

## CYCLING INSPIRATION

There is a beautiful, simple machine which gives us back our freedom, our cities and our health. It's people-friendly, amazing fun and so efficient that you'll become one of the most beautiful movers in the known universe. There's nothing fun or fashionable about sitting in traffic jams, then having nowhere to park!! Make cycling part of your daily life - what else is so much fun whilst doing so much good?

**HOLIDAYS** ... Globetrotting cyclist Josie Dew says, "If you can cycle to the shops, you can cycle round the world." Dervla Murphy cycled to India on the 3-speed she had used for years in her Irish home town. Properly prepared, cycle touring is a joy and a challenge, but you can still head for the hills without a great outlay. Where-ever you cycle, you travel lightly, leaving the local environment as you find it, riding on humankind's happiest, most friendly invention!

**SAFETY** ... It's much safer to cycle, even in the UK, than not to! Research shows that if you cycle regularly you can expect to be as fit as someone 10 years younger, and to add 2.5 years to your life - despite the (tiny) risk of road death.

Adapted from *Get Cycling: Practical Guide to Pedal Power* from **Company of Cyclists**. CoC works with councils etc on bike promotion initiatives - businesses, schools, public try-outs, literature, forums, etc. [www.getcycling.info](http://www.getcycling.info) 01904.778080

## MOTOR DE-INSPIRATION

The flood of motor cars and lorries onto our roads in recent years is a tragedy for nature and the environment, and for our health... When I was a small boy of 8, the air was not polluted with gases from a million exhaust pipes. It was a lovely world to live in, but now the motor car has ruined it. It has also, to some extent, ruined us. Instead of walking to school as we always used to do, even if it was a 3-mile journey, nearly every child of today gets taken there by car ... horrible noisy machines made of steel that kill thousands of people every year... Perhaps in a few hundred years our great-great-grandchildren will be born with hardly any legs because they won't have any use.

Adapted from *Guide to Railway Safety* Roald Dahl, 1991

## BIFF Biff is in The Guardian on Saturday and at [www.biffonline.co.uk](http://www.biffonline.co.uk)



"I'm interested in joining SPOKES. Please send an application form, and recent issues of SPOKES"

Post this to: SPOKES, St.Martins Church, 232 Dalry Road, Edinburgh EH11 2JG.

Please enclose a stamped addressed envelope [9"x4" if possible].

Please enter your name, address, postcode...

## ESSENTIAL CONTACTS

**Cycle training:** (not free) 652.0895 [east@scottishcycling.co.uk](mailto:east@scottishcycling.co.uk).

**Traveline Scotland:** rail, bus, ferry info [to include cycle aspects and cyclemap leaflets?] 0870.608.2608 [www.traveline.org.uk](http://www.traveline.org.uk).

**Potholes, glass on cycle routes, broken lights, etc anywhere in Lothian [including Edinburgh], or Falkirk District:** [Use number on nearest lamp-post to report exact location]. Phone 0800.232323; Or see [www.edinburgh.gov.uk](http://www.edinburgh.gov.uk) - transport - Clarence.

**Bad glass/dumping [Ed only]:** Rapid Response 0800.100.3366

**Smoky commercial vehicles:** 01506.445216.

**Bad taxi-driving:** TheInspector, 33 Murrayburn Rd EH14 2TF.

**Drink-driving, speeding, driving whilst disqualified, and other road crime:** Freephone Crimestoppers 0800.555.111.

## AIR CONSULTATION

The air transport consultation [[www.airconsult.gov.uk](http://www.airconsult.gov.uk) 0845.100.5554] has been extended [date unknown]. The document omits the rising impact on climate-change of uninhibited air travel, and the £7bn p.a. public subsidy due to tax-exempt fuel, tickets and new aircraft. Transform Scotland calls it "A mammoth flag-waving exercise for the air industry."

Please respond if you haven't yet! We suggest choosing the 'UK-wide constrained' option - but since the questions don't allow you a proper reply on environmental aspects, consider also sending an email or letter. For more ideas see: Spokesworker02.12.02 [Spokes web site]; [www.airwatch.org.uk](http://www.airwatch.org.uk); and [www.greenparty.org.uk](http://www.greenparty.org.uk) [Aviation's Economic Downside]. Transport planners, please contact catherine.elliott@york.gov.uk.

## FOOD MILES

Concern is growing over the huge distances travelled by processed and imported food, so increasing CO<sub>2</sub> emissions and road/air traffic. An **HDRA organic growers** editorial [Spring 2001] asks if organic food is environment-friendly if transported 1000s of miles [[www.hdra.org.uk](http://www.hdra.org.uk)]. See also the **Campaign for Preservation of Rural England Local Food** campaign [[www.cpre.org.uk](http://www.cpre.org.uk)]; **Soil Association Eat Organic Buy Local** [[www.soilassociation.org](http://www.soilassociation.org)]; and [www.localfood.org.uk](http://www.localfood.org.uk).

**Which** [Jan 2003] says the food-transport-environment dilemma is not just about food-miles, and needs a raft of measures including air taxes, less car-use and an end to Euro farm subsidies [[www.which.net/campaigns/food/production](http://www.which.net/campaigns/food/production)].

Reproduced by kind permission  
**Chris Garratt & Mick Kidd**

# SPOKES

Leaflet 84 Early 2003

SPOKES, The Lothian Cycle Campaign, St Martins Church, 232 Dalry Road, Edinburgh EH11 2JG © 0131.313.2114  
<http://www.spokes.org.uk/> [This is a mail address and answerphone - SPOKES is a voluntary organisation with no staff]

## HUGE EDINBURGH CYCLE BOOST

Spending on Edinburgh cycle projects will be more than double current levels during 2003/04, 04/05 and 05/06. The £1.1m extra is from a successful £10.5m council bid to the government Public Transport Fund, to improve access to **West Edinburgh** and to the new **Infirmity**. It includes bike routes to Gyle from Roseburn, Clermiston, Stenhouse and Wester Hailes; and to the Infirmity from Brunstane, Meadows and Gracemount. **Spokes warmly compliments the council on its success - and for including such a major cycle element when preparing the bid.**



This muddy mess near Balgreen Avenue will become a tip-top off-road section of the new Roseburn to Edinburgh Park route. Spokes has stressed to transport supremo **Cllr Andrew Burns** the need for sufficient cycle project staff to get the money spent, and with high quality design. We reminded him of the appalling mid-1980s situation [Spokes 29] when the then very large cycle budget was only 25% spent - due to insufficient specialist cycle staff - until the Council created its first Cycle Project Team [Spokes 33, 28].

### FOOTNOTE - BEST AND WORST??

In a major article on cycle policy, the Observer [22.12.02] cited Edinburgh as a top example of how a council can boost cycle use if it has the will - and **East Lothian** as one of the worst.

*Spokes Spring Public Meeting...*

## COUNCIL ELECTION FORUM

May 1<sup>st</sup> sees elections to the Scottish Parliament and to all Scottish Councils. Come, listen and question the parties on their policies, particularly for Edinburgh City Council.

**Confirmed speakers:** Cllr Andrew Burns Lab, Gordon Buchanan Conservative, Cllr Mike Pringle LibDem, Colin Fox SSP, Bill Brockie Green. Not yet replied: SNP.

**When:** Thurs 13 March, 7.30 [6.45 for coffee, stall, chat]

**Where:** Royal Over-Seas League, 100 Princes Street

**Elections footnote:** Transforming Edinburgh, a transport manifesto from S.E. Scotland Transport Activists Roundtable, will be sent to all Spokes members. Or, see [www.transformscotland.org.uk/sestar](http://www.transformscotland.org.uk/sestar). Use it to lobby election candidates from now till 1 May.

## HOLYROOD ELECTIONS

*With Scottish Parliament elections on 1<sup>st</sup> May, what has the Lab/Lib coalition achieved on promoting cycle use?*

Both 1999 manifestos made very modest promises - but at least they were kept! Labour promised "extended support" for cycling and LibDems "more road space for ... cycles". [However, although neither party pledged road building, nearly £1bn - a massive sum! - has since 1999 been announced for trunk road construction - Source: Transform Scotland 0131.467.7714].

Soon after the election the target to double Scottish bike use 1996->2002 (and again by 2012) was reaffirmed. The 2002 target has not been met, but **Edinburgh** has met it (2%->4% of work journeys), and **Glasgow** (0.8%->2.5%) exceeded it, according to Glasgow Cycle Officer Erl Wilkie - showing it is perfectly possible to increase bike use, given strong policies, funding and staffing. Sadly, few other councils have done so - even though in 1999 we warned the Executive, "councils working on cycling plan to continue, but those who have done little plan no change. The government must firmly tackle the laggards" [Spokes 73].

### PUBLIC TRANSPORT FUND CRUCIAL

**Sarah Boyack** the Parliament's first Transport Minister, took several steps to meet the manifesto commitment. Most notably she revised the **Public Transport Fund**, to foster integrated cycle/walk/public transport bids [Spokes 77.80]. Councils taking this advice were spectacularly successful! Indeed our annual survey of Scottish council cycle project spending [Spokes 83] shows the PTF now provides more cycle funding in Scotland than all other sources combined. Edinburgh's £1.1m is a powerful recent example.

Sadly subsequent ministers, **Wendy Alexander** and now **Iain Gray**, have given no leadership on local accessibility, and seem obsessed by big-projectitis, as we predicted when Sarah Boyack was sacked [Spokes 81]. Soon, the Executive Cycle/Walk branch was subsumed into Road Safety branch, [Spokes 82]. Now we see **closure of the Public Transport Fund**, top Scottish cycle project funding source [see above]. Its main successor, the **Integrated Transport Fund**, has no special Guidance on cycle projects. There is also talk of a **local public transport projects grant scheme**, using Section 70 of the Transport Act, but no hint if it would have the PTF cycle-integration philosophy or if it would furnish similar funding levels. It should also have been launched well before now, to give councils time to plan.

*With elections coming, please write now to your MSP, to Minister Iain Gray, and to election candidates...*

- ☐ What leadership will they give councils on cycling?
- ☐ How will they ensure cycle project funding stays at current PTF levels or higher, to help meet national targets on cycle use, environment and public health?

*As always, please send us any useful replies.*

**Help SPOKES, other cyclists, and yourself by writing to your MSP, MP, councillor or the press now and every few months. Ask your MSP / MP to raise your questions with the relevant minister. Remember to send us the results!! For MSP details phone 0845 278 1999. For MPs/councillors phone the Citizens' Advice Bureau (see phonebook).**



## ABBREVIATIONS USED IN LEAFLET

H	The Herald	LTT	Local Transport Today
G	The Guardian	SE	Scottish Exec. press release
SH	Sunday Herald	DTLR	Dept of Transport UK
TS	TRANSform Scotland	STR	Scottish Transport Review

## FOR YOUR DIARY

**Spokes Sunday Rides** Meet 10am, Usher Hall, Lothian Rd. Normally 1st Sun each month. Fairly gentle rides, 30-40 miles. Lunch at pub/café, or bring picnic. Showers won't stop us, but real bad weather may cause cancellation. We show the way, help with breakdowns, wait for the less-speedy, and aim for a fantastic time! You must ensure your bike is in good order, and ride considerately and carefully. **You are entirely responsible for your own safety.** Children under 14 or unused to roads must come with an adult. **Dates:** Mar 2, Apr 6, May 4, Jun 1. [stuart@snowcycle.co.uk](mailto:stuart@snowcycle.co.uk) 445.7073. **CTC 'easyish' rides** - similar to the above. 3<sup>rd</sup> Sunday of month, 10.30, Commonwealth Pool. Anne 657.2189.

**Spokes Cycling Weekends** [www.bikebus.co.uk](http://www.bikebus.co.uk) 229.6274  
26-27 Apr Moffat 229.3101 10-11 May Glenfinnan 652.0333  
24-31 May Wales 229.6274 14-15 June Mull/Lismore 669.7458  
12-13 Jul Perth 667.3983 26-27 Jul Dumfries & G 443.6712  
30-31 Aug Edzell 07773.809159 20-21 Sep Glen Doll 662.1243  
13-15 Sep Knapdale 01968.673905

**Go-Bike!** Strathclyde Cycle Campaign rides. 1st Sunday + some w'ends. [www.gobike.org](http://www.gobike.org) 07932.460093 [info@gobike.org](mailto:info@gobike.org).  
Mar 10 E. Lothian members' meeting with council, 7.30. Mark 01368.864717 [maj@finnsdad.freemove.co.uk](mailto:maj@finnsdad.freemove.co.uk)  
Mar 11 Network Rail - its role CRAG open meeting, 7.30 [7pm for coffee] City Chambers, High Street. 449.5003.  
Mar 13 Spokes Election Forum - see page 1

Mar 18 Obesity from a Public Health Viewpoint Public seminar at Edinburgh Uni, Public Health Sciences, Teviot Place, 5pm. Refreshments & discussion after. 650.3212.

Mar 22-23 Towpath Cleanup 9-4.30, Edinburgh-Glasgow Registration essential: 0131.666.0875 [cvinfo@btinternet.com](mailto:cvinfo@btinternet.com).

Mar 27 Cycling & Health conference, Nottingham Univ. 0115.951.4132 [www.nationalcyclingstrategy.org.uk/html/events](http://www.nationalcyclingstrategy.org.uk/html/events).

Apr 3 Future of Waverley Station Railway Preservation Soc, 7 Victoria Terr, 7.45. Speaker - station manager, Juliet Donnachie. Info: 334.5232. NB - see article in centre pages.

May 1 Scottish Parliament and Council Elections  
May 3-5 CTC 125th anniversary rides 0131.554.7773.

June 14-22 National Bike Week 1000 events expected UK-wide. Nick Harvey 01243.543888 [hq@bikeweek.org.uk](mailto:hq@bikeweek.org.uk). Main theme - encouraging novice and family cycling.

June 18 Spokes BIKE BREAKFAST - City Chambers  
June 21 Edinburgh-St. Andrews annual ride sponsored for Lepira. 01968.682369 Ros\_Kerry@lepra.org.uk

June 22 EDINBURGH BIKEFEST Help needed now to make the 5<sup>th</sup> annual BikeFest the most successful ever! [www.bikefest.org.uk](http://www.bikefest.org.uk) Callum Macdonald 0131.524.6150.

June 28 Linlithgow-Hopetoun circular family ride/quizz Info: Niall.Lobley@hopetounhouse.com

Aug 2 Borders Push annual testicular cancer sponsored Gorebridge circular ride. 01875.341158 [info@tcas.fsnet.co.uk](mailto:info@tcas.fsnet.co.uk)

Sept 21-22 Edinburgh Council Car-Free Days See p3

## SPOKES LEAFLET INFORMATION

Editor: Dave du Feu Printer: Barr Printers Print run: 11,300 Copyright details: SPOKES may be quoted freely, if we are acknowledged and our address given.

## CAMPAIGN/RESEARCH INFO

✳ **Bike Links** [www.cycling.org.uk](http://www.cycling.org.uk) (click *Bike Links*) 0161 7366.366. Advises community groups setting up cycle projects. Also factsheets on ideas, funds, equipment, etc.

✳ **Making the Links** Excellent report by Scottish Forum for Transport and Environment on progress (and otherwise) towards sustainable transport in Scotland. Quote - "Perhaps the most disappointing negative has been the low priority and funding for walking and cycling. These are modes that must play a much larger role in local travel as well as in improving Scotland's record on public health. They should not be treated as leisure add-ons to transport policy." £1 from Spokes (A5 edition).

✳ **TRANSform Scotland report 2001/2** Valuable summary of current issues by Scotland's sustainable transport campaign. 467.7714 [www.transformatScotland.org.uk](http://www.transformatScotland.org.uk).

✳ **Examples of Best Practice** Factsheet of council quality initiatives to promote cycle use. [tony.russell@ctc.org.uk](mailto:tony.russell@ctc.org.uk).

✳ **Healthy Travel** Newsletter of Sustrans's Active Travel project to encourage healthy travel modes as part of daily life, with special emphasis on travel plans within the NHS. [www.sustrans.org.uk/activetravel@sustrans.org.uk](http://www.sustrans.org.uk/activetravel@sustrans.org.uk)

✳ **Review of Research on Cycling**. 160 research projects were assessed for policy implications by York University Science & Technology Unit. [www.york.ac.uk/org/satsu](http://www.york.ac.uk/org/satsu).

✳ **Survey of Cycling in Scotland** Wide-ranging survey of reported cycle use and attitudes. A point not discussed is the urban/rural contrast. We often stress [eg Spokes 69,74] that utility cycling is traditionally higher in many rural than urban areas - e.g. 6% of work journeys in Moray, 1.8% in Edinburgh [1991 census] - but that national and local government (with noble exceptions like Dumfries & Galloway) are allowing rural cycling to be driven out by more, faster motor traffic. **The new survey suggests rural utility cycling has now fallen to roughly equal the (growing) urban levels - a disgraceful and unnecessary result of pure neglect.** The report [pub 2002] costs £5 from Stationary Office Bookshop, 71 Lothian Road. 0870.606.5566.

✳ **Planning for Cycling** Perhaps the fullest tome yet on this topic, with urban emphasis, edited by academic and campaigner Hugh McClintock. £115, ISBN 1 85573 581 4.

✳ **Tax-free Bike Breakfasts** The tax authorities now allow employers to provide 6 free cyclist breakfasts each year. "Encourage your staff to try cycling to work", they say! There is also a 20p tax-free business mileage allowance. [www.inlandrevenue.gov.uk/employers/empbull12.htm](http://www.inlandrevenue.gov.uk/employers/empbull12.htm).

✳ **UK Council Cyclemaps Online** [www.cyclemaps.org.uk](http://www.cyclemaps.org.uk) Only one Scottish entry so far! - South Ayrshire.

✳ **Ivan Illich has died** A renowned thinker, whose radical, stimulating work included the transport classic *Energy and Equity* - free at [www.carbusters.org/resources/free.php](http://www.carbusters.org/resources/free.php).

✳ **National Cycling Archive** A mass of historical material, at Warwick University Modern Records Centre. We have donated a complete set of Spokes leaflets. Friends of the Archive: [c.woodland@warwick.ac.uk](mailto:c.woodland@warwick.ac.uk) 024.7652.4219.

✳ **Scotland's Health at Work [SHAW]** A national scheme to encourage and reward employers in building a healthy workplace and workforce. For how your organisation can take part, contact: [paul.currie@lhb.scot.nhs.uk](mailto:paul.currie@lhb.scot.nhs.uk).

## SPOKES MEMBERSHIP RENEWAL

Members who receive a renewal form with this mailing must return it to renew for 2003, even if there are no changes. Members not receiving a renewal form are up to date for 2003

# LOCAL NEWS

## EDINBURGH COUNCIL

If any of these items concern you, contact your local councillor and/or transport boss Cllr Andrew Burns, [City Chambers, High St, EH1 1YJ, [Andrew.Burns@edinburgh.gov.uk](mailto:Andrew.Burns@edinburgh.gov.uk)]. Also question election candidates - till 1<sup>st</sup> May!

✳ We thank everyone who contacted Edinburgh council to say how much they enjoyed the excellent 2002 George Street Car-Free festival [Spokes 83]. The council has now decided to build on this success with a car-free double-day on Sept 21-22, 2003. More info: 529.3595. Glasgow car-free day was equally gratifying: a council survey found 69% wanted a monthly event, even though 65% of interviewees were drivers [H 18.12.02]. For UK & European info see [www.itwmc.gov.uk](http://www.itwmc.gov.uk). Even the government is now helping! - [susan.malcolm@scotland.gsi.gov.uk](mailto:susan.malcolm@scotland.gsi.gov.uk).

✳ Our article on integrating bike-thinking into Edinburgh tram plans [Spokes 83] generated much interest: we thank readers who contacted the council. Cllr Burns has given an 'absolute assurance' this will be fully considered from the start [email 4.2.03]. The council is also liaising with Nottingham University/DfT bike/tram integration project - we have suggested inviting them to Edinburgh [[www.nottingham.ac.uk/isbe/research/current.htm](http://www.nottingham.ac.uk/isbe/research/current.htm)]. Also, since our article, Manchester Cycling Campaign has won its campaign for bike-carriage on three new major tram routes [[www.gmc.org.uk](http://www.gmc.org.uk) 0161.224.3843].

✳ We often state that physical activity strategies must stress everyday walking/cycling etc, not focus mainly on sport. We pointed out [Spokes 83] that Edinburgh's draft 'physical activity' strategy was almost entirely recreation/sport. Following our letter, the Director of Culture & Leisure is to rename it the 'Sport & Physical Recreation Strategy', and will discuss with Transport, Education, the NHS, etc our idea of a genuine corporate physical activity strategy. This could be aided by Scottish Physical Activity Coordinator Mary Allison, who promises "guidance on the potential of ... council services to contribute to physical activity levels."

✳ Following a major campaign by Spokes in 2000, the much-delayed Edinburgh path-maintenance regime [Spokes 76,78,81] looks close! Sustrans should soon be commissioned to prepare the plan for an initial blitz and subsequent regular attention. Work could take place on the A90 path this financial year (by May) and on the North Edinburgh and Innocent routes later in 2003/4.

✳ After our wake-up item [Spokes 83] on the absent Lothian Road Exchange route, developers Terry Farrell met Sustrans to discuss how to meet their commitment. We await action - further delay would be intolerable.

## SPOKES PATH VOLUNTEERS

Spokes members have upgraded several paths in recent months, including Christian Path at Portobello, Woodhall Farm path and, with Edinburgh University conservation volunteers, part of the Almond river path. Waiting for the council can literally take decades in such 'non-trunk' paths whilst voluntary action gets the job done, sets an example, helps us put pressure on the council at least for mainstream paths, is healthy, fulfilling and can even be regarded as fun!

Phoning members who volunteered on membership forms for path work is time-consuming and many are unavailable. If you are on email please contact [timsmith@ednet.co.uk](mailto:timsmith@ednet.co.uk) or [peterhawk@care4free.net](mailto:peterhawk@care4free.net) saying when you are usually free, and if you can bring saw, lopper, spade etc. If you have ideas, or could help organise, please also let us know.



Spokes volunteers at Christian Path, Portobello

# SCOTLAND NEWS

✳ There are rumours the Forth Estuary Forum is about to reject or postpone the concept of a Forth Circular path - which public consultation had suggested as a priority, and for which Spokes had campaigned [Spokes 66,68,70], but apparently is now downplayed by consultants. If so, Spokes may take up the idea through SESTRANS, the body which links local transport authorities. We are also considering a Forth-Circular map, and Sustrans is planning a Forth-Circular Trailblazing Ride. If these ideas appeal, contact Spokes or Sustrans [0131.624.7660].

✳ Discussions are underway between cycling groups and the Scottish Executive to set up Scottish Cycling, to work with councils etc to promote cycling for transport, leisure and sport. Spokes supports the idea, though our own aims concern only transport & leisure [Spokes 69]. We will also continue to pressurise councils/government - in particular, the Executive must lead, incentivise and finance councils to meet national cycle-use targets.

✳ The Scottish Executive has allocated to Sustrans £1.5m from the Integrated Transport Fund, to surface 34km of cycle route in the west of Scotland and for many smaller projects [SO20.11.02]. The grant is highly significant: it shows that the ITF, whose rules are secret, can be used for cycle projects; and it is the first large Executive cycle allocation which does not date back to decisions made when Sarah Boyack was minister. However, we still wholly lack a transparent and effective funding mechanism which ensures all Scottish councils cater seriously for cycling as a means of transport [see p1].

✳ The Scottish Executive has put up £5m to buy 22 new ScotRail 3-car trains and recruit more drivers, to lengthen Edinburgh-Glasgow trains and replace 2-car units on Edinburgh/Glasgow-Aberdeen/Inverness and Dunblane, Fife and Bathgate lines. We think the design will be like Edinburgh-Glasgow class-170 Turbostars: if so, bike capacity will rise on some routes, but may decline on some if 6-bike class-156 trains are replaced (e.g. Dunblane services). We urge members who use bike-rail to write to: Peter Cotton, ScotRail Director, 87 Union St, Glasgow G1 3TA. Compliment him on the new trains, then raise your bike-capacity questions.





Photo: Ian Jacobs

## THE BIKE STATION

**SINCE OUR OPENING** in October, the Bike Station has been very busy. In the workshop area, we've had up to 12 volunteers repairing bikes at a time, and over 150 donated bikes have been added to the storage area.

Luckily 95 refurbished and recycled bikes have been passed on or sold during the same period, otherwise our cellars underneath Waverley Station would be getting very full.

The Bike Station is a community project with charitable status, carrying on the work started at the Castlecliff Bicycle Workshop. Bicycles that have been rescued from dumps, sheds and garages throughout Lothian are repaired with care

and attention to give them a new lease of life. Anybody can buy a cheap roadworthy bike from us or earn-a-bike through volunteering.

The Bike Station repairs and recycles anything. Even the most dilapidated bikes can be stripped for parts and the frames rebuilt or reused.

The Bike Station welcomes volunteers and donations of bikes and parts. You don't have to be a bike expert to help - you'll learn.

### HOW TO FIND US

Come down the north ramp into the station from Waverley Bridge. Our white door with red and yellow sign above is opposite you, on the outside of the booking hall. Just ring the bell during our opening hours - see opposite page.

**THE BIKE STATION** is operated by a new charitable company (Recycle-To-Cycle Ltd.) whose directors are all volunteers or staff in the workshop.

We have three part-time staff, Grace Nicol, John Askham and Steve Hynd.

These posts are supported by funding from the Scottish Executive Sustainable Action Fund (outreach) and the Edinburgh Environmental Project through the Waste Recycling Environment Network (for the workshop managers).

Our presence in the station is due to generous support from Railtrack, a welcome recognition of the links between bikes and trains. We hope that when Waverley

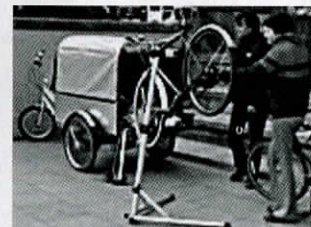
### OPENING TIMES

**Mondays: 10am-1pm**  
**Tuesdays: 1pm-8pm**  
**Saturdays: 1pm-4pm**

Station is eventually re-developed, the workshop is included in the planning.

Although some donated bikes are resold to pay for running costs of the workshop, a key aim is to provide suitable bikes to people who need low-cost transport, by working with social support agencies. Before Christmas we donated eight kids bikes from our decorated Xmas Grotto to the Shelter families project.

We are providing training, both through work experience placements and our public courses. Funding from Fresh Futures has paid for a cargo-carrying trike, which is being used to pick up unwanted parts from bike shops and collect donated bikes when necessary.



Our success so far has been due to the hard work of the many volunteers who have supported the workshop over the past two years. Thanks are also due to SPOKES, who provided key funding at the outset of the project when it started at Castlecliff.

## Event Programme

### Friday fortnightly Trundles 28th February onwards

A chance to get out into the countryside for some fresh air and to cycle those refurbished bikes! For volunteers and anyone else, an easy bike ride stopping at a pub or cafe en route. Meet at 10am at The Bike Station bringing waterproofs and lights.

### Celebrate Women's Week Maintenance workshop - 5th /6th March 7-9pm

If your bike needs some love and attention, these workshops will show you how to easily look after your bike. All the basics you need to know plus fixing a puncture. A free 2 hour workshop (tea and biscuits included). Also 50% off all bikes for sale during women's week!



### Pedal Power Generator Workshop

**6th/7th March 9am - 5pm**

A chance to be involved in the construction of the Bike Station's very own mobile pedal powered generator which will be used to project films, and take to events. Materials will be mainly recycled bikes and other reused resources, and some welding will be involved. £10 per day, concessions available. Places limited so ring 558 1682 to book.

### Spring Back onto your Bike! Basic Bike Maintenance Workshops Thursdays 7-9pm 20th/27th March, 2nd/10th April

Get your bike in good shape for taking out and about and learn those top tips for keeping it smoothly going. Gears, Headsets, Brakes, wheels, all the basics will be covered and more. £5 per evening (concessions available).

**Phone 558 1682 to book places.**

### National Bike Week 14th to 22nd June.

Lots of events planned

**The Bike Station, c/o Railtrack Office, Platform One, Waverley Station, Edinburgh EH1 1BB**  
**tel: 558 1682 email: info@thebikestation.org.uk**  
**web site: www.thebikestation.org.uk**



# ALL YOU NEED TO KEEP RIDING THIS WINTER WINTER CYCLING GEAR IS HERE

HIGH-POWERED RECHARGEABLE LIGHTS, GORE-TEX JACKETS,  
WATERPROOF TROUSERS, GLOVES, REFLECTIVES, LONGS....

JOIN OUR MAILING LIST NOW TO RECEIVE YOUR FREE WINTER CATALOGUE. PHONE

## 0131 228 1368

### EDINBURGH BICYCLE COOPERATIVE

EDINBURGH BICYCLE COOPERATIVE  
8 ALVANLEY TERRACE, WHITEHOUSE LOAN, EDINBURGH EH9 1DU  
[www.edinburghbicycle.com](http://www.edinburghbicycle.com)



You're on a good thing with a

## RALEIGH from MACDONALDS

FRAMES PANNIERS  
SHOES GROUP SETS  
RIMS WHEEL BUILDING  
CLOTHING SPECIALISED TYRES

26 Morrison Street ☎ 031-229 8473  
opposite ABC cinema

## HENDERSON'S METAL CLEANING CENTRE

FRAME RESPRAYS  
AND REPAIRS

"BRAZE-ONS" FITTED

1/3 PIERSHILL LANE, EDINBURGH

☎ 031-661-0870

Scotland's Folding Bike Centre

BROMPTON

Come in and try the famous Brompton Folding  
Bike. Demonstration model available.



Lochrin Place, Tollcross, Edinburgh.

TEL. 0131 - 228 - 6633

[www.biketrax.co.uk](http://www.biketrax.co.uk)

## BAINS BIKES

### Repairs and Spares

21 Newhaven Main Street

EH6 4NA ☎ 551.2839

Tue-Fri 4-8pm, Sat 1.30-8pm Closed Sun & Mon

The highly acclaimed SPOKES Cycle Maps  
of Edinburgh, Midlothian  
and West Lothian

East Lothian expected May - order now

£5 each post-free, £9 for any two,  
£12 for three, or £15 for four.

Also at all good bike and book shops



BICYCLE SERVICE CENTRE  
NOW OPEN.

29/30 ARGYLE PLACE

(NEXT TO FRUIT & VEG SHOPS.)

☎ 228 8820

REPAIRS/SERVICES - WHILE YOU WAIT.  
HAVE A REST AND A HOT DRINK IN OUR  
TEA ROOM, WHILE YOUR BIKE IS REPAIRED

OPEN

MON-FRI 10:00AM - 5:00 PM  
SAT-SUN 10:00AM - 6:00 PM

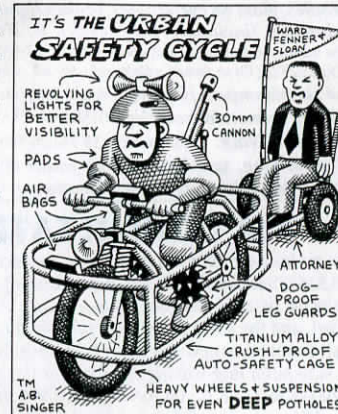
THE TOP TEAM.

ANDREW DAVIES - BRITISH TEAM MECHANIC  
JOHN ANDERSON - SCOTTISH TEAM MANAGER  
EMMA GUY - BRITISH MOUNTAIN BIKE CHAMPION

## QUESTIONING SAFETY

The perception amongst the public, and many non-cycling decision-makers, that cycling is 'dangerous' is the greatest deterrent to higher bike use.

However, danger is often exaggerated, and the road-safety-industry solution, cyclist, protect thyself, may not be the best. Equally, there are many views on how drivers can be persuaded to behave better - to all road users. On this page we highlight interesting recent research on such topics.



from *CARTOONS*, a book of powerful text and potent (and freely-reproducible) artwork on such topics. [£5 post-free from Spokes]

## SAFETY RESEARCH

\* **Cycling is far safer than driving** when health benefits are included; cycling gets even safer as it gets more popular; and there is no recent example where an increase in cycle use led to an increase in cyclist deaths. [Assessing the Actual Risks faced by Cyclists, Traffic Engineering and Control journal, Dec 2002].

\* **Increasing the number of cyclists** is a very effective way to increase safety per cyclist, possibly as motorists become more aware. A 50% jump in Edinburgh bike commuting saw serious injuries fall 33%. A 10% York cycling rise saw casualties fall 30%. Denmark has 18% of journeys by bike, but one casualty per 100m km; compared to the UK 2% and 8 per 100m km [Spokes 80].

\* **Prominent on-road cycle facilities** are an effective way to increase numbers of cyclists - and therefore safety - possibly because they make cycling look a more valid transport mode [Spokes 80, and Scottish Cycle Forum Progress Report - [www.scotland.gov.uk/publications](http://www.scotland.gov.uk/publications)].

\* **Advanced Stop Lines** at junctions have been found to benefit pedestrian as well as cyclist safety. It is thought that ASLs give all road users better visibility, and make motorists less likely to jump the lights [Edinb Council].

\* **Most cars score just 1 star out of 5 for pedestrian protection** in Euro NCAP tests [none get over 2!], yet they are sold to use on public roads! But six years ago, when the Rover 100 scored just one star for occupant safety, it was withdrawn from sale. [Which, Dec 2002].

\* **Road risk can be very effectively reduced** (crashes often down 30% or so) by rewarding crash-free driving. Examples... free license renewal, insurance cash-backs, bonuses for crash-free truck drivers. Why does the UK ignore this option? [Risk Homeostasis Theory implications for Road Safety, British Medical Journal, 11 May 2002].

\* **Driver training doesn't improve road safety** (reduce crashes); but physical measures (eg traffic calming) and

effectively policed laws (eg speed, drink driving) can. [Reducing Motor Vehicle Crash Deaths and Injuries in Newly Motorising Countries, British Medical Journal, 11 May 2002].

\* **Alcohol blood levels in crash fatalities** exceeded the legal driving limit in only 14% of cyclists, but 21% of car passengers, 23% of drivers, and 35% of pedestrians [Blood Alcohol... Transport Research Lab, LF2086, Oct 2002]

## CYCLE HELMET NEWS

\* **Compulsory Helmet Legislation** continues to wreak havoc with public health in regions where it has been introduced. Nova Scotia is following the same pattern as Western Australia: big falls in bike use, more injuries per remaining cyclist (a doubling in Nova Scotia), more cyclists hospitalised (despite cycle use falling!) and only a small reduction in actual numbers of head injuries. In W. Australia, for example, some 200,000 people stopped cycling after helmet compulsion! Despite this, total cyclist injuries rose, particularly spinal and upper body, while head injuries (not all serious) fell a mere 14 a year [www.cycle-helmets.com, www.cmaj.ca/cgi/eletters/166/5/592].

\* **Even without compulsion**, helmet promotion appears to be "strongly linked to a decrease in the numbers of cyclists" [Cycle Helmet Wearing in 1996, Transport Research Lab report 286]. Perhaps cycling feels more dangerous when helmeting is stressed, so people are put off?

\* **Is individual safety helped by wearing a helmet?** There is evidence that while helmets help in some types of crash, the chances of having a crash in the first place rise significantly, making injury more likely. Reasons could include cyclists being slightly less cautious due to feeling safer, motorists being slightly less cautious as cyclists look safer, or discomfort or other effects of the helmet. Most such reactions would be unconscious, but a Transport Research Lab report even found many cyclists who knowingly cycle less carefully if helmeted! [ip.bmjournals.com/cgi/content/full/8/2/e1 - 'dissent'. Also TRL154 Attitudes to Cycle Helmets; and Cycle Helmets & Accident Involvement, colin@wood.freemove.co.uk].

\* **Risk Compensation**, or acting slightly less cautiously because of a 'safety' measure, is normal - not just a helmet problem. For example, joggers using top-of-the-range hi-tech shoes get more foot injuries than if using cheap brands [H 9.12.97], and it is thought that use of toughened glasses in pubs can lead staff to "feel more confident and therefore take more risks" [H 2.3.00].

\* **Stephen Norris**, UK National Cycling Board chair, hit the headlines by saying, "the idea you have to dress up like a bloody spaceman to ride a bike is potty. I never wear a helmet, for the same reason I never wear Lycra" [LIT 6.6.02]. Mr Norris is famed for colourful speech, but he is also rightly concerned that UK targets for everyday cycle use will only be met if cycling is seen as an everyday activity, not as something for 'enthusiasts'.

\* **Speed-reduction and car-use-reduction** are the best ways to improve cycle safety - with compulsory cycle helmets coming last of 6 choices - according to a British Medical Journal 500-doctor poll [11 May 2002].

\* **More on helmets** - [www.lesberries.co.uk/cycling/helmets](http://www.lesberries.co.uk/cycling/helmets), and a future comprehensive site - [www.cyclehelmets.org](http://www.cyclehelmets.org). Sadly a new government study *Bicycle Helmets - Review of effectiveness* [0870.1226.236] again omits all evidence of the effect on overall injuries of increased helmet use.