

Useful resources for cyclists in Leicester

Books

Cyclecraft: Skilled Cycling Techniques for Adults by John Franklin

Widely acknowledged as the definitive guide to cycling technique and recommended reading for everyone who cycles, or who would like to do so. It teaches cycling positively, in a similar way to how people are taught to drive a car. Of particular value it provides guidance on how cyclists should integrate with traffic, not fear it, as this is proven to be the best way to maximise safety and gives cyclists the confidence to ride on most all-purpose roads, irrespective of whether there are special cycle facilities provided. Published by The Stationary Office, RRP £12.99 (ISBN-10: 0117020516; ISBN-13: 978-0117020511)

On Your Bike: The Complete Guide to Cycling by Matt Seaton

On Your Bike! Is a comprehensive guide to all aspects of the subject, including the cultural history of the bikes, basic cycle maintenance, urban cycling and bicycle design. It touches on issues often ignored or glossed over, such as the effect of pollution on cyclists, and how cycling affects the body and mind! It also raises pertinent questions about what governments and cyclists could be doing to further enhance cycle awareness and cycle safety. Published by Black Dog Publishing, RRP £16.95 (ISBN-10: 1904772404; ISBN-13: 978-1904772408)

The Bike Book by Fred Milson

The fourth edition of The Haynes Bike Book covers all aspects of bike maintenance and has been revised and extensively updated to include 300 step-by-step photos covering the latest developments in cycling technology – as well as the essential basics, such as how to mend a puncture! Published by Haynes, RRP £14.99 (ISBN-10: 1844250008; ISBN-13: 978-1844250004)

Websites

CTC

CTC - the UK's national cyclists' organization, whose mission is 'to make cycling enjoyable, safe and welcoming for all.' Lots of useful information on this site under headings such as 'Why cycle?', 'Getting started', 'What bike?', 'Other equipment' and 'Where can I cycle?'. The site also provides pointers to accessing cycle training. Some information is only accessible if you are a CTC member, which is worth considering for third party insurance, a good magazine, technical advice and many other membership services.

www.ctc.org.uk

Sustrans

A leading UK sustainable transport charity, whose work encompasses the development of the National Cycle Network, safe routes to school, and much else. The website has a good deal of practical advice for new and returning, as well as existing, cyclists. This includes information sheets covering 'The right bike for you', 'Cycling clothes', 'Cycling in different conditions', 'Finding your way', 'Bike maintenance', and 'Cycle Security'. The site also offers PDF fliers on promoting active travel for commuting and business journeys.

www.sustrans.org.uk

Bike for all

'Everything you wanted to know about cycling but were afraid to ask' Bikeforall.net has been designed as a one-stop portal to enable access to the wealth of useful information about cycling on the web, while filtering out the duff. It covers all aspects of cycle use, from utility to racing. Of most relevance to prospective commuter cyclists are the sections titled 'Getting started', and 'Everyday cycling'. In particular, the latter includes sub-sections on 'Cycling to work', 'Tax-free bike-buying', 'Bike security' and 'Cycle training'.

www.bikeforall.net

Cycling England

Cycling England is the national body that co-ordinates the development of cycling across England, and endeavours to create the conditions which will result in more people cycling, more safely, more often. Much of this site is aimed at those involved in the development and promotion of cycle use, however, the sections on young people, health and training will be of interest to those new to cycling.

www.cyclingengland.co.uk

Leicester City Council

See the cycling section under 'Transport & Streets' for information on the Leicester Bike Park (a city centre facility offering secure cycle storage, changing facilities and lockers, bike repairs, etc); Cycle City Workshop (monthly meetings coordinated by the City Council to explore potential improvements for cyclists); and a cycling map of the City.

www.leicester.gov.uk

Leicestershire County Council

For details of cycle trails in Leicestershire.

www.leics.gov.uk/index/community/community_services/environment_and_heritage/paths/cycle_trails.htm

Ten Tips for Cycling

- On the road, **ride to the left**-hand side of the carriageway, unless you are making a right turn, or road markings dictate otherwise.
- **Ride in single file** on roads and cycle paths in urban areas, to enable safe overtaking.
- **Keep a safe distance** from other road users, including cyclists, ahead of you. If you wish to overtake, look behind and pull out when it's safe.
- Communicate what you intend to do to other road users using **hand signals** and road positioning. Make **eye contact** with drivers whenever possible.
- **Respect pedestrians, and their space.** Do not cycle along paths and in areas reserved for pedestrians.
- **Watch out for pot holes**, debris, etc, which could destabilise you. Best to ride round such obstacles, but try and avoid sudden, jerky manoeuvres.
- Make sure **your bike is roadworthy and the right size** for you – buy from a reputable source, or get a bike shop to check it over. Learn how to carry out basic maintenance.
- It's very hazardous to ride a bike **after dark** without working **front and rear lights**, and it's against the law.
- A heavy-duty **lock is essential.** Use it whenever you leave your machine, even for a short time.
- If you've regularly **got much to carry, let the bike do the work** with the help of a rack and panniers.

Cycle Shops in Leicester

Action Bikes

Tel: 01162 540011

127 Granby Street, Leicester LE1 6FD

Bob Warner Cycles

Tel: 0116 2627426

35 Sparkenhoe Street, Leicester LE2 0TD

Bike Pedlar

Tel: 0116 2461144

227 Uppingham Road, Leicester LE5 4DG

Buy Cycles

Tel: 0116 2780444

6 Countesthorpe Road, Wigston LE18 4PF

City Cycles Ltd

Tel: 0116 2894499

78 Narborough Road South, Leicester LE3 2FQ

City Cycles Ltd

Tel: 0116 264 0654

1a Humberstone Lane, Thurmaston, Leicester LE4 8HJ

Cyclevet

Tel: 0116 2536113

70 Woodgate, Leicester LE3 5GG

Cyclequip

Tel: 0116 2742442

39 Uppingham Road, Leicester LE5 3TA

Cyclops Cycles

Tel: 0116 2608500

1120 Melton Road, Syston, Leicester LE7 2HA

Graham Goode Cycles

Tel: 0116 2452307

9 Lutterworth Road, Aylestone, Leicester LE2 8PH

Julies Cycles

Tel: 0116 2707936

212-216, Clarendon Park Road, Leicester LE2 3AG

On Yer Bike

Tel: 0116 2712353

23 Stoughton Road Oadby, Leicester LE2 4DS

South Wigston Cycle Centre

Tel: 0116 2477900

62 Blaby Road, Wigston LE18 4SD

Re-Cycle
Tel: 0116 2434000
12 Parkstone Road, Leicester LE5 1NN

The Bike Park
Tel: 0116 2991234
Town Hall, Town Square, Leicester LE1 9BG

The Cycle Centre
Tel: 0116 2661665
136-138 Melton Road, Leicester LE4 5EE

Websters Cycles
Tel: 0116 254 8065
134a London Rd, Leicester LE2 1EB