



# COGSnews

The Newsletter of the  
Cycling Opportunities Group for Salisbury

Let's get  
Salisbury  
cycling!

April 2011

## HEARTS OF SALISBURY WEEK

18—26 June 2011

COGS are pleased to be able to support the Salisbury Heart City venture, in partnership with Salisbury City Council and the British Heart Foundation (BHF).

Salisbury is one of the towns/cities across the UK which is working with the BHF to both raise awareness of practical steps that can be taken to improve heart health and to help raise funds for BHF research.

The health benefits of regular cycling have long been recognised—the Cycling & Health report produced by Cycling England cited clear evidence that regular cycling has proven benefits for physical and mental health and the potential to have a major impact on public health.

The COGS events in 'Hearts of Salisbury' week are shown below - these will also be billed as 'Bike Week' events since the weeks are concurrent. There are also walking events suitable for all levels of walkers throughout the week. Look out for the Hearts of Salisbury fliers/posters which will be out soon with more information on all events.



Join in with the Hearts  
of Salisbury Trails  
18 - 26 June 2011



Raise money for the British Heart Foundation and get your heart pumping at the same time by walking or riding around the city during Hearts of Salisbury Week.

Love our City Love your heart  
Salisbury Heart City

## COGS SUMMER CYCLING

The COGS summer rides programme is published with this newsletter and details will be on the COGS website [www.cogsbike.org.uk](http://www.cogsbike.org.uk).

As well as the ever popular summer evening rides (leaving Salisbury Five Rivers Leisure Centre at **6:30 pm every Thursday evening from 5th May until 18th August**) there are plenty of other opportunities to get out on your bike with longer rides both on and off road.

Why not join us for the fun Connect2 ride on **Saturday July 2nd** joining in the Wilton Carnival parade? Last year the Coggies 'Go Green, Go Cycling' was a prizewinning entry - can we build on that success? This year's theme is 'animals' so we invite you to use your imagination and come along as the animal of your choice—an animal mask or hat could be just the thing - or load you bike/trailer with your favourite (securely attached) cuddly animal(s)! We'll be leaving **Chorister's Green in the Close at 11:00** to join in the fun - how can you bear to miss it?!



SALISBURY  
EVENTS  
18th—26th  
JUNE

**Saturday 18th June 10:30 - 12:30**  
**Back on your bike** at Salisbury Leisure

Centre running track. Bring your bike for a check up, or bikes will be available to borrow for those without a bike. Bikeability trainers will be on hand - check out whether you do indeed never forget how to ride a bike, in a safe environment away from traffic.

**13:30 Golden Way ride** from Salisbury Leisure Centre. Try out those regained skills—or just come along for the ride - and discover this cycle-friendly circuit around Salisbury.

**Thursday 23rd June 18:30** Salisbury Five Rivers Leisure Centre - a gentle ride around the Golden Way with a stop at a local pub.

**Saturday 25th June 10:00** Salisbury Five Rivers Leisure Centre - 'off road' bike ride up the Woodford Valley towards Stonehenge, back via Berwick St James and the Wylye Valley.

🚲 Belated congratulations to COGS member Tim Robertson from Wilton who raised the most money by on over-65 year old cyclist in Wiltshire's 2010 sponsored 'Ride and Stride' event. Tim raised £510 on his ride and was accompanied for much of the way on his church-bagging trip up the Wylde valley by fellow COGS members.

This year's 'Ride and Stride' event to raise money for Wiltshire's historic churches is on Saturday September 10th and COGS again plan a ride to support this event.

🚲 COGS have submitted a Local Sustainable Transport Fund (LSTF) bid to Wiltshire for consideration by the county as part of their overall bid to the LSTF. The government has announced that £560 million will be allocated to LSTF projects over the next 4 years, each Local Authority is allowed to submit only one bid. We wait to see whether the COGS bid - for funding to help get cycle signage and an updated & online cycle map for Salisbury - will form part of that bid. Our thanks to Gill for her work in putting this bid together within the short time frame allowed.

🚲 We are pleased to hear that the Amesbury Area Board are supporting the principle of a Salisbury Amesbury cycle route. Their meeting on 31.3.2011 allocated £7K of funding towards Stage 1 of this route, from Ford to Hurdcott. This is excellent news and we look forward to further development of this route.

## LONDON BIKE HIRE OPTIONS

The 'Boris bikes' in London are proving to be quite a success story. These are available for casual use - i.e. without needing to pre-register—and there is now a major docking station outside Waterloo station. A debit/credit card is needed and once the user has paid their access fee (£1 for 24 hours) the first 30 minutes of any journey will be free, up to an hour costs £1. Usage charges start to rise more steeply after that—the aim is to encourage people to use the bikes for their journey then re-dock them. For more details see:

<http://www.tfl.gov.uk/roadusers/cycling/14808.aspx>

Another option at Waterloo which is particularly favourable for their season ticket holders is the South West Trains Brompton bike hire scheme which is managed from the Lost Property Office at Waterloo. For a £100 returnable deposit, a Brompton can be hired by season ticket holders for £5 a week, £20 a month or £100 a year. Rates are more if you don't have a season ticket e.g. £5 a day or £15 weekly. A laudable scheme to try and encourage train passengers to cycle as part of their journey, and one that is proving to be very successful.

See <http://www.southwesttrains.co.uk/bromptonbikes.aspx> for more details.

## NEW COGS BANNER IS UNFURLED



Watch out for the new COGS Cassette banner which has recently been completed & will be out and about with COGS displays this summer. COGS committee member and Bikeability trainer Peter Durnan is seen admiring this above.

Many thanks to all who had a hand in this project: Tim Kidner for his fine photo of a Salisbury cycling family on the Town Path with Salisbury's spire in the background; Rob Jacobs, Daniel & Ellie for being that Salisbury cycling family; Gill Anlezark for other photos used; Paul Wilson for the COGS milestone which features; Graham at Ecoprint for producing the banner and bearing with us as we planned and deliberated the various options—and last but not least Jeff Scholefield for masterminding the project. and seeing it through to completion.

## SALISBURY YOUTH HOSTEL TO CLOSE

COGS have been saddened to hear that the YHA plan to close and sell Salisbury Youth Hostel in order to raise funds to refurbish hostels elsewhere. Salisbury's hostel is profitable & popular, providing accommodation for up to 15,000 visitors to Salisbury each year - including many groups, school parties and cycle tourists. Those concerned are urged to write/email YHA chairman [chrisdarmon@yha.org.uk](mailto:chrisdarmon@yha.org.uk) and CEO [carolinewhite@yha.org.uk](mailto:carolinewhite@yha.org.uk).