

## Try Cycling Report

### What is Try Cycling?

Try Cycling is a supported bike loan scheme, aimed at staff at the University and College who have never cycled, or who haven't cycled for a long time. The scheme provides staff with a bike and equipment for six weeks, plus tailored support to help get them cycling.



Have you ever thought about starting to cycle but wanted a chance to try before you buy? Or perhaps you needed some extra moral support to get going?

Bradford Bike Hub is launching a new scheme this spring call *Try-Cycling* designed to give all staff members at Bradford College and the University of Bradford an opportunity to have a go at riding a bike with all the support you might need.

It is essentially a free bike loan scheme for staff of all the Bradford Bike Hub Partnership. Participants can sign up for:

- ❖ A free high quality hybrid bike for 6 weeks (plus helmet, locks, lights and pannier bags)
- ❖ Free cycle training for all abilities – including beginners
- ❖ Motivational support from Sustrans and the camaraderie of others also borrowing bikes in the scheme.
- ❖ A journey logging website
- ❖ Goal setting sessions
- ❖ Maintenance support
- ❖ Route advice and anything else you need to get started.

Places are limited so to sign up or find out more email [info@bradfordbikehub.com](mailto:info@bradfordbikehub.com) or visit [www.bradfordbikehub.com](http://www.bradfordbikehub.com)



#### Dates:

Try Cycling Rotation	Start date	End date
1	11 <sup>th</sup> April	23 <sup>rd</sup> May
2	27 <sup>th</sup> May	11 <sup>th</sup> July
3	14 <sup>th</sup> July	29 <sup>th</sup> Aug
4	1 <sup>st</sup> Sept	17 <sup>th</sup> Oct

#### Bikes:



**Mongoose Crossway 200**  
Step thru frame in black/ pink  
**Sizes:** Small, Medium, Large  
**Gears:** 24  
**Extras:** Panniers, lock, lights, helmet



**Mongoose Crossway 200**  
Cross bar frame in grey/ yellow  
**Sizes:** Extra Small, Small, Medium, Large, Extra Large  
**Gears:** 24  
**Extras:** Panniers, lock, lights, helmet



**Giant Expression**  
Step thru frame in white  
**Sizes:** Extra small  
**Gears:** 7  
**Extras:** Basket, lock, lights, helmet

### The process:

- Spaces are advertised and people are matched to the bikes sizes available.
- Participants come in to collect the bike and design their individual training schedule. This schedule could include: learn to ride sessions, Bike Ability Level, journey route planning from work to home, bike maintenance classes.
- Participants are asked to post comments on the website comments section to share their experiences and ask questions. They are also asked to log their journeys on the WY Go:Cycling Challenge website.
- At the end of each week they receive an email with encouragement, tips, details of local social rides, interesting articles and reminders to log their journeys.
- After 6 weeks they return their bike, complete a feedback form and we give them information to find and buy their own bike.

### Results

- 14 participants (7 from Bradford College and 7 from the University of Bradford)
- 8 of the 11 people who filled in the feedback form **have bought a bike;**
- 2 participants said they maybe would buy a bike;
- 1 participant said they would not buy a bike.<sup>1</sup>
- **72% of participants have gone on to buy a bike.**

<sup>1</sup> This wasn't necessarily a negative outcome as this participant noted that: 'I gained the knowledge that cycling wasn't quite for me, but it also motivated me to try walking instead of driving everywhere. As a result of this I feel healthier and I am walking on a daily basis.'

## Feedback

*I gained road awareness and confidence to cycling on the road.*

*I felt that being able to try cycling without incurring huge costs was the best thing about the programme. I had wanted to try cycling for a while but the cost of the set up was prohibiting me.*

*Not having to buy a bike to see if I would enjoy it was a massive bonus. Having someone with you who has lots of experience gave me confidence. The confidence to actually get on and have a go without falling off was amazing: I felt I had achieved something even though I was a bit wobbly!*

*The support from Jennie and her volunteers/co-workers was great. I got one to one 'proficiency' training on the roads near where I live which was great for building up my confidence and learning something about roads and traffic – which I really needed as a non-driver. The maintenance classes were well pitched and at convenient times. And the extra equipment provided with the bike helped me understand the extra kit I would need to buy when I get my own bike proper.*

*It has made me more confident with cycling both on the roads and on the canal tow path. I have cycled further than previously and have visited new places on my bike which I wouldn't have considered doing before including the shops in Shipley!*

*Try Cycling has increased my confidence to cycle and increased my overall wellbeing. I have friends that cycle and I have now been able to go out cycling with them socially. I will also consider making journeys by bike rather than car and will use it as a method to keep fit.*

*Though by no means perfect I've gone from not being able to ride at all to being able to do it. Still need more practice, but I've fulfilled what I wanted.*

*It gave me the confidence I felt I was lacking to be able to get out and about on a bike. Cycling to the Spenn Valley Greenway with Jennie was great.*

*The great thing about Try Cycling is that everything is provided for you, so there is no initial financial outlay so you really don't have anything to lose! In addition to that, one of the major factors that encouraged me to get involved was the offer of support and cycling lessons.*

*I believe Try Cycling has been truly beneficial to me in so many ways:*

- *My fitness has improved and I have more energy;*
- *It has helped build my confidence and self-esteem;*
- *Through cycling I have forged a new friendship;*
- *I have developed existing friendships by visiting friends on my cycle routes.*
- *I have explored my local area and seen it from a totally new perspective;*
- *I feel that now I am regularly exercising, I will be a better role model for my son, and it is an activity we hope to take up as a family too;*
- *I suffer from anxiety and have found that cycling can really help with this.*