

The Outspoken Word

Newsletter 4 – Summer 2009



Cycle Training

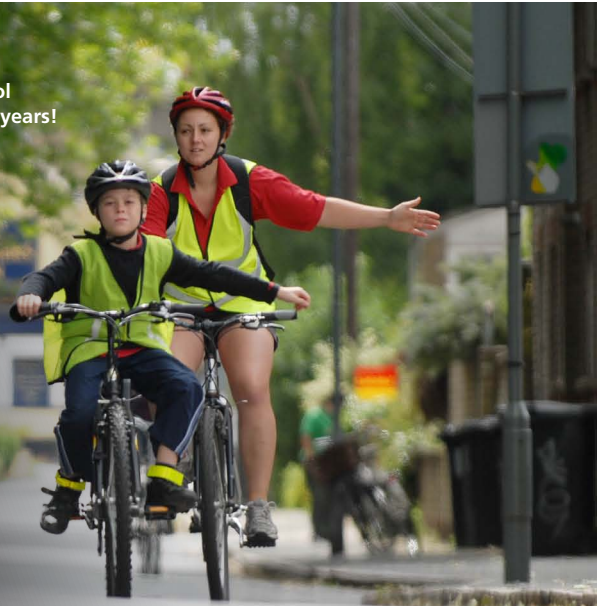
We are pleased to announce that we have won the contract to train school children to Bikeability Level 2 in Cambridgeshire for at least the next two years!

From September we'll be working in schools and training the year 6 pupils to cycle safely and confidently. We are looking forward to this exciting opportunity, so do look out for our instructors on the roads.

We're busy during the summer holidays too, training both adults and children mostly on a one-to-one basis. It's particularly rewarding for us to train people who have never cycled before and see the progress to confident on-road cyclists. If you think you'd benefit, do please get in touch.

We've also persuaded Stagecoach bus to get involved in cycle training and we'll be teaching a number of their drivers about safer cycling. There will always be tension between different road users but it's a really positive step by Stagecoach to take the initiative and look at ways to improve relations by widening the training available to their drivers.

For more information and news, please visit www.outspokentraining.co.uk



Bike Week Events

Bike Week was a great success with masses of events taking place all over Cambridge including the Bike Fair that we were at. We also organised bike maintenance classes to employees of some of the larger businesses in town. Whilst at Mills & Reeve, BBC Radio Cambridgeshire spotted a load of lawyers dressed in suits, wearing latex gloves and working on their bikes and couldn't resist the temptation to come and interview us – it was quite a sight! In all we trained over 40 people throughout the week.



"The event was a great success: the organization and presentation were flawless - lots of useful information, efficiently and clearly presented. Thank you very much for arranging this opportunity."

—Sally Butterfield from MRC CBU on Chaucer Rd.

For more information, please visit our bike maintenance pages of the website.

Cycle Cambridge

You may have noticed that a couple of our bikes are now adorned with advertising for 'Cycle Cambridge', the new brand name for Cambridge's Cycle Demonstration Town status. Cambridge has managed to secure a decent amount of government funding to plough into cycling which is great news! We are already seeing improvements in infrastructure and there's money going into cycle training too.



In addition, there are a number of schemes that are helping to promote cycling in the workplace such as CamShare and BikeBUDi and there's money available to put in cycle stands at work. For more information on this and other ways for you as a business to get involved in the current surge of cycle interest, please visit Travel for Work (www.tfw.org.uk).

Outspoken Bumps

What happens when you put a load of cycle couriers into a boat and race the bumps?!

A month ago we decided to put a rowing crew together for the annual City bumps race and figured that our strong legs would power us to glory. It turned out however that rowing was more about finesse than brawn and it was remarkable that we didn't sink on our first outing. But it was a great fun experience so thank you to all our supporters and Lisa and Jack for all your patience and excellent training. Watch out for us next year!



We can report that the Down Right Kenya team have reached their tremendous fundraising target! So well done on such a fantastic achievement; £60,000 will build an entirely new school in Kenya. www.downrightkenya.org

Rider of the Month



We welcome Tim, our newest member of the team who comes with heaps of smiles and enthusiasm. His latest cycling trip took him over the Alps to Italy where he enjoyed it so much he decided that if you love cycling for leisure, you may as well do it everyday and get paid for it! Tim is also now in charge of our workshop and keeps all our freight bikes in good working order.



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