

Kendal and District Cycle Scene

Newsletter

Summer 2006



Gilpin Bridge cycle link opens

The Highways Agency have completed a safety scheme on the A590 at Gilpin Bridge. This includes a new surfaced bridge so that cyclists can avoid having to cross the "night-mare-busy" A590 duel carriageway.

About ten KDCS cyclists attended the opening event at which, Steve Barber, Westmorland Gazette photographer was present. Cyclists often cycle when they can for environmental sustainability reasons - so it was somewhat disturbing to find that the Highways Agency had imported tropical hardwood from West Africa instead of sourcing a locally grown hardwood.

Otherwise - congratulations Edward Acland



Both photo's courtesy of The Westmorland Gazette

For details of the Sustrans trailblazing ride, and more information and photos see page 7



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Now is the time to get out on your bike!

Slaidburn weekend

On Saturday 22nd April, with a slightly dodgy forecast, 8 members of KDCS gathered at the Bluebell in Heversham determined to enjoy, or survive, a ride over the Trough of Bowland to Slaidburn for



the night. Slightly nervous, with all possible excuses (bad knee, bad gears, bad bike, just bad) overturned, we set off over the preliminary hills to a well-deserved bacon butty at the Crook 'o' Lune. (Please support the butty wagon the council want to close it). You will note that this becomes a gastronomic ride as the report progresses .. anyway, from there the hard work began and we gasped our way up to the

Jubilee Tower with a bit of a head wind and dull conditions so no view. But from there on, the brightening day and the beautiful scenery in the ups and downs (undulations to the initiated) were rewarding and we whizzed through to a tea stop at Dunsop Bridge. Last pull took us to Slaidburn Youth Hostel for more tea and sorting ourselves out, before a mass attack on the famous "Hark to Bounty" pub. This, we now know, was named after a hound which barked outside the pub as its owner was inside - probably in vain if its owner was enjoying a pint .. as we did. Good food, friendly hosts - despite demands for a slice of the Slaidburn tart - all very jolly. Next day, beautiful weather for the long pull over to the remote Hodder valley with clear views over to sunny Lakes and Dales, and then down to lunch at Wray. The Bridge cafe is excellent with outside picnic tables, and Wray itself was celebrating the Scarecrow festival so there were lots of strange exhibits around the village.



Slightly nervous, with all possible excuses (bad knee, bad gears, bad bike, just bad) overturned, we set off

Cycling back via the Lune we watched the sand martins flying excitedly around their burrows on its banks, before returning to the Bluebell for a celebratory pint.

So, with thanks to everyone for their support and enthusiasm, another such trip is definitely on the cards for next year - but where to?

Hilary

Hilary Robertsons photo's of the weekend:
left - The Jubilee Tower; top - the start at Heversham;
below - relaxing at Slaidburn YHA



Join a CTC "Birthday Ride"

The CTC "Birthday Rides" are being held in Dumfries and Galloway between 29th July and 5th August. Anyone interested in joining a small contingent from KDCS should email Andrew Judson via: kdcsemail@tiscali.co.uk There is camping and caravanning on site. See the Spring Newsletter. for more information.



Photo courtesy of CTC Birthday Rides Gallery 2005

More info at - <http://www.ctcbirthdayrides.org/>

KDCS contacts-

Rides Co-ordinator - Peter Raffle

Membership Secretary - Steve Warner

Campaigning - Edward Acland

Newsletter - Neil Hazlehurst

Web Site - Dave Wills

Publicity - Bill Jackson

Contact any of the above by emailing:

kdcsemail@tiscali.co.uk - and please mark FAO who you want to contact.



Dates for your diary

KDCS rides - details

Wednesday evening social rides - Kendal Leisure Centre at 7.00 pm each Wednesday until 20th September, social ride of about 25 miles to a local hostelry.

For full details of any of these rides please refer to the rides list, or telephone - Bill Jackson or Peter Raffle

NATIONAL BIKE WEEK

Saturday 17th June 10.30

Kendal Leisure Centre - Grange, 30 miles approx.

Wednesday 21st June 7.00

pm Kendal Leisure Centre - A leisurely ride to a local hostelry, about 20 miles.

Sunday 25th June 8.30

Kendal Leisure Centre - Sun, Sea and Saddle sores! A hilly challenge for experienced riders, 100 miles approx.

Sunday 2nd July 10.00

Kendal Leisure Centre - Morecambe / Lancaster via canal cycleway, 50 miles

Saturday 15th July Sustrans ride Oxenholme 12.00 to Cartmel to celebrate opening of Stake Moss Cycleway. 25 miles Sustrans intends to officially celebrate the opening of the Gilpin Bridge link on 15 July as part of a trailblazing ride from Oxenholme to Silloth. This will also mark a new route into the heart of Lakes from Greenodd to Ambleside and highlight the potential development of NCN72 on the West coast. Starting from Silloth on 19 July it will then become the launch ride for the new Hadrian's Cycleway, arriving on the East coast at South Shields on Saturday 22 July. For further details see [page 7](#)

Sustrans trailblazing ride



Sunday 6th August 10.00
Kendal Leisure Centre - Mountain Bike ride on byways north of Kendal 20 miles

Saturday 19th August 10.00

Shap Car Park - Circuit Around Shap. 35 miles

Sunday 3rd September 10.00

Keswick - Details to be confirmed

Saturday 16th September 10.00

Settle Station - Wharfedale. 30 miles

Sunday 1st October 10.00

Kendal Leisure Centre - Farleton area. 20 miles

Saturday 14th October 10.00

Ingleton CP - Dent via Kingsdale. 25 miles

Saturday 21st October 10.15
Windermere Ferry - Hilly ride in Coniston /Rusland area for Autumn tints. 50 miles

Sunday 5th November 10.30
Kendal Leisure Centre - Arnside and Silverdale. 35 miles

Saturday 18th October 10.30
Sprint Mill, Burneside - around the lanes north of Kendal. 30 miles

Sunday 3rd December 10.30
Kendal Leisure Centre - Traditional Christmas ride to the Watermill at Ings. 25 miles

Saturday 16th December 10.15
Windermere Ferry - Hawkeshead and Under Claife (part "off-road"). 15 miles

KDCS rides

Since KDCS was 're-launched' at the beginning of the year we have had two rides each month. For the second half of the year this theme continues with a super selection of rides planned. Better weather in the coming months, will hopefully temp even more riders to participate and enjoy these rides.

Member will be sent a full rides list when all details have been completed



If you have a favourite ride and would be willing to lead a KDCS ride let Peter Raffle know (peter.raffle@virgin.net) and it can then be incorporated in a future rides list.

Dates for your diary

Lakeland Lanequests - Tuesdays in June 2006

Lanequest cycle events are held on Tuesday evenings in June and two in early July. These simple format 2 hour tarmac based Trailquests, serve to encourage new bikers to the TQ sport and cyclists who would not otherwise want to thrash about on a MTB. They are held on backroads and country lanes to avoid the busy traffic strewn highways.



The series was dreamt up by Carol McNeill as a way of raising the awareness of national bike week at the beginning of June. The Lanequests have steadily grown over the last 4 years to the current format which features 6 events, and competition between the top riders is quite close. Every event raises around £100 or so for a different charity each week.

Map / Event Format

All competitors will be provided with a fully marked up colour A4 map of the event area and a list of control descriptions at registration. This will give you planning time to work out your chosen route. Your aim is to cycle and navigate to as many checkpoints as possible and to return to the event centre within 2 hours. A coded punch will be located at each control site and you must punch your control card in the right box.

On the night Procedure
Registration will be open from 5:30pm - please sign in ASAP and collect your map and list of control descriptions. Prepare your bike, equipment and yourself, then go to the start 6 - 7pm. Off you go. Enjoy yourself!

More details from Mint Cake MTB <http://www.mintcakemtb.co.uk/events/summerlanequests.htm>

Water Yeat 20.6.06 - Village Hall on the main A508 Lowick to Torver road at the south end of Coniston Water. There is plenty of scope here for some hill climbing up onto Kirkby Moor and over to Oxen Park.

Underbarrow 27.6.06 - The Punchbowl Inn in the small village 3 miles west over Scout Scar from Kendal. The bottom of the Lyth Valley is fairly flat and fast, but there is also the possibility of there being a control on top of Scout Scar or Helsington which are big hills.

Orton 4.7.06 - Great venue to get to, 5 mins of J38 on the M6. The event area will be around Orton, taking in such beauty spots as Breatherdale and Sunbiggin tarn, with fantastic views onto Whinash and the Howgills.

Staveley 11.7.06 - Wilf's Cafe, Mill Yard, Staveley, in between Kendal and Windermere just off the A591 is always the venue for the final event and where the league winners are announced afterwards. 1st places are awarded prizes and everyone gets a slice of the delicious cake.

Every event raises around £100 or so for a different charity each week.

New local - cyclosportive events.

Pendle Pedal Sportive Sunday 6th August 2006 Features many of the climbs tackled by pro riders on Tour of Britain, Kelloggs Tour and Tour of Lancashire races. These includes Barley Fell, Waddington Fell, Bowland Knotts, the Trough of Bowland, and the infamous Nick of Pendle - with over 3200m of climbing, its not going to be a gentle pedal! There is also a 100 km option available for those still building up to the full sportive distance. Details from [Pendle Pedal](#)








The Cumberland Challenge Sunday 3rd September, North Pennines. This 105 mile cyclo sportive starts in Brampton and traces a figure of eight around the North Pennines, taking in some of the most breathtaking North Cumbria countryside and landmarks. Details - from [The Cumberland Challenge](#)

More details of all UK and overseas cyclosportive events from - [Cycloport UK](#)

Cycloport UK was created due to the growing demand, interest and popularity of cyclosportive events in the UK.

KDCS the year so far

Welcome to your Kendal & District Cycle Scene Summer Newsletter. The beginning of the year, saw us relaunch with renewed vigour. Since then members have enjoyed:

-  An increased range of regular rides organised by Peter Raffle
-  Gareth and Rosemary presented a superb slide show, with music about their 5 month trip to India to a packed audience at the Cock and Dolphin.
-  In April, Tony Dixon, of Askews Cycle shop in Kendal presented a very instructional bike maintenance class to KDCS members.
-  Hillary Robertson organised a very successful weekend to Slaidburn in April.
-  Edward and the campaign team have continued working hard on all our behaves.
-  The Gilpin Bridge cycle link is completed so that cyclists can avoid having to cross the busy A590 duel carriageway.
-  A redesigned Newsletter to keep members fully informed of local cycling issues and KDCS activities.

We hope you will wish to continue to be a member of KDCS and be involved in many of our activities.

Remember if each of us can recruit just one other member then hopefully the support for our friendly rides will be doubled, attendance at slide shows strengthened and our voice promoting cyclists' needs twice as loud. A membership leaflet has been prepared and will be available from ride leaders and from our website. Please do distribute some amongst friends and colleagues.



KDCS for a dynamic cycling year ahead!







join the KDCS free of charge >Select contacts



Now is the time to get out on your bike

KDCS the year ahead

In particular in the rest of the year ahead members can look forward to:

-  An exciting selection of cycle rides throughout the local area and beyond. The wide range will ensure there is something for cyclists of every ability to enjoy.
-  Extra impetus in our campaigning for cyclists' rights and facilities in South Lakeland
-  Social gatherings including slide shows, talks and supper evenings
-  A revamped website which we hope will be of significant benefit to existing and prospective members
-  Seasonal newsletters keeping members in touch and aware of news and recent developments as well as interesting articles related to cycling locally and beyond
-  A free bike maintenance class for KDCS members at Biketreks of Ambleside

News from the KDCS Campaign Team

Kendal's New Pedestrian Area

The new pedestrian area in Kendal is almost complete. A small group of KDCS members will shortly be "on site" to approach cyclists encouraging them to ride with special care. For the privilege of being able to cycle in the pedestrian area is on trial for 12 months. So it is essential that we achieve a good record during this period.

Please note that cycling is also permitted in the Market Place, Branthwaite Brow and one way down Finkle Street. Government research shows that pedestrians and cyclists are a mix that does work without causing undue danger- so let's help prove they've got it right!

Can you help with the survey work?

Edward Acland, the campaign coordinator is seeking help in doing some survey work which will involve approaching cyclists in the pedestrianised area and carrying out a 5 minute survey.

Please 'phone Edward, (01539 725168), if you feel you would like to help in the campaign to make access for cyclists in this area a permanent feature.

Thanks for your anticipated assistance.

The Campaign Group are – Edward Acland, Liz Ashburn and John Nash on behalf of Kendal and District Cycle Scene and Andrew Miles of Sustrans.

Kendal to pioneer cycle lanes on the existing highway?



Photo courtesy of The Westmorland Gazette

Edward on the campaign trail

The Campaign Group (Edward Acland, Liz Ashburn, John Nash on behalf of Kendal and District Cycle Scene and Andrew Miles of Sustrans) have submitted a draft plan to Cumbria County Council illustrating opportunities for incorporating cycle lanes on many of the roads in Kendal - where demand and physical space can be demonstrated. The group feels that such an approach would be very cost effective in promoting a real space - presence for cyclists within the town, and will help to link road network potential together. If successfully implemented - it could well serve as an example for other towns to follow.



The Ongoing "Cyclists Dismount" Saga

Some of these signs on the Sustran's N6 route have been adapted, writes Edward, with the help of a paint spray can to "cyclists mount". Positive Direct Action?! I promise it wasn't me! - Meanwhile Andrew Miles of Sustrans is planning to

undertake some survey, work with the help of KDCS, to produce data that will hopefully demonstrate that the risk to pedestrians/disabled is effectively ZERO. So far 6 KDCS members have volunteered to help with the survey work

Oh -No!-Not Again!!

Have you any other campaigning issues that you would like us to consider... shout out we will try and take them on board.

Janet Antrobus pointed out to me that the County Council have recently carried out work on Fellside, writes Edward, which has created a footway across a route which serves as an important link for cyclists accessing the centre of the town. Now a cyclist will need to dismount and lift their cycle over a double kerb! A simple drop kerb and painted line should have been incorporated - strong representations will be made asking why cycling considerations were not taken on-board!!

Gilpin Bridge cycle link opens

A vital safe link in the recently opened cross-country Walney to Wear Cycle Route (National Cycle Network Route 72, Regional Route 20) has now been completed. The 550m long 'Stakes Moss Cycleway' runs along the foot of the embankment on the northern side of the A590 between the Gilpin Bridge Inn in the East and the 'old A590' at its Western end, where it includes a new 21m bridge. The scheme has been built by Amey Mouchel for the Highways Agency in conjunction with Cumbria County Council and benefits from the generous support of a local farmer. The establishment of this link will mean that cyclists travelling from East to West on the W2W will no longer have to cross the busy dual carriage way twice in order to continue safely on their way.



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Sustrans trailblazing ride



Sustrans intends to officially celebrate the opening of this link on 15 July as part of a trailblazing ride from Oxenholme to Silloth. This will also mark a new route into the heart of Lakes from Greenodd to Ambleside and highlight the potential development of NCN72 on the West coast. Starting from Silloth on 19 July it will then become the launch ride for the new Hadrian's Cycleway, arriving on the East coast at South Shields on Saturday 22 July.

There are registration details

and a form on the Sustrans website (www.sustrans.org.uk). The ride is advertised as the opening of the Hadrian's Cycleway but it includes the trailblazing trip from Oxenholme to Silloth and the various sub-sections of this. It costs £7 for each day - unless anyone is thinking of staying overnight, in which case it's £20 per day.

The section on Saturday 15th July Oxenholme Station/Kendal - Cartmel of 21 miles, leaves Oxenholme at 12.00.

If you would like to join Sustrans for a day ride there is a charge of £7.00 per day which includes a T-shirt and official map, but not luggage carriage.

To reserve your place you will need to pay a £20 deposit now for overnight bookings with full payment due by 26th June 2006 or the full £7.00 for day rides to be paid with booking.



KDCS cyclists at the opening event



Next issue....

Your feedback would be most welcome. More importantly I would like your contributions, anything submitted will be

considered for publication in the Autumn issue.

Neil Hazlehurst
KDCS Newsletter Editor



Please send any local cycling news, articles, photo's, etc to me for the next issue email to - kdcsemail@tiscali.co.uk (please mark FAO editor newsletter)

Leeds to Liverpool for The Teenage Cancer Trust

On Friday 16th June KDCS member Jean Beckett, who works in the occupational therapy department at The Westmorland General Hospital, set off for Leeds by train. Then she will cycle the 127 miles of the towpath on the Leeds-Liverpool Canal.

she will cycle the 127 miles of the towpath on the Leeds-Liverpool Canal.

She is doing it with a friend, Christine Bewsher, whose daughter has a rare form of bone cancer and they are raising money for The Teenage Cancer Trust.



They plan to do the ride in three stages, Leeds to Skipton, Skipton to Blackburn and then on to Liverpool. To sponsor Jean telephone her on - 01539 722007

Look out for a report of Jeans ride in the next Newsletter.

Highway Code latest

We are now picking up positive signals from the Department of Transport (DfT) in response to our Highway Code campaign, reports Newsnet the weekly newsletter for members of the CTC. A CTC member has received a letter from Derek Twigg MP (the Minister responsible for cycling) which stated: "If we can improve the wording on the advice to cyclists in the light of comments received we will of course do so". This suggests that the Government now recognises our concerns about the wider legal implications of the Code's wording, and wants to resolve these. We hope this paves the way for a constructive dialogue, not only on the Highway Code itself, but the forthcoming draft of a "Manual for Streets", whose design guidance could help put a stop to poorly designed cycle facilities in the first place. To everyone who took part in this campaign: many thanks once again for your support!



Photo courtesy of CTC photo library

This suggests that the Government now recognises our concerns about the wider legal implications of the Code's wording, and wants to resolve these.

This follows on from the item on page 8, in the Spring Newsletter - [Cyclists driven off road by new Highway Code.](#)

Give Cyclists Room

We thought you would be interested in Justin Beattie, a veritable one-man cycle campaign from Helensburgh. Justin produces **GIVE CYCLISTS ROOM** stickers. If you are a cyclist who also drives, this is the sticker for your car's rear window.

This is a grass-roots cycling campaign, and this is what Justin says about the **GIVE CYCLISTS ROOM CAMPAIGN.**



The single biggest cause of accidents and near misses involving cyclists is car drivers simply not giving us enough room. Now I know that most of you are reading this and thinking, well 'Duh!' and yes it is obvious, but only to us, not to the 'civilian' car driver.

You've seen it as often as I have, where you get 6" outside your elbow, or a

car dives in front of you, only to brake hard for the LHJ, or they pull out on you ... "Sorry, mate. I didn't see you" "I'm bloody head to bloody toe in day-glo & scotchlite. I've got twin spots that are brighter than the sun. How could you not have seen me?"

You all know how it goes.

The idea is simple enough. The window sticker simply says 'Give Cyclists Room'.

The logic behind it follows sociological research involving 'ingroups' and 'outgroups'. The drip-feeding of the message is the key thing. And it works, or at least it appears to anecdotally.

The campaign will be supporting grassroots cycling charities out of the revenues raised.

Bike maintenance class

Tony Dixon (assisted by Chris his son) kindly gave a bike maintenance (master) class, to about 15 KDCS members in April.

For those who went the knowledge of what to do if things go wrong on a bike ride will hopefully make for more confident and trouble free rides this summer.

Here for those that missed the class and as a reminder for those who went, Mark Bazeley recounts the main points from Tony's class

This is a random list of some of his points. He will be happy to indicate relevant things on your particular machine if you take it along to him.

Punctures -

Before removing the wheel to mend the puncture the chain should be on the smallest cogs, both back and front. This makes putting the wheel back on much easier. Then to release the wheel the quick-release (qr) must always be tightened by moving it through 180 degrees, not by simply rotating it until it feels tight. The qr lever should preferably be on the pavement side, and always face to the rear when tightened so can't be accidentally knocked into the "loose" position.

Before removing the tyre, push the bead (edge) of the tyre away from the wheel rim.

Never mend punctures on the roadside, wait until you get home. Therefore always carry

at least 1 or, better, 2 spare inner tubes.

Remove the tube, marking the valve position on the tyre. Inflate the tube and locate the puncture, either by hearing it, feeling the escaping air on your fingers or placing it in water. The cause of the puncture in the tyre should be the same distance from the mark on the tyre as the puncture in the tube from the tube valve, so locate and remove the cause. There may be second thorns etc., so run fingers round inside of tube, both ways, as thorns could be angled and so not felt in one direction.

On a mountain bike (mtb) the lightly- inflated inner tube can



be inserted inside the tyre, and the whole lot simply put back onto the wheel. Amazingly easy. Do not however do what I did, namely leave the uninflated tube stuck between the inside tyre bead and the wheel rim – this causes an almighty bang when inflated and completely destroys the tube!

The recommended air pressure will be marked on the tyre wall. Always run at this pressure – many people run with too little air in the tubes, this makes for more punctures, and harder



Tony Dixon's maintenance class at his bike shop - Askews.

work as more rolling resistance. A track pump, from £20, is wonderful to quickly inflate your tyres to high pressures, buy one.

Modern tyres often have a "direction of rotation" arrow on them, as tyre treads are often more specific these days (note – if your bike is upside down, the arrow should be rotating anti-clockwise to give "direction of rotation")

Chains -

Should always be oiled at the ride end or when the chain has been cleaned and dried after the ride. This gives time for the oil to really get to parts, whereas oiling it just before you set off will mean that most of it is effectively just thrown off. Tony recommended "White Lightning" for cleaning the chain and also oiling it. Modern oils really do lubricate places that 3 in 1 type oils won't reach.

Chains stretch with use, and he demonstrated a tool that measures this. He recommended changing chains every 1,000 miles or so, as this should (hopefully) ensure the expensive cassette and chainset will last much longer (as if the chain is not replaced for a long time, the whole lot will have to be replaced.)

One of the causes of the chain

Never mend punctures on the roadside, wait until you get home. Therefore always carry at least 1 or, better, 2 spare inner tubes.

Bike maintenance class

slipping is that a link is not freely bending as it goes over the gears. Finding this link may be difficult if simply moving the chain round slowly in the normal direction – moving the chain backward however should always find the faulty link.

Cables -

There are 2 types of inner cable - brake and gear. So you will need to carry both types with you on tour. Brake cables have 2 types of fixing, pear and barrel, the gear cable a single smaller one. A quick visual check will show what types you have on your brakes. Brake cables come in a single size, and need to be cut down, depending on the length required, i.e. front or back brake (note, if need be, i.e. on the road with no good cutters, any excess length can simply be coiled up until you get to a bike shop with good cutters). There are also different outer sleeves for brake and gear cables, so make sure you have the right one (there are sound engineering reasons for this difference, but you don't need to know why.)

An alternative approach to this technical stuff is to renew the cables long before they break or you set off on tour! Spares still advisable though.

Brakes -

Brakes have adjusters, for both distance from the tyre rim and angle towards it (the "toe-in"). On V brakes the adjusters for rim distance are nuts at the brake base. Squeaky brakes are often a sign that the brakes are poorly angled to the rim, and there are 2 washers on the actual brake block to adjust this

– the front of the brake block should touch the rim (toe-in) before the rear part

Gears -

If the chain is not fitting exactly over the gear and hence being noisy etc, there are usually micro- adjusters to alter the gear cable tightness – one where the cable enters the rear derailleur, and one either on the brake/gear lever or on the downtube. If the chain is quiet at the start of a ride and then becomes noisy, only adjust the micro- adjusters, a slight turn should improve the gear change, if not turn the adjuster the other way, only a slight turn is needed. The H (High) and L (Low) screws on both the derailleur and chainset. should not need touching

Tools-

The following tools are the minimum you should carry whilst riding and should ideally be left on you cycle at all times, in order to ensure that you have everything necessary to continue your ride or simply get home again:

Pump; Inner tubes x 2; Tyre levers 2 or 3; Allen key set; Chain breaker; a little small change; MOBILE PHONE !

We may be able to arrange another bike maintenance class later in the year

If you missed the class or just want to refresh your skills, we may be able to arrange another bike maintenance class later in the year.



Andy Stephenson at Biketreks in Ambleside has kindly offered to run a class for KDCS members later in the year. Not Tuesday or Thursday as they go cycling then. If we have enough interest the class will be arranged for an evening later in the year, and will be free.

If you are interested and want to join the class contact Neil Hazlehurst by email via: kdcsemail@tiscali.co.uk



Askew Cycles your local bike shop supported KDCS with the free maintenance class - remember to support them

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Cycle bridge at the Westmorland General Hospital

Andrew Miles of Sustrans reports.

A scheme linking The Oaks housing development and other residential areas on the South East side of Kendal with the Westmorland General Hospital via a new pedestrian and cycle bridge is due to be completed by 15 June. The bridge, which crosses a beck on the hospital boundary, was dropped into place on 7 June. The scheme is the product of a successful partnership between Sustrans, who co-ordinated the project, Cumbria County Council and South Lakeland District, who funded it, and the hospital, which is linking the bridge into its own cycling facilities on the hospital site.



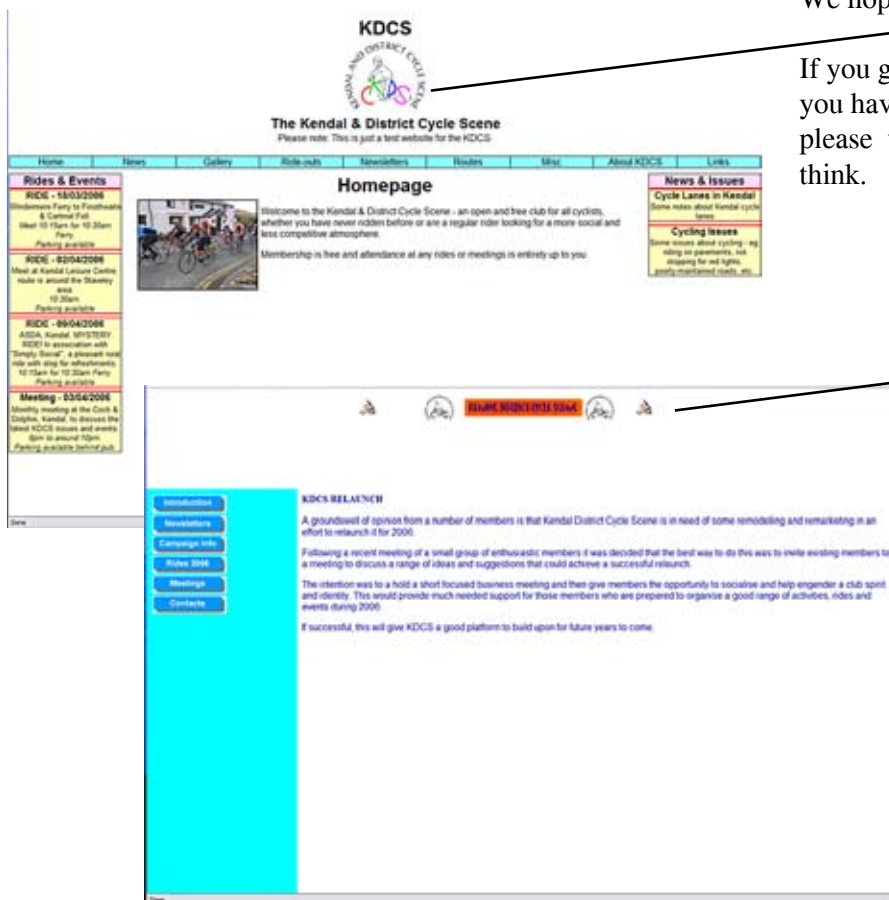
Photo courtesy of Andrew Miles - Sustrans

KDCS web site update

The KDCS web site is currently undergoing a revamp.

We hope to have the **NEW SITE** up and running soon.

If you go to the www.kdcs.org.uk site at the moment you have the choice of trying out the **NEW SITE**, please visit the new homepage and see what you think.



In the meantime, you also have the option to see the current 2006 rides list, newsletters, and membership form at the **INTERIM SITE**.

Please let us have any feedback, and ideas for information that you think should be on the new site.

We are trying to design the site for the benefit of members and as a resource for local cyclists, which hopefully will encourage more to join us.

Your ideas and feedback are needed - let us know by emailing: kdcsemail@tiscali.co.uk

Cycling web links

Local and general cycling sites -

www.kdcs.org.uk - KDCS rides, news info! (See info on page 11)

www.nightriders.org.uk - KDCS nightriders

www.ctc.org.uk - Cyclists Touring Club website

www.ctclancaster.org.uk - Lancaster Cyclists' Touring Club

www.sustrans.org.uk - Information on the National Cycle Network

www.trailquest.co.uk - Trail Cyclists Association website

www.mintcakemt看b.co.uk - Kendal based Mountain Bikers with a common interest in Trailquests

www.fredwhittonchallenge.org.uk - from Coniston, possibly the hardest organised single day ride in the UK

www.etapedudales.co.uk - Etape du Dales 110 mile event from Grassington

Web sites dedicated to accounts of rides and much more -

www.cycletourer.co.uk

www.kenkifer.com/bikepages/index.htm

<http://biketouring.eurotourism.net>

www.mrpumpy.net

<http://www.raph.nl/>

<http://www.biketrip.org/>

Official site and statistics -

www.pcug.org.au/~psvansch/crag/psi.htm
Cycle Helmets: The Case for and Against

<http://www.nationalcyclingstrategy.org.uk/>
National Cycling Strategy - Cycling and Health

www.dft.gov.uk/stellent/groups/dft_roads/documents/page/dft_roads_504739.hcsp
Cycling for better health - Department of Transport

“As more people take up cycling there’s never been a more important time to help us make cycling safer on the roads” Phil Liggett, CTC President



“The bicycle is a curious vehicle. Its passenger is its engine.” John Howard

More Cycling web sites -

www.cyclingplus.co.uk - Cycling Plus -lots of info and a very good forum.

www.cyclingweekly.co.uk - Cycling Weekly

www.bikemagic.com - aims to be the UK’s first definitive cycling site

www.bikeforall.net - Bike for all website

www.bikejournal.com

www.captainbike.com

www.sheldonbrown.com/gears/ - gear calculator

www.icebike.com - Home of the winter cyclist and other crazy people.

General sites of interest -

www.yha.org.uk - Youth Hostels Association

<http://www.met-office.gov.uk/weather/europe/uk/northern.html> - Weather forecasts for Northern England

Cyclosporives -

www.cyclospport.co.uk - Primarily UK Cyclosporives

www.thecumberlandchallenge.co.uk/ - The Cumberland Challenge

<http://www.pendlebikefest.com/ericwrightpedal.htm> - The Pendle Pedal Sportive