

## Top Tips For Cyclists

- Keep your bike in good working order, particularly the brakes, steering and tyres. It is important that it is the correct size for you too.
- Always keep a look out for possible hazards. It is best to ride around and any obstacles if possible, but try to avoid any sudden, sharp movements.
- Look all around before moving off. When changing direction, look behind and if safe, signal clearly before turning.
- Be especially careful when leaving a cycle track as most cycle accidents happen when cyclists rejoin moving traffic.
- If you are unable to avoid a roundabout or busy junction and are unsure how to tackle it, get off your bike and walk across.
- Be safe, be seen. Wear something fluorescent during the day or reflective at night.
- When its dark make sure your front and rear lights are lit and that your red rear reflector can be seen.
- Plan your route ahead, note any possible hazards and think about how you will overcome these.
- Invest in a good quality solid lock and always use it whenever you park your bicycle.

## Cycle Training

Would you like to

- Gain confidence to bike to work?
- Improve your cycling technique?
- Get fitter and faster to take on a charity ride?
- Learn to look after your bike?

Cycle training offers something for everyone - whether you're a novice, are 'a bit rusty' or are a regular cyclist who wants to develop their skills further.

In a unique partnership with Ridewise, **the Airport offers free cycle training** to anyone working on the Airport site. Training is conducted by an accredited trainer on a one-to-one basis. The purpose of the training is to provide each individual with the cycling skills to be able to ride safely and enjoyably, both on and off road, and to provide them with knowledge of the best route to and from work. In addition the training will involve, where appropriate, advice on bikes, clothing, locks, lights, luggage.

**If you are interested in training contact Colleen Hempson on (01332) 852945 or email [colleen.hempson@eastmidlandsairport.com](mailto:colleen.hempson@eastmidlandsairport.com)**



in partnership with Sustrans

Some useful contact details:

**East Midlands Airport**  
For details about the free cycle training scheme  
Email: [colleen.hempson@eastmidlandsairport.com](mailto:colleen.hempson@eastmidlandsairport.com)

**Sustrans** (the Sustainable Transport Charity)  
For information on the National Cycle Network  
0117 9268893  
35 King Street, Bristol, BS1 4DZ  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

**Cyclists' Touring Club** - the UK's national cyclists' organisation. The oldest and largest membership organisation helping and representing all cyclists.  
CTC National Office  
Parklands  
Railton Rd  
GUILDFORD  
Surrey GU2 9JX  
Tel 0870 873 0060  
Fax 0870 873 0064  
[cycling@ctc.org.uk](mailto:cycling@ctc.org.uk)  
[www.ctc.org.uk](http://www.ctc.org.uk)

**National Cycle Training Helpline:**  
0870 607 0415  
(office hours)  
[cycletraining@ctc.org.uk](mailto:cycletraining@ctc.org.uk)

Local Cycle Shops:

**Beacon Cycles**  
88 Derby Road  
Loughborough  
01509 215448

**Pedal Power**  
47 Ashby Road  
Loughborough  
01509 269663

**Nobles**  
Unit 1-3 Wymeswold Ind Est  
Loughborough  
01509 881111

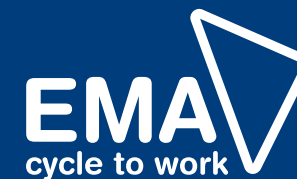
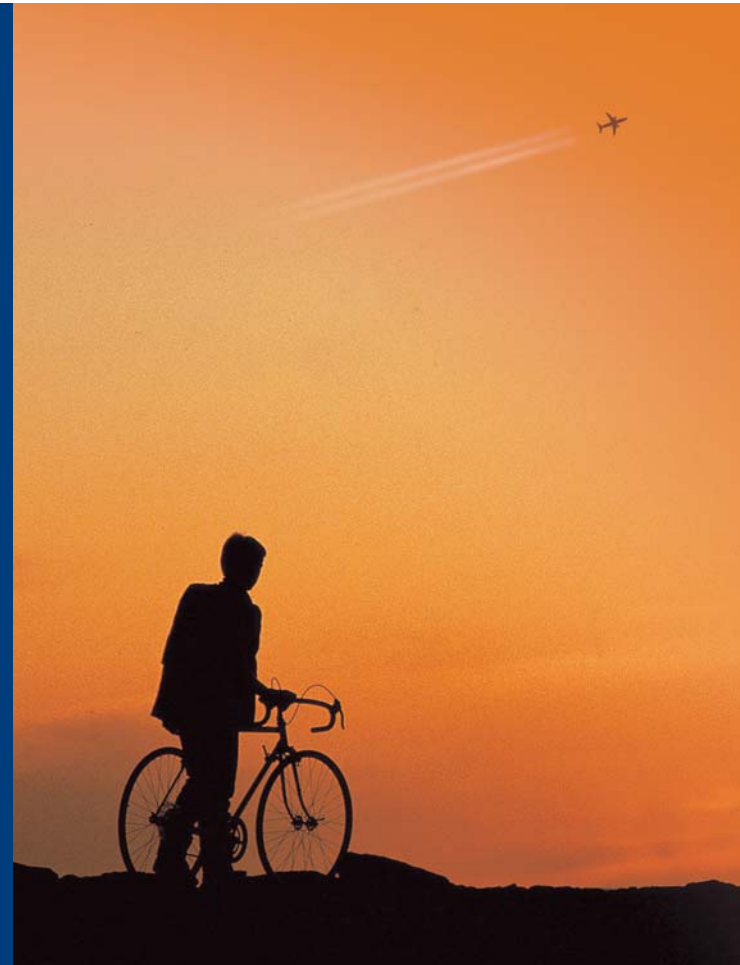
**Tracey Maid Cycles**  
Regent Mills  
Regent Street  
Long Eaton  
01159 730719

**The Bike Shop**  
2 Hartshorne Road  
Woodville  
Swadlincote  
01283 222775

**Lloyds Cycles**  
8a West Street  
Swadlincote  
01283 274727



## Local Cycle Routes



## Why Cycle to Work?

### Good For You...

- You can expect to be as fit as an average person ten years younger, if you cycle regularly.
- Cyclists can travel four times faster than walkers using the same amount of energy.
- A moderate half-hour ride burns 8 calories a minute, that's 11kg of fat in a year if you cycle to work regularly.
- The Department of Health advises that adults should do 30 minutes of moderate exercise five times a week.

### Good For Your Wallet...

- With high fuel prices there has never been a greater incentive to use a bike. Sitting in a traffic jam costs about 12p every 5 minutes.
- The cost of buying and running a bike is tiny in comparison with most other forms of transport. A good bicycle needs about £50-worth of maintenance a year, no road tax, no MOT, no insurance, no licensing, no breakdown recovery services, and above all no fuel bills.
- However, insurance is an advantage both against theft and third party liability - this is included with membership of some organisations such as CTC.
- A good bike will last for years, if not decades. How long did your previous car last?
- A bicycle can be parked just about anywhere, so no more expensive car park bills.

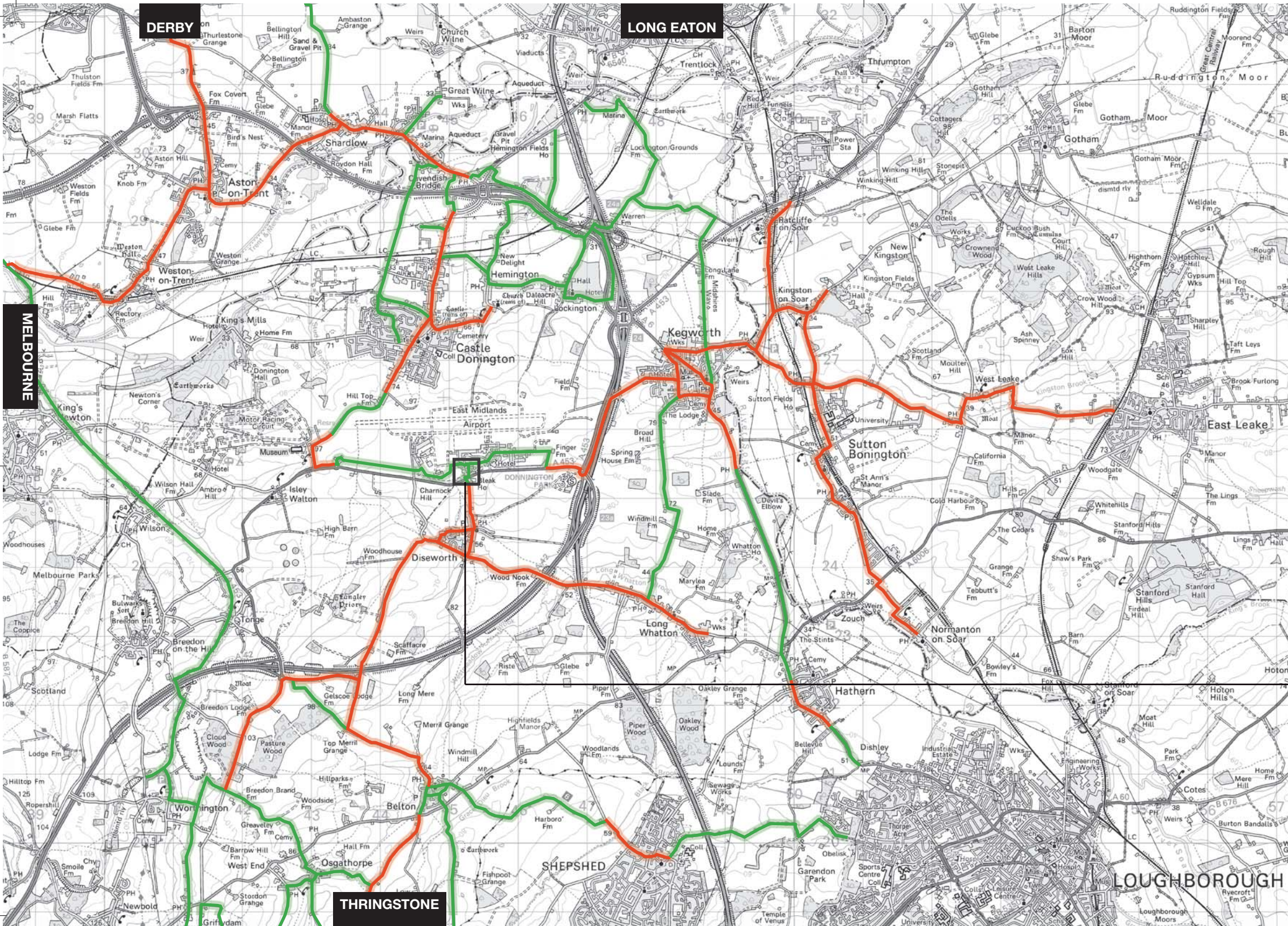
### Good For Your World...

- Twenty bicycles can be parked in the same space taken up by one car.
- To make a bicycle requires only a fraction of the materials and energy needed to make a car.
- Bicycles produce absolutely no pollution - they are a lot quieter too.
- On a bike you can travel up to 650 miles on the energy equivalent of a single litre of petrol.

### And Convenient Too!

- There are many tracks, lanes and crossings which only cyclists can use, which speed up journeys.
- Many people don't realise how far you can cycle in a short space of time. A ride of 1 mile at a moderate speed will only take an average cyclist about 5 minutes to complete. Therefore, if you live less than 5 miles from work or school, you could cycle there in under half an hour.





## Cycle Route Map for the EMA Area

This map shows cycle routes for people working at the Airport and living less than 10 miles away. Many of these towns and village are less than 5 miles away from the Airport – making it under a half-hour commute by bike.

Routes are colour coded as follows:

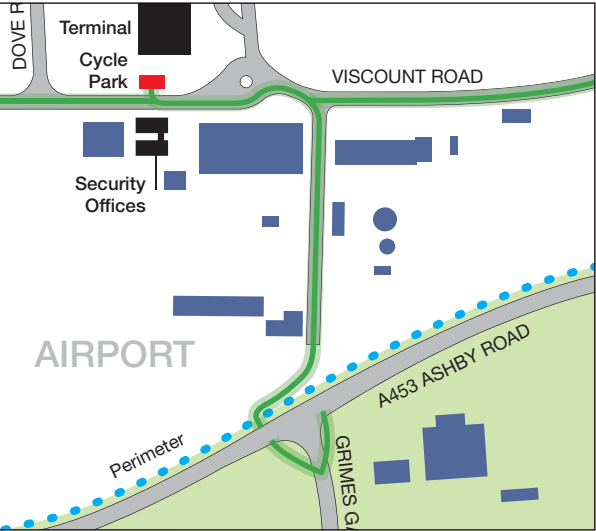
**Green routes:** Quiet roads and cycle tracks

**Red routes:** Busier roads

A new cycle link to East Midlands Airport, opening September 2006, will enable much safer access to the Airport site by bicycle, particularly for those coming from the South. The crossing is located at Bleak House where Diseworth Lane joins the A453.

Pressure sensitive detectors on the cycle link will trigger Cycle Activated Traffic Signs (CATS) on the approaches to the crossing and this will display a ‘Slow Down’ message on the A453 with flashing amber lights. The pressure sensitive pads will only activate the CATS when the presence of a cycle is detected.

Covered cycle parking is located at the Terminal Building, opposite the Security office.



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