

# SPOKES *The Lothian Cycle Campaign*

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*This competition info/entry form is on the Spokes website in downloads > odds and ends*

## ***My Cycling Transformation*** **SPOKES SUMMER 2018 COMPETITION – OPEN TO ALL**

### **For our 2018 summer competition we'd like to know what has brought the biggest positive transformation in your cycling life in recent years**

It might be some advice from a friend (or from Spokes!) an improved cycle facility, buying a shopping bike-basket, seeing your child cycling to school every day, a new bike shed, a resurfaced road on your daily commute, joining a group such as Edinburgh Belles or All Ability Cycling - the possibilities are endless!

One restriction is that if your entry refers to a *place*, it must be in Edinburgh or the Lothians. If you've been to Copenhagen or Amsterdam, that may have transformed your cycling life, but it won't count for our competition!

Your entry must fit an A4 sheet, but apart from that it's up to you.

Words alone are fine, even just one superb sentence, but pictures, diagrams etc often add value.

We'll publicise prizewinning ideas, so your experience may inspire others!

### **Please read these rules carefully ...**

- ◆ Each person can submit 1 or 2 entries (not more) and only one idea per entry.
- ◆ The competition is open to all, but members of Spokes Resources Group can't win prizes.
- ◆ If your entry refers to a place, or has pictures of a place, it must be in Edinburgh or the Lothians.
- ◆ **The competition closes at midnight on Sunday 2 September** - entries will be judged soon after.
- ◆ Send your entry in any common electronic format (a text email, doc, rtf, pdf, etc) or on paper – but we will not return anything sent by post.
- ◆ If your entry includes photos, diagrams etc, you can either make up your own final document; or you can send your text and up to 2 photos separately and we will put them together - photos should if possible be sent as jpg files not exceeding 1MB size.
- ◆ To be valid, please make sure your entry includes **answers to the 2 questions overleaf** and **your contact details**, as overleaf.
- ◆ Email the completed entry form and any attachments to [competition@spokes.org.uk](mailto:competition@spokes.org.uk). For printed entries and/or photos, post to our office address.
- ◆ Spokes may use your entry on our website, in our Bulletin or in other ways. *By entering the competition you give Spokes permission to use your entry material in our ongoing campaigning and promotional work in any way.* We would normally credit your name, unless you specifically ask us not to.



*This is me before my pal taught me how to use the gears!*





*I hired EdFoC's cargo bike and it inspired me to get one - my kids now love the trip to playgroup, waving to intrigued passers-by!*

**Great prizes ...** See overleaf for a full list.

# PRIZES

*Top prizewinner gets first choice of prizes, and so on till all prizes allocate. Well-placed entries which don't win a prize get to choose a free Spokes map.*

 <b>EDINBURGH BICYCLE COOPERATIVE</b>	<a href="http://www.edinburghbicycle.com">www.edinburghbicycle.com</a>	Edinburgh Bicycle voucher (£50?)
<b>ScotRail</b>	<a href="http://www.scotrail.co.uk">www.scotrail.co.uk</a>	Return ticket for 2 adults + 4 kids between any 2 Scottish stations
<b>Sustrans</b>	<a href="http://www.sustrans.org.uk">www.sustrans.org.uk</a>	Choice of any 5 Sustrans 'Pocket Cycle Map' series
 <b>GREASE MONKEY CYCLES</b> <small>Bike Care Collected and Delivered</small>	<a href="http://greasemonkeycycles.com">greasemonkeycycles.com</a>	'Norm' service worth £59.99 [2 prizes]
<b>Filmhouse</b>	<a href="http://www.filmhousecinema.com">www.filmhousecinema.com</a>	Tickets for 2
<b>Camera Obscura/World of Illusions</b>	<a href="http://www.camera-obscura.co.uk">www.camera-obscura.co.uk</a>	Family ticket [2 prizes]
<b>Kalpna Indian Veg Restaurant</b>	<a href="http://www.kalpnarestaurant.com">www.kalpnarestaurant.com</a>	£20 voucher
<b>Laidback Bikes</b>	<a href="http://www.laid-back-bikes.scot">www.laid-back-bikes.scot</a>	Recumbent tour for up to 2 people
<b>Edinburgh Festival of Cycling</b>	<a href="http://edfoc.org.uk/cargo-bike-hire">edfoc.org.uk/cargo-bike-hire</a>	Urban Arrow cargo bike, day hire
<b>Harts Cyclery</b>	<a href="http://www.harts-cyclery.co.uk">www.harts-cyclery.co.uk</a>	One week e-bike hire
<b>Boardwalk Foreshore cafe</b>	<a href="https://twitter.com/BoardwalkBeach">twitter.com/BoardwalkBeach</a>	£25 voucher

## ENTRY FORM

**Please attach your entry separately or use this form. In any case, make sure your entry includes answers to all the questions below. *Be sure to follow the rules overleaf.***

Your Name

Address

Postcode

Email

Phone number

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1. What was your cycling transformation? ...

2. Explain why it was so amazing for you [the judges pay a lot of attention to this answer] ...

*Thanks for entering – Encourage your friends to enter too!*