



BULLETIN - *Bike Week 2008, Issue 5*

www.aberdeencycleforum.org.uk

Welcome...

Welcome to the second Aberdeen Cycle Forum newsletter of 2008. As you will see, the Forum has been continuing its mission to improve cycle facilities and the safety of cyclists in Aberdeen. The Forum acts as a 'consultative body' so has the opportunity to comment on or object to changes in the road infrastructure, before they take place. This issue also includes details of all the events and activities in the area to celebrate Bike Week.

WEB-LINX

We can't fit everything in the newsletter, some web addresses are long and fiddly to type, so our solution is WEB-LINX. Where you see "WEB-LINX" in the text simply visit the ACF website, click the WEB-LINX button in the menu and enter the number to learn more.

News

BIKE WEEK

Bike week runs from the 14th to 22nd June 2008. There are various events and cycle runs planned including our own Commuter Challenge and Film Festival, come along and join the fun!

Visit www.aberdeencycleforum.org.uk to learn more.

For further information on general bike week events and details of events organised by specific employers please see the bike week website WEB-LINX:27

COMMUTER CHALLENGE

We are delighted to be able to continue our cycle commuter challenge for Bike Week 2008. Simply cycle to work/study on any day during

bike week, then register your journey on our website to be entered in our prize draw to win a new bike from Edinburgh Bicycle Co-operative.

Cycling benefits you, your community and the environment. Cycling to work has been proved to be healthy, fast and fun, so even if you do not win the prize you can't lose!

Sponsored by Aberdeen Cycle Forum, Aberdeen City Council and Edinburgh Bicycle Co-operative

FILM FESTIVAL

Following the success of our film screening for Bike Week last year we are pleased to be able to announce the screening of two films at the Belmont Cinema on Wednesday 18th June at 6.45pm.

ASIEMUT - Olivier Higgins and Melanie Carter's journey of approximately 8,000km, riding unsupported from Mongolia to Calcutta, passing through Xinjiang, the Taklaman Desert, Tibet and Nepal. Along the way, they discover an unfamiliar world, but they also discover themselves.

ROBERT MILLAR - THE HIGH LIFE - A fascinating documentary, which looks at Scottish cyclist Robert Millar's preparation for the 1986 Tour de France. Britain's best ever Tour cyclist and one of the country's most enigmatic and mysterious sportsmen, he was a giant of the major tours (France, Spain and Italy) in the 1980s and early 90s. He remains the only English-speaking cyclist ever to be crowned King of the Mountains in the Tour de France. He retired in 1995 and has since disappeared from public life.

Tickets £4.50, from the Belmont ticket office.
Tel:0871 7042091

Cycling Scotland will have a Representative at the event and will be saying a few words in the Cafe/Bar downstairs after the film showing.

Sponsored by Cycling Scotland and NESTRANS
Assisted by Aberdeen City Council

CYCLE RUNS DURING BIKE WEEK 14th TO 22nd JUNE 2008

The Aberdeen Cycle Forum together with the Grampian Cyclists Touring Club have organised the following seven rides during Bike Week. All rides are led by experienced leaders. Where necessary a sweeper will be appointed to look after those going a little more slowly.

During the Bike Week, you can just turn up with your bike to any of the rides. You don't have to be a member, and rides are organised for both experienced and inexperienced riders.

Sunday 15 June

Come and Try Cycling from Duthie Park by the Pond. Start at 10.00 a.m. These rides are easy, visit places of interest in or near Aberdeen and, most importantly, stop for tea or coffee. The time on the saddle is usually no more than an hour and a half.

Sunday 15 June

For a Faster Ride, meet at 9.00 a.m. in Peterculter (West End). The leader will take you to the Dess Activity Park for coffee and from there to Ballater for a picnic lunch. Total ride distance from Peterculter over 75 miles.

Wednesday 18 June

For a Pub Run, come to Duthie Park by the Pond at 7.30 p.m. The leader will take you to a pub of her choosing. Make sure you have good lights. You will be at the pub at about 9.00 and by the time you cycle home, you will need to be lit up.

Saturday 21 June

For a Morning Run, come to the back of Woodend Hospital in Eday Road at 9.30. You will have a picnic at a large recumbent stone circle near Dyce. Total ride distance from Eday Road about 20 miles.

Saturday 21 June

For a Faster Ride, meet at Parkhill Bridge, Dyce. From there the leader will take you for a coffee in the Inverurie Garden Centre and a picnic lunch at Leith Hall, Kennethmont. Total ride distance from Parkhill Bridge over 75 miles.

Sunday 22 June

Come again to Try Cycling from Duthie Park by the Pond. Start at 10.00 a.m. These rides are easy, visit places of interest in or near

Aberdeen and, most importantly, stop for a tea or coffee. The time on the saddle is usually no more than an hour and a half.

Sunday 22 June

For a Slower Ride, join us in Peterculter (West End) at 9.30. The leader will take you to the Bowling Green Café at Stonehaven for tea or coffee and from there to the Crawton Nature Reserve for picnic lunch. Total ride distance from Peterculter about 40 miles.

Remember, all rides are led by experienced runs leaders who will appoint a sweeper where necessary to ensure participants do not get separated from the group. You will be assured of a warm welcome.

Please note that during Bike Week, third party insurance is provided free by the Cyclists Touring Club.

For more information, see WEB-LINX: 30

YOU ARE NOT ALONE

It's now official, you are not alone! In April ACF conducted Aberdeen's first ever cycle count. At 13 key locations throughout the city cyclists were counted during the morning peak period from 07:30 to 09:00. The total count was over 600 cyclists in just this 1.5 hour slot. As it was our first time we had no idea what to expect but this seems a good number. Union Street tops the list with 78 journeys, several other locations are not far behind, amazingly Auchmill Road recorded over 50 cyclists.

In the absence of any official data our objective was to generate a baseline that we can compare with in later years. It is intended to repeat the count every six months. ACF needs you We rely on volunteers for the count. If you can spare a couple of hours and want to be a "bike spotter" for our next survey (full training is given) please visit our website to register.

See WEB-LINX: 28

ON TRACK... Cycle Infrastructure Projects

ACF has been involved in a number of new cycle infrastructure projects recently, and we plan to help design and push for even more. This year we have learned that funding has been

made available for implementing another couple of stages for the Westhill - Kingswells - Aberdeen Cycle Route, the construction of another phase of the Riverside Drive Cycle Route, design and implementation of a Kingswells to Bucksburn path, design of a cycle route from Aberdeen to Inverurie, installation of a cycle bridge over West Cults Road at the Deeside Line and a cycle link from the Formartine & Buchan Way to Pitmedden Road. For 2008/09 that means over £700,000 will be made available for cycle infrastructure projects! The challenge now is to ensure that these projects are carried out and spending targets are met.

Thanks to all who have put in comments and ideas; keep them rolling in!

NEW CYCLING ENTERPRISE PLANNED FOR ABERDEEN

It is hoped a new enterprise will be launched in Aberdeen in the next few months, that will repair/refurbish unwanted bikes and sell them to the public at affordable prices. The company -BIKEFIT- also wishes to develop other services, including providing cycle training for young people and adults (eg at the universities or staff at companies as part of travel plans)

A pool of cycle trainers are needed who can help deliver cycle training. There are already a few people who are accredited trainers in the area but the pool could do with a few extra. BikeFit is looking for people who can make themselves available for a 4 day Cycling Scotland training course (in Aberdeen) and then agree to deliver a number of days of training through the year - for which they will get a fee. Obviously this will suit people who work flexibly, or part time or who are not in work.

BikeFit could make a real difference to cycling in Aberdeen - in the way the Bike Station has in Edinburgh. Be there at the start If you are interested 'in principle' at this stage please send name and contact details to Derek Williams: derekw24@btinternet.com

BECYCLE LAUNCHES AT THE UNIVERSITY

Becycle a new bike recycling and loan scheme has started at the University of Aberdeen. Collecting old bikes, renovating them and adding

them to a Library that can be used by students. Workshop facilities to do your own repairs are also available, often with Becycle members providing "coaching" if you don't know what to do.

Becycle are on the look out for more bikes to renovate and indeed any volunteers to join in - learn more at the becycle website, WEB-LINX:29.

It could be said that re-cycle schemes like this are just like buses, you wait for ages for one, then two come along at once! But seriously, we are delighted to announce both bike re-cycling schemes in Aberdeen. Ed.

BIKE PARKING AT BIG PROJECTS

The Cycle Forum is taking an interest in provision of bike parking at some of the major developments currently being built in the city and Shire. At the new bus station on Guild Street, Aberdeen, all we currently have been told will be put in is 6 lockers. Bikes are not surprisingly already being attached to the railings at the end of bus bays. The Forum is pursuing provision of Sheffield stands at the bus station.

At the train station, while the 70 spaces in the College Street multi-storey car-park are welcome, the Forum is concerned people will not be aware they are there, so we are trying to get signs to these stands put in. Other



plans we saw a while back showed cycle stands at a few other locations around the station, though nothing inside. The Forum would like to see some parking inside the station as at Waverley.

At the new Acergy office development on the outskirts of Westhill, all the developer has made us aware of up to now is a single cycle shelter which will house only 12 bikes.

Come and Meet Us

ACF have been invited to take a stall at the following events:

- Aberdeen Eco-city, at the Highland Games in Hazlehead Park on Sunday 15th June; and
- Aberdeen City Tennants Open Day in the Music Hall on Saturday 26th July.

We will be there with various leaflets, cycle maps and posters to promote cycling in Aberdeen. Please drop by to say hello and also give us your comments on the good and bad things about cycling in Aberdeen to help us target the important areas for future improvements.



ACF stall at an earlier event.

New in the Saddle?

Try Cycling

Try Cycling was mentioned in the list of runs for bike week given earlier, this is not just for bike week and will continue to run every Sunday throughout the summer.

Particularly for those of you who are relatively new in the saddle, or have not cycled in the City for some time and feel you have lost road confidence, why not TRY CYCLING. Every Sunday, ACF and CTC trained cycle trainers run short rides (<3hrs). It's the ideal way to gain confidence, meet new people and have fun. Meet 10:00hrs at the Pond in Duthie park, see WEB-LINX:18 for more information.

And Finally...

Continuing the campaign for friendly cycling. ACF has recently carried out a 'count' of cyclists at peak periods in Aberdeen, see article entitled YOU ARE NOT ALONE on page 2 and it appears that cyclists are part of quite a large community. With that in mind I would like to see more community spirit with cyclists acknowledging each other as they pass, particularly when passing a slower moving bicycle and your presence is sometimes a surprise as you can't be heard approaching. It may not always be safe to do so, but when you can, please acknowledge other cyclists: a wave will do, or even just a nod and a smile!

With your help, Aberdeen can become known for friendly cyclists as well as being cycle friendly.

Ed.

About ACF

Aberdeen Cycle Forum (ACF) aim to encourage cycling of all types within Aberdeen, including: The promotion of cycling as part of a sustainable transport strategy for Aberdeen and to encourage the city council and other relevant agencies do the same. Campaigning for a safer cycling environment and improved cycle facilities in Aberdeen. Anyone who shares these aims is welcome to join in.

ACF Needs You

If you have views on issues like this, then why not get involved, It's free and you can give as little or as much as you want. Not sure what's involved, then why not drop in to one of our monthly meetings and say hello - Usually the last Tuesday of the month 19:30hrs in the Townhouse, check the website.

The SMALL Print

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