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P R E S S R E L E A S E

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Cycles with a difference in National Bike Week - Sunday

This Sunday, June 7, Cambridge Cycling Campaign will be offering people the opportunity to have a go on a wide variety of more unusual cycles as part of its National Bike Week activities. The event will take place between 2pm and 4pm in Cambridge Market Square.

Campaigner David Earl said: "there is a wide diversity of bikes in Cambridge which people use for their everyday activities, but there is a smaller number of people who have discovered that there are special bikes which greatly increase the situations where a cycle can be used. We'd like to share some of that experience. For example, a common reason people give for not using a bike is 'I can't get all my shopping on it'. We'll show that there's a big variety of trailers which are easy to use to carry loads."



Among the cycles on Sunday will be:

- Recumbents. A recumbent is a bicycle (or sometimes tricycle) where the rider sits in a seat, rather than on a saddle, and pedals with legs out in front of them. This position allows much more efficient use of the rider's energy.

- A folding bike: The Brompton is a small-wheeled cycle which will fold up in a matter of seconds into a space little larger than its front wheel. It's ideal for linking with train or bus journeys.
- Trailers. In a variety of shapes and sizes, these generally attach to the seat post of rear axle and give much increased load carrying capabilities.
- Tandem. Most people know that a tandem is a bicycle made for two, but how many have ridden one?
- Child back. An ordinary bike can be adapted with a third wheel and saddle into a kind of articulated tandem suitable for child passengers too large for the child seats which are a common sight around Cambridge. The "child back" attachment has its own pedals so the child can help.

People who want to take part need to bring identification with them, and will be supervised throughout. Further information is available on (01223) 504095 or on the Campaign's web site at <http://www.ccdc.cam.ac.uk/camcycle>.

Cambridge Cycling Campaign was formed during National Bike Week, 1995 and now has almost 500 members in and around the City.

E N D S

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