you can get more advice.

Local councils across the UK will benefit from the changes to Fill That Hole by a new simpler way of reporting back potholes they have fixed or those they can't find.

Debra Rolfe, CTC's Campaigns Coordinator, said: 'It is easy for councils to make the road smooth and safer for cyclists. We hope the new features on Fill That Hole will encourage even more CTC members to report road defects.'



Left: by Justin Wallace, West Suffolk Wheelers

FROM THE TOURING DEPT MARK WATERS



In case you thought that all you had to worry about was the recession, think again: as we have reported

in *Cycle* in the past, ticks can be a real risk to touring cyclists and mountain bikers.

After the mosquito, ticks are the biggest spreader of disease in humans. If you're any further east than France, then ticks may carry the potentially life threatening Tick-borne Encephalitis (inflammation of the brain), whilst in the UK you run the risk of contracting Lyme Disease. This begins with a circular rash around the bite and can lead to flu-like symptoms initially. If not treated, then facial palsy (paralysis), viral-type meningitis and nerve inflammation leading to pain, disturbance of sensation or clumsiness of movement may follow.

Here are a few tips on prevention:

- Use an insect repellent that is effective against ticks.
- Avoid wearing shorts in rural and wooded areas. Tuck trousers into socks, and cover all exposed skin with protective clothing (which is not always practical or comfortable in the heat of summer).
- Inspect your skin for ticks and remove as soon as possible with fine-tipped tweezers or a dedicated tick removal tool.

For more information, visit www.tickalert.org or send a small stamped addressed envelope to CTC national office for a printed copy.

On a different subject, take a look at your EHC health insurance card if you plan to go abroad. It may soon be out of date if you happened to obtain one when they first replaced the E111.

NEWS IN BRIEF

BIKE4LIFE

Eat well, move more, live longer: that's the message from the Department for Health's Change4Life campaign, with adverts on the television and on bus shelters. A cycling-specific theme, Bike4Life, will be launched this summer. CTC supports the initiative because of the huge synergy with our community development, cycle training and Bike Club plans. See main story on page 6 and www.nhs.uk/change4life.

CTC SPRING DRAW

CTC spring draw tickets are included with this issue of *Cycle* and there are £4,000 worth of prizes to be won. Tickets are just £1 each and raise valuable funds for CTC Charitable Trust, so please don't bin them. If you are unable to sell them please pass them on to someone willing to do so. To receive additional books of tickets please call CTC on 0844 736 8450 or email cycling@ctc.org.uk. CTC regrets that due to the bulk mailing of the magazine it is disproportionately expensive to prevent tickets being mailed to members who have requested not to receive them.

BIKE AND RAIL

Congratulations to South West Trains on setting up the rail network's first cycle hire initiative. Working with CTC's Public Transport Advisor Dave Holladay, the company has invited some of its season ticket holders to take part in a free three-month trial of hiring folding bikes, so they can cycle at both ends of their journey.

Safety in numbers



Right: Clive Andrews

The Government's aims to get 'more cycling' and 'safer cycling' go perfectly well together. That's the message of CTC's forthcoming Safety in Numbers campaign, as the Department for Transport prepares to consult on a new Road Safety Strategy for the coming decade.

This campaign follows on from CTC's recently launched New Vision for Cycling, which showed how the Government could double the benefits of cycling within 10 years, whilst halving the risks. CTC will shortly issue a second briefing, providing the evidence that cycling really does get safer the more cyclists there are, and explaining how to maximise the benefits of this 'safety in numbers' effect.

The reasons for it are thought to be partly that drivers get more used to looking out for cyclists, and partly that more of the drivers themselves take up cycling, thus improving their understanding of cyclists' needs. It improves road safety for everyone else too, because each mile cycled rather than driven results in

fewer injuries to others.

One research paper on the safety in numbers theory suggests that a doubling of cycle use will typically mean only a one-third increase in total cycling injuries, and hence a significant improvement in safety for each cyclist. But there are plenty of examples showing

that it's possible to do better yet, with the absolute number of cyclist casualties being reduced even when cycle use is rising: cycle use has increased by 91% on London's main roads since 2000, while cycle casualties have fallen by 33% in the same period; and from 1995-2006, cycling in Copenhagen went up by 44% while fatal and serious cycle casualties fell by 60%.

CTC will therefore be calling for the new Road Safety Strategy to set new 'rate-based' targets for improving cyclists' safety. Whereas the current Strategy's targets are simply to reduce casualty numbers, what we now need are targets to reduce the risk of a cycle casualty per mile or per trip. Such targets could be met even if there is a slight rise in cycle casualties, so long as cycle use increases more steeply. CTC believes the new Road Safety Strategy should focus their attention on tackling the fears that deter people from cycling, namely speeds and speeding.

Watch out for more information in Newsnet and the next issue of *Cycle*.

Stand for cycling

Six seats are to become vacant on CTC Council this year: you could fill one of them. Do you feel you have the skills and enthusiasm to help take CTC forward? Council members in the North West (two seats), East Midlands (one seat) and South East (three seats) all stand down at the end of 2009. You could represent CTC members in one of these areas.

A formal call for nominations will be in the next issue of the magazine, but if you are interested in standing and would like to find out more, why not attend a meeting of Council as an observer to see Council in action? You can also speak to any existing Council member or telephone Kevin Mayne or Peter Jackson at National Office for further information.



SCOTLAND

World traveller honoured

CTC Scotland has awarded Honorary Membership of CTC to record-breaking round the world cyclist Mark Beaumont. CTC Councillor for Scotland Peter Hayman presented Mark with the award at the end of a packed lecture the cyclist was giving on his momentous journey at the Royal Botanic Garden in Edinburgh in February.

Mark holds the Guinness World Record for the fastest circumnavigation of the globe by bicycle. He arrived back at the Arc de Triomphe on 15th February 2008, 194 days and 17 hours after leaving it on 5 August 2007, having cycled 18,297 miles through 20 countries.

CTC members in Fife, where Mark grew up, were among the many people who nominated him for honorary membership. Other cyclists to be honoured in this way include: Josie Dew, David Duffield, Phil Liggett, Yvonne McGregor, Alex Moulton, Eileen Sheridan, and the late Ian Hibell.

Mark has always been an avid cyclist: when he was 12 he cycled 145 miles across Scotland; and, aged 15, he rode the End to End, CTC's iconic route from Land's End to John O'Groats. Since his world tour, he has been working to promote cycling and to raise the profile of cycle touring.

Kirkpatrick Macmillan Rally

Scottish blacksmith Kirkpatrick Macmillan built the first treadle-driven bicycle in 1840 in Drumlanrig, and to celebrate his invention a commemorative rally was held in 1990. Called KM150, as it was the 150th anniversary, the rally has been held every year since, usually at or near Drumlanrig, near Thornhill in Dumfriesshire. This year it's KM169.

Like the CTC Birthday Rides, it's sociable non-competitive riding. Daily rides of different lengths take place over the Bank Holiday weekend from 22nd to 25th May. On Sunday morning there's a ride to Keir Mill, where Macmillan worked in his smithy, followed by a visit to the cycle museum at Drumlanrig where a working replica of the original

bike can be ridden.

Dumfries and Galloway is ideal cycling country, with quiet roads and great scenery. The campsite takes tents and caravans and also has 'wigwams' and chalets available for hire.

Booking forms for KM 169 are available from Peter Hawkins, tel: 0131 443 6712. Or visit the CTC Scotland website at www.ctcscotland.org.uk and click on 'events'.

SHEFFIELD

Helping hand for volunteers

Learn how to change your local cycling environment for the better: CTC's programme of regional volunteer development days kicks off at Sheffield's Hillsborough Park on 6th June. Aimed at prospective volunteers as well as existing volunteers and groups, it will equip you with the skills to make a difference the cycling agenda where you live.

It's free to attend and there will be a mixture of workshops and presentations from a diverse range of cycling professionals. Above all else, the day will be about encouraging you, the volunteer, to achieve the results you want.

To book, email volunteer.event@ctc.org.uk or write to the National Office address, making your envelope Attention – Volunteer Event. Do include your name, contact details, any special dietary requirements (e.g. vegetarian), and your reasons for taking part in the volunteering programme.

More details will appear at www.ctc.org.uk/volunteerevent nearer the time, as well as in Newsnet.

NEWS IN BRIEF

CYCLEWILMSLOW

CycleWilmslow is a new cycling group in Wilmslow, Cheshire, superseding MaccBUG, the Macclesfield Borough Cycling Campaign. Lobbying for provision of a Cycling Development Officer and national standard cycle training by the new Cheshire East authority will be among its aims. Membership is free. Join at www.cyclewilmslow.org.uk, tel: Rob on 07779 483713.

BOB CLIFT MEMORIAL RIDES

Sunday 14th June sees the return of the Bob Clift memorial reliability rides on the Cheshire Cycleway. There are three distances: 25, 50 and 100 miles, with entry fees of £3 (£1.50 accompanied children), £6 and £6 respectively. Contact Dorothy Clift, tel: 01244 382851 or Hazel McDougall, tel: 01244 317816, hazelmcdougall@btinternet.com.

CERTIFICATE OF MERIT: NOEL AND HAZEL BLUNDELL

For decades, Noel and Hazel have been instrumental in supporting Merseyside CTC – and before that Liverpool DA. Noel organised Tourist Trials, BCTC heats, led club rides, and has been treasurer for 30 years. Hazel has been social secretary and YHA secretary, as well as supplying wonderful artwork for the club's newsletter.

60 YEARS SERVICE

At the CTC Dudley Section Annual Dinner the Joe Peacock Trophy was presented to 82-year-old Bill Ray for 60 years of service to CTC – as social secretary, secretary, treasurer, chairman, president and trustee.



NATIONAL

CTC Tourist Competition




 Chester and North Wales CTC won the team award in the CTC Tourist Competition, and will pick up their trophy at the National Dinner that they themselves are hosting in April. Their determination to get the trophy back after their narrow defeat by South Bucks CTC in 2007 was demonstrated by the carefully coordinated planning by the team to target events together during the season. (They are pictured, with the late Graham Mills, receiving their 2006 trophy from David Duffield.)

After many years of trying Mike Batchelor had a double triumph, being both overall winner and first veteran. In second and third overall were members of the all-conquering Chester and North Wales CTC team, Andy Polakowski and Peter Dilworth. Lowri Evans – again from Chester and North Wales – was first lady. Richard Delf was first junior (boy) for the third year running, while Denise Evans was 1st lady veteran.

Tributes are due to Peter Jackson, who died in August 2008. Peter started the DATC, as the Tourist Competition was known, in 1982 and was also responsible for running the British Cycle Quest. He gave lots of support to the Tourist Competition and showed a keen interest in it as it evolved over the years. Thanks are also due to Mark Draper who organises the website and provides all the technical backup to the competition.

A list of Tourist Competition events appears in Cycle magazine every two months. For the full programme, visit www.ctc-competitions.org.uk.

Chester rolls out red carpet

 This year's AGM and National Dinner are the focus of a packed weekend laid on by hosts Chester and North Wales CTC, who are celebrating their 70th anniversary. It's an ideal time for any cyclist to visit as Chester will be celebrating its newly acquired status as one of 16 English Cycling Towns.

Don't forget your bike: Sunday morning sees a wide choice of rides, taking in Welsh hills, Cheshire lanes, or the legendary Eureka Café. CTC's mountain bike partners One Planet Adventure are also welcoming members at Coed Llandegla, just 20 miles away.

The night before sees the highlight of CTC's social calendar, the National Dinner. Guests include new CTC Vice President and cycle-touring author Josie Dew, and Transport Minister Paul Clark.

Volunteer awards

It's like the Oscars too – the nominees for CTC's Volunteer of the Year Awards will be wondering who will be putting the silverware in their saddlebag on the way home. There are ten regional winners, one of whom will be awarded the prestigious Moss Medallion.

The regional winners are: John Bennett (West Midlands), for his campaigning and local group work; Keith Lakin (East Midlands), for being the backbone of Leicestershire and Rutland CTC for many years; Mary Mitchell (North West), for kickstarting family cycling rides at Manchester's Debdale Park; Dilys Gartside (South East), for her tireless campaigning and cycle training; Mark Hagger (Scotland) for his work as a Right to Ride rep for Aberdeenshire; Alan Sprod (East of England), his work as a Right to Ride rep in Bedfordshire; Andrew Holdstock (South West), for promoting cycling in schools for 24 years; Barry Raynor (Yorkshire and the Humber), for three decades promoting cycling and CTC; Tom Wells (Wales), for his work for CTC Cymru and the Welsh Festival of Cycling; and Cathy Francis (Ireland), for being the driving force behind her CTC member group on its 80th Anniversary. Richard Abbott (South East) was highly



AGM & DINNER

commended for his work in getting the Aston Hill MTB venue running again.

Voluntary group of the year goes to Nuneaton Member Group, for their sheer enthusiasm and the promotion of cycling to a wider and younger audience. Runner up is CTC Dumfries and Galloway, in particular because of their encouragement of new cyclists through their series of short Discovery Rides.

Our new award, the Gordon Selway Award for Voluntary Campaigning Achievement of the Year, has kicked off with two outstanding winners. In first place is Cambridge Cycling Campaign, for a year real of achievement, not least their sophisticated online cycle journey planner. Runner up is Simon Geller (Sheffield) for his creativity and leadership for cycling in his area.

More details on all the winners and nominees can be found on the CTC website: www.ctc.org.uk/volunteerawards.

Down to business

At the AGM on the Saturday afternoon, one good bit of news for members is the motion that isn't there: Council has decided to freeze the membership subscription for the first time in eight years, due to the current financial climate.

Other agenda items should make for lively debate. Turn to page 42 for more on the AGM and details on attending.

To attend the dinner, complete the booking form that appeared last issue; you can also find it on the CTC website, or obtain it from CTC Membership Dept (tel: 0844 736 8451). Any queries, contact Sue Cherry, tel: 01483 238302.

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NEWS STORIES
Email publicity@
ctc.org.uk

NEWS IN BRIEF

CTC BIRTHDAY RIDES

CTC East Midlands Region are delighted to confirm a packed programme for the 2009 Birthday Rides, which take place from 8th-15th August. Along with the Birthday Tea in the parklands at Deene Park, a medieval manor, there will be live music and a bar in the historic Great Hall at Oundle School. Single, double and family rooms are still available. For details, visit www.birthdayrides.org or phone Max Scott on 01536 712507. Turn to the feature on page 32 for more.

CYCLING AS A SOLUTION


That's the theme for the campaigns conference on 30th May in Manchester, supported by CTC, Cyclenation and the Greater Manchester Cycling Campaign. It will explore how cycling can address many of the problems facing the UK, and how campaigners can get cycling on the agenda locally. Entry costs £20, including lunch. For details or to book, visit www.gmcc.org.uk/conference.

MOUNTAIN MAYHEM

The UK's biggest 24-hour mountain bike endurance event will return to Herefordshire for its twelfth year from 19th-21st June – the same weekend as the York Cycle Show. Mountain Mayhem will take over the grounds of Eastnor Castle, Deer Park in Ledbury, where 2,500 mountain bikers will compete in an intense nine-mile circuit over 24 hours. Details online at www.osmountainmayhem.co.uk

CTC AGM

Making members matter

 The biggest item on the AGM Agenda this year is a motion for CTC Council to work up proposals for the reorganisation of CTC's structure, laying the groundwork for change in 2010.

In 2005 CTC changed from being an incorporated membership club to a hybrid club/charity. This was done to help CTC access resources that are available only to charities. However, changes introduced in the Charities Act 2006 mean that almost all of CTC's work can now be considered charitable, including services to members, making a unified organisation a viable – and potentially better – structure.

Through the establishment of a Governance Working Group, Council has begun the process of reviewing the current hybrid structure. The motion at the AGM in April asks the membership to enable the Working Group to undertake further work, with a view to putting forward proposals for reform to the 2010 AGM. One option would be to make CTC an incorporated charity controlled directly by members and Council.

Central to any proposals will be the principles of:

- Creating a more coherent and streamlined structure;
- Restoring control of all aspects

of the organisation to the wider membership through their elected Councillors;

■ Maximising the benefits to members and the wider cycling community;

■ Limiting the liabilities of the membership and the Club.

In other words: making members matter.

Following the changes in charity law, particular consideration is being given to forming CTC as an incorporated charity controlled directly by members and Council (as is the present company). This would have a number of benefits, including:

■ Access to the full range of charity tax benefits (for example, Gift Aid of subscriptions, payroll giving and the gift of shares; wider exemptions on earned income and mandatory business rate relief);

■ Access to greater funding opportunities.

To help Council come to a view of the best way forward, the Working Group would welcome members' thoughts. Contact your local councillor (p82 for details) or email National Office: members.matter@ctc.org.uk.

CTC's background

Established in 1878, as an incorporated membership club



limited by guarantee and with a Council elected by its members, the CTC has worked for 130 years to promote and safeguard the interests of all cyclists.

In 2005 the CTC Charitable Trust was formed as an incorporated charity, principally for tax purposes and to allow access to resources that were otherwise restricted. Activities limited to serving the membership were not considered charitable, and remained with the Club; other activities and the Club's main asset (its National Office) were transferred to the Trust.

Over the past few years the activities of the Trust have grown to account for approx. 70% of CTC's turnover and it now employs the majority of CTC staff.

The Trust has four trustees drawn from the membership of Council and, although they can take into account the wishes of Council, they are obliged by law to act independently in the interests of the Trust.

Above: jason@cycling-images.co.uk

Marin Roughride: biggest Welsh enduro returns



The CTC-supported Marin Roughride returns on Sunday 14th June, with a choice of 48km or 75km routes. With 830 starters last year, the Roughride is the biggest mountain bike enduro event in Wales. It's a demanding bridleways-and-big-skies ride with lots of climbing, rather than repetitions of a short loop so riders need to go prepared. It forms part of the CTC Tourist Competition.

Camping at Kington is included in the £27 entry fee (£31 on the day). For more details, visit the website www.roughride.co.uk or call 01544 230059.