

# losing your bike?

When it comes to purchasing, you get what you pay for. Good quality bikes which are more robust yet lightweight can start from around £200

## THE BMX

First popular in the 1970s, BMXs are a favourite amongst teenagers and riders who enjoy off-road riding, jumping and racing. They have a lightweight frame, either aluminium or steel, and thick tyres with lots of grip for loose terrains. They are recognised for their low seats and high-rise handlebars.

**Ideal for:** Off-road racing and jumping, riding in bike parks, building up riding skills.

## ELECTRIC BIKES

An electric motor is used to power the bicycle, which can reach around 15mph. Legally, they are classed as bicycles so you do not need a licence to ride one. However, you must be aged 14 or over to operate one.

**Ideal for:** Those with health concerns and easy riding.

## FOLDING BIKES

These bikes can be 'folded' into themselves making them very easy to transport. However, because of this, they can be heavy and slower to ride. You can find some models which are more lightweight, but expect to pay more for these.

**Ideal for:** People who commute regularly by public transport.

## CYCLE SCHEME

If cycling is a part of your daily commute to work, or you are an employer that wants to increase your green credentials, then the Government has an initiative that will be of interest to you.

The Cycle Scheme allows you to get a bicycle tax-free when arranged through an employer, meaning you could potentially save up to 32% on the price of a brand new bike! When an employer is registered with the scheme, you can order a bike from a local shop (which is partnered with the initiative) with an assigned certificate.

For more details, visit [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk)



## ROAD BIKES

They have thin, smooth wheels which prevent resistance when in motion, allowing faster speeds to be reached. They usually have a drop handlebar which allows for better aerodynamics, although sportive bikes, a form of road bike, have a flat handlebar and a wider range of gears.

**Ideal for:** High speed travels on pavements and concrete. **Also look for:** Tourers and hybrids - these bikes have a robust design and can carry heavy loads, making them ideal for commuting to and from work and the shops.

## THE MOUNTAIN BIKE

Mountain bikes have thick tyres with lots of grip, a wide range of gears, powerful brakes and suspension, usually on both the front and rear wheels. The handlebars are upright (flat) and wide, which allows for maximum control.

**Ideal for:** Outdoor, off-road cycling in deep countryside, rocky locations.

## What to wear?

Wearing the right clothing for cycling is just as important as having the right bike; it needs to keep you cool in hot weather, warm when it is cold and, most of all, be comfortable.

## HELMETS

A helmet has to be the most vital aspect when it comes to what to wear for cycling.

## FOR SPORT

Generally, the shorts and jerseys worn by riders are made from lycra or a similar synthetic material. They are able to take sweat to the outside of the body, meaning you are a lot less likely to get clammy during your ride.

## LEASURE COMMUTING

When planning a leisurely bike ride, or commuting a short distance to your place of work, college or the shops, then there is no need to be kitted out in the sporting gear apparel.

## cycle friendly cafés



Our Cycle Cafés are also home to a bike first-aid kit, ideal if you need a bit of air in your tyres or need to tweak the odd screw or cable whilst you are out for a ride.

You'll find our Cycle Cafés at:

**The Lion's Den, Weelsby Woods, Grimsby**

**Kingsway Kiosk, Cleethorpes Seafront**

**Lilly's Tearoom, Yarborough Road, Keelby**

If you run a local café and would like to be another of our Cycle Friendly Cafés please get in touch, e-mail [pedalandstride@nelincs.gov.uk](mailto:pedalandstride@nelincs.gov.uk)



## top 5 reasons to cycle

Whether your aim is to become healthier, spend more time with the family or to do your bit for the environment, there are so many advantages to taking up cycling - what are you waiting for?

### YOUR HEALTH

Going for bike rides is a fun, free way to exercise and become more active, and you can do it with your friends and family too!



### FOR THE SCHOOL RUN

Many children enjoy daily bike rides to school, especially if they live within cycling distance.



### WITH YOUR FAMILY AND FRIENDS

You may want to explore all of what the county has to offer, and what better way to do so than by going on a bike ride with family and friends?

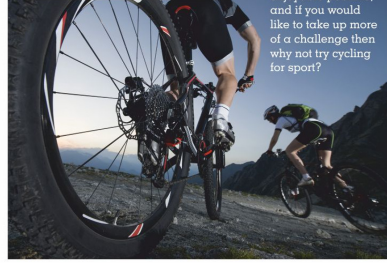


### TO COMMUTE

Travelling to your place of work via car or public transport may seem like the most convenient option, but cycling certainly has its advantages.

### FOR SPORT

Bike rides are an enjoyable pastime, and if you would like to take up more of a challenge then why not try cycling for sport?



## Using your bike on the train and public transport

Free of charge on board East Midlands Trains. For more information, contact the train company before setting out with your allocated number of cycle spaces.

When using your bike on board trains, please pick up a copy of the Network Rail from any staffed station.



### EAST MIDLANDS TRAINS

Grimsby - Lincoln  
Telephone: 0345 712 5678  
[www.eastmidlandtrains.co.uk](http://www.eastmidlandtrains.co.uk)

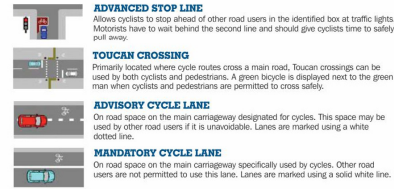
### northern

Cleethorpes - Grimsby - Barton upon Humber  
Telephone: 0333 222 0125  
[www.northernrail.org](http://www.northernrail.org)

Free cycle parking is available at all rail stations within North East Lincolnshire. Only folded bikes can be carried on board local bus services.

## usual road signs and markings

Whilst out and about on your bike you are likely to encounter some of these signs or road markings; here is a quick and simple guide to their meanings



## safe journeys

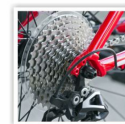
Bike rides along busy urban roads or winding country lanes can be daunting, especially for beginner cyclists. Some people feel that cycling can be dangerous but, when following some simple rules and being fully aware of your surroundings, you can stay safe and enjoy the ride.

## Enjoy Safe Cycling

Travelling around town by bike doesn't have to mean cycling amongst heavy traffic. Quite often by planning your journey in advance you can use off road traffic free routes of quieter back streets with less traffic.

Whichever route you choose, be sure to follow this good cycle guide.

- Wear bright or reflective clothing so that other road users can see you.
- Make sure that you have lights on your bike and if you're travelling at night make sure they work before you set off.
- Wear a helmet that fits snugly; remember to make sure that you change your helmet after a knock as the impact may weaken it.
- Ride in a courteous manner and cycle with respect to other users of the route.
- Where you are using a segregated path, keep to the designated cycling side and watch out for pedestrians crossing the route.
- On shared paths, make sure you give way to pedestrians, wheelchair users and horse riders, leaving them plenty of room when passing.
- When cycling on the road always follow the Highway Code and don't cycle on pavements unless cycling is permitted.
- Some roads around the port areas of Grimsby and Immingham are privately owned and cycling is only permitted for staff on port business and are closed to the general public.



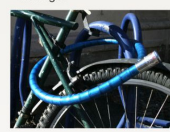
with a degreaser, using a toothbrush and then dry with an old cloth. Finally, work checking that the chain has not pulled the chain away; it is worn.

## KEEPING YOUR BIKE SAFE AND SECURE

To keep your bike safe, there are some simple but effective actions you can take.



- Remove any parts and accessories that may be easy to steal, such as quick-release wheels; the front wheel can be placed with the back wheel, and the lock placed through both wheels, the bicycle's frame and the stand to which it is being locked.
- When locking your bike up, use two different types of locks and secure it to a solid stand where there is no risk of the bike being lifted over the top. As a general rule, you will find that the more expensive the lock, the harder it is to break; look for Gold Solid Secure ratings.



- Make sure you have a comprehensive insurance policy that covers your bike for theft, accidental damage and vandalism. For those cycling long distance, policies can include cover for roadside recovery across the UK and Europe.

## THE SADDLE

When riding, you need to be sitting comfortably to avoid not only saddle but also aches and pains. The first check is that the seat is at the right height so you should be able to place the ball of your foot on the floor when stretching your leg. If your seat is too low, you're pedalling, meaning your legs will be bent that you need to adjust the saddle so upwards, or even down, for complete biking, the seat can be a little lower on the floor just in case you begin to lose control.



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Try spinning the clicking or a problem. If attached to from side-to-side, somebody a

## THE LIGHTS

When cycling at night, you must have light fixed to the front of your bike and a light at the back with a red reflector; lights are permitted but a steady light is advised. Be sure to check that these are working regularly to ensure that you are visible.

## CLEANING

To give your bike a thorough clean, all you need is hot water, washing-up liquid, a toothbrush, old cloths, a sponge, degreaser and lubricant. Wash the bike in warm soapy water, and then rinse again to get rid of any dirt and debris - use a toothbrush to get into the hard-to-reach areas. The degreaser will then break down any oil that may be left over; once this has been applied, rinse the bike down again before drying the frame with a clean cloth.

Next, use the lubricant on the



## useful contacts

### Social Cycling Clubs

Lindsey Road Cycling Club - [www.lindseyroads.co.uk](http://www.lindseyroads.co.uk)  
Scunthorpe Polytechnic Cycling Club - [www.scunthorpepoly.co.uk](http://www.scunthorpepoly.co.uk)  
Barton Wheelers Cycle Club - [www.bartonwheelerscc.talktalk.net](http://www.bartonwheelerscc.talktalk.net)  
Lincsquad - [www.lincsquad.co.uk](http://www.lincsquad.co.uk)  
Lincolnshire CTC  
<http://community.lincolnshire.gov.uk/lincolnshirectc/index.asp>

### Cycle Shops & The Cycle Hub

GRIMSBY CYCLE HUB, Grimsby Town Railway Station, Grimsby.  
Tel: 01472 354986 Web: [www.grimsbycyclehub.org.uk](http://www.grimsbycyclehub.org.uk)

Cycle Mode, 37 Beulah Street, Grimsby  
Telephone: 01472 359084 Website: [www.cyclemode.co.uk](http://www.cyclemode.co.uk)  
Ettridge Cycles, 100 Cromwell Road, Grimsby  
Telephone: 01472 340755 Website: [www.etteridgecycle.co.uk](http://www.etteridgecycle.co.uk)  
JC Cooks, 123-125 Pasture Street, Grimsby  
Telephone: 01472 881312 Website: [www.richardsononline.co.uk](http://www.richardsononline.co.uk)  
Veloport 21 High Street, Cleethorpes  
Telephone: 01472 231444 Website: [www.velosportonline.com](http://www.velosportonline.com)  
Wood's Cycles, 84-88 St. Peter's Avenue, Cleethorpes  
Telephone: 01472 891679 Website: [www.woodsycles.co.uk](http://www.woodsycles.co.uk)

### Sport Riding Facilities

New Waltham BMX Race Track - [www.gypinfo.org](http://www.gypinfo.org)

### Cycling and Health

Change 4 Life - [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

## & DON'T FORGET...