



## Cycling Project

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## IDEAS.....

The following are a list of ideas for cycling projects and activities to get you thinking. Some of them we know are already running and others we've thought up. What can you add to the list?.....

- Cycle Pool – get together a load of cycles for lending to your members and members of your community and for using for group cycle trips. You can be involved in getting or recycling bikes for the pool, administering the lending scheme, maintaining the bikes and could even make some money by hiring the bikes out.
- Recycle workshop – get people to give you their old unwanted and broken bikes. Learn mechanics skills while fixing the bikes up. The finished cycles can be given to members in return for hours worked at the scheme, can be donated to other groups or individuals in your area and can be used to form a bike pool for your group.
- Cycling club – meet every week to do cycling activities. You can have fun rides, teach and learn riding skills and safe cycling, train for cycle racing and to keep fit, organise sponsored rides. The possibilities are endless
- Dr. Bike – people bring along their own cycles to have a check up and get minor repairs done. You can run one for your members' bikes and one for members of the community to come along to. Why not run one as part of a larger event, or have a monthly check up session? This is also a good way to check everyone's bikes are safe before going on a cycle trip or doing other activities.
- Customising your bike – see who can get the snazziest decorations on their bike. How about fluffy seat covers or biker tassels on the end of your handlebars ???!!!!
- Bike Art – try a bit of sculpture using the bike scraps that even you can't recycle. A seat and drop handlebars make a great 'cow skull with horns'!

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- Cycle racing – see if you have a local cycle track where you can hold races. You can race mountain bikes, BMX's or racers. Why not race your recycled bikes? And if you get really serious bike racing is a proper sport with many local and national competitions, and who knows maybe you can end up cycling in the Tour de France. Remember to check that your bikes are safe first and get advice from your local cycling club.
- Competition riding – BMX, Cyclo-cross, mountain biking, etc. – much the same as above but including BMX trick competitions etc.
- BMX track – why not think about turning some local waste ground into a BMX track for you and other local groups to use?
- Safety training – run cycle proficiency and on road cycle safety classes.
- Sponsored rides – have fun, keep fit AND make some money for your group.
- Cycle trips – organise rides around the local area or to local countryside or places of interest. You can also try longer distance trips with overnight stays or even go for the world tour!!
- Cycling to school – increase independence and contribute to a more environment and people friendly area. Individuals can be encouraged to cycle to school. You can campaign for more secure cycle parking and lockers at your school and better cycle routes to school. Set up a Safe Routes to School project in association with Sustrans (see 'cycling organisations' sheet for contact details)
- Cycling to work – for the older members, or even the workers and volunteers at your group. You can set up a BUG (bicycle user group) to campaign for showers, lockers and cycle parking at your workplace. You might even be able to get a cycle mileage allowance as an extra incentive.
- Cycle deliveries – set up a local cycle delivery service using trailers or just your existing racks. You could deliver books or groceries for housebound and elderly people or link up with a local food co-operative or health food store for home deliveries. Again, there's the potential to make money out of this, as well as learning and teaching business skills through the challenge of setting up your own business.
- Media awareness campaigns – e.g safe cycling video, posters etc. Design, make and run a campaign for local schools, or even local radio.
- Education – links cycling into the curriculum e.g. history and cycling, map reading, etc.

- Cycling fun days –why not have a cycling theme fun day with cycle rides, trick courses, unicycles, Cycle Art BMX displays, races, a Dr. Bike, etc., etc.
- Saving club for cycle purchase – set up a saving club with a small weekly contribution so that people can save up for a new bike or a helmet, etc.
- Cycle swap shop – run a swap shop day or have a regular swap shop or a column in your newsletter. Get together with other groups to swap and share ideas information, equipment, cycles and cycle parts.
- Cycle design and technology / engineering – cycle mechanics is a good introduction to mechanics, engineering and design. Why not check out some of the national courses or even approach your local college to set up a course.
- Cycle circus – unicycling, clown bikes, trick bikes, stunt riding, you name it!!!!
- Cycling fitness club – have cycling as one of the activities for your fitness club, or as a regular fun activity that keeps you fit into the bargain.
- Sustainable energy project – generating electricity with cycles linked to dynamos. Run your own cycle-powered disco, etc.
- Publicity – mobile advertising by cycle.
- Cycle tours – organise and run tours for your group, your community and tourists. Visit local sites of interest, local natural parks, etc.
- Helmet and safety equipment lending / hand-me-down scheme.
- Cycling survey – find out how many people are cycling and how often and to where. Carry out a survey among members of your group, in your local community and your school. You can use the results to back up campaigns for facilities or applications for funding. You can carry out a regular survey to see how things change over time. You can carry out a survey before and after setting up your project to measure its impact. You can carry out a survey of peoples’ attitudes to cycling. This can help you find out what encourages or dissuades people to cycle which can help you think of ways of getting more people to cycle, or work out what activities or services might be popular.
- Cycle maps – research, design and produce a cycle map of your area. You can show the safest routes, recommend routes for day trips, include safety tips, advertise your project, decorate it, etc.