

CYCLIST SAFETY - REQUEST FROM JAMES CRACKNELL

James is one of Britain's most successful athletes of all time, with 2 Olympic Gold Medals and 6 World Championship titles. His epic rowing finals in Sydney 2000 and Athens 2004 were two of the most watched sporting contests in history but it is since retiring from his 13 year international career that James has distinguished himself as a very special and inspiring sportsman, athlete and adventurer. James Cracknell takes on America- racing to cycle, run, row and swim from LA to New York in record time. It was during this trip that James suffered a near fatal accident after being struck from behind by a truck while cycling through Arizona. He has a request for all the cyclists, on the anniversary of the accident he suffered whilst cycling in America, in his own words.



"I have a request for all the cyclists to wear helmet while cycling. I was hit on the back of the head by a fuel truck traveling at 75mph along the Arizona desert plains (I know - that sort of stuff only normally happens in Road Runner cartoons) when I was cycling to New York. Bev and my parents were called to the hospital whilst I was unconscious. Despite a massive crack down the back of my head (25 staples took care of that) and significant bleeding to the frontal lobes of my brain, I am here to tell the tale. There is only one reason for that: my cycle helmet. It saved my life. Cycling is good

for the planet and it's good for us; leaving your head (or your children's) vulnerable to a pavement, lamp-post, car or wing-mirror is not. Shockingly the last survey revealed that only about 18% and 35% adults wear helmets, yet it is such a simple thing to do. I have no commercial relationship with a helmet manufacturer or retailer; no reason to bang on about this other than a desire to stop any other cyclist and their loved ones experiencing a year like mine. There is no agenda. I want wearing a bike helmet to become as normal as clunk-clicking your seat-belt on. With Thanks, James Cracknell"

For more info please follow James Cracknell at <http://www.jamescracknell.com/home>
Note: Derby Cycling Group doesn't endorse or have any policy on wearing helmets. It is up to the individuals what they decide.

DCG CAMPAIGNS

Derby Cycling Group since our last edition have campaigned on two main issues, Cheapside and the Cathedral Quarter. Tony Roelich, each and every moment, tirelessly campaigning on these issues on your behalf. We will let you know the status once we have the final outcome or check our website. If you have any additional information on above issues then please write to us at campaigns@derbycyclinggroup.org.uk

If you have come across any incidents or the council's action which you feel inappropriate or which could be improved further then please notify us. If it is the right thing to do then we will make representations on your behalf.

CYCLING - BEST WAY TO CARE FOR ONESELF & THE UNIVERSE

By VIJAYA RAMISETTI

Everyone accepts the fact that cycling will improve physical strength and burns cholesterol. But to be true, to reduce one pound of cholesterol, each individual has to burn 3500 calories of energy in addition to his/her usual physical activity or he/she has to have less food by 3500 calories and take the same physical activity. Burning 3500 calories per week is a good target.

If we consider different ways of physical activity walking, running and cycling are best suited for each individual. For an individual on a normal day walking will burn 0.53 times the weight of the person and running will burn 0.75 times the weight of the person per one mile of distance. For cycling about 1hr with little effort on a plain road will burn 400 calories for a person with 150 pound weight (for more detailed information please look at the table 1, <http://www.bikeforums.net>). Obviously, running will be the best physical activity for burning cholesterol but as it may increase the risk of knee injuries (suggested by several researchers), cycling

will be the preferred choice.

Forget about injuries, in fact you could look 10 years younger than your actual age if you cycle regularly. Other health benefits will be increased immune resistance, improved muscle strength, increased bone strength & bone weight, reduced spinal injuries, joints protection, mental relaxation and stress relief. It keeps blood pressure under control, avoids obesity issues, reduces the risk of heart problems by burning extra cholesterol and improved quality of life. Cycling keeps your body at its perfect shape and maintains the equilibrium within your skeletal system. (for more information please follow the link <http://cyclehelmet.org/1015.html>

In recent times, the entire world is shifting back to cycle use to save the world from climate change effect with lower green house gas emissions. Just as an example, 40% of the Amsterdams population uses cycling as their transport means to work. Several cities in UK, Copenhagen, Portland, San Francisco, Berlin and Barcelona are also following the same path. The other main benefit with cycling lower cost. Overall through cycling, other than one's own improved living standard, one can contribute to the society through reducing emissions.

Event	Person with 150lb weight	Person with 250lb weight
Bicycling, light effort (10 to 11.9 mph)	400	680
Bicycling, moderate effort (12 to 13.9 mph)	540	900
Bicycling, vigorous effort (14 to 15.9 mph)	680	1140

Table 1: Effort Vs Calories

DOCTORS AGAINST HELMET LAWS

By CAITLIN GIDDINGS

Clothing. Sensible footwear. Enough LED power to irradiate a small village. Outside the safe confines of the World Naked Bike Ride, these are the items that should probably be required by law to

ride a bicycle. But wearing a helmet shouldn't be one of them, say doctors in the unexpected results of a British Medical Journal survey.

A poll of 1,427 of the journal's readers revealed more than two thirds would prefer helmets to remain a personal choice and not required by law. Reasons for the opposition to helmet mandates varied. Some respondents argued that the research on helmets reducing the risk of head injury is too inconclusive

to support a new law. And there have been studies, such as one conducted by a Bath University professor in 2006, which found passing drivers give less room to helmeted cyclists than they do to those not wearing helmets.

But other British Medical Journal respondents simply thought compulsory helmets would reduce interest in an otherwise healthy activity or paint cycling as some kind of dangerous extreme sport. They cited statistics following the 1991 passing of helmet laws in Western Australia, which suggested that the laws produced a 30 percent drop in bicycle activity. Sure, head injuries went down as well, but Sydney University researchers argue that road safety improvements played a greater role in that drop than the compulsory use of helmets. They also argue that Australian helmet laws be repealed on a trial basis before further policy decisions are made.

Whether you believe the evidence that bike helmets reduce head injury, or you think they just give cyclists false confidence and bad hair, mandating new safety measures will always be controversial. Will fewer people ride bikes if forced to encase their brains in crushed foam?

DCG WEBSITE

www.derbycyclinggroup.org.uk

Please visit the DCG website for up to date information on the Group's activities. In particular, try the "Discuss" forum where you can see the latest situation with the various campaigns we're involved with as well as get information on forthcoming events. Your contribution (either on new events or comments on our approach to existing campaigns) is really welcomed. If you are on Facebook you are encouraged to join the Derby Cycling Group Facebook Group.

We would like to improve the DCG website appearance. Your inputs and suggestions are welcomed. Please let us know, which sections you would like to see in DCG website and which sections need improvement and in what way. Your inputs are very valuable to us. Thanks in advance for

taking time out of your busy schedule and contributing for our cycling group. Please send you suggestions to webmaster@derbycyclinggroup.org.uk

FUNNY ACT

Stressed with to much work, a stress buster for you from DCG.



Ohh My God!!!!

This guy needs doctor's appointment.

(Note: If you find any such funny incidents in your daily commute please send it to us)

PUZZLE

It's time to bring-out the talent within you. Just send your answer to the following puzzle and win one year additional membership absolutely for free.

A lone cycle, which causes devastation. Windy, lot of water, whirling and disturbance to normal life but still at few places they are necessary to maintain the balance of nature. So, what is it?

Please send your answers to membership@derbycyclinggroup.org.uk

DCG - FORTH COMING EVENTS

There are a few events which are lined up for the next few months. For more information please follow the events section at www.derbycyclinggroup.org.uk.

COMMITTEE MEMBER PROFILE

MARK CROSSLEY - MEMBERSHIP SECRETARY

- **How long have you been membership secretary for?**

I have been membership secretary since October 2010.

- **What have you achieved?**

I have updated the membership procedures and policies, designed a new membership card; input into the newsletter with content and distributing it to you all; helping in organizing the regional east midlands cycling forum and managed membership renewals for 2011.

- **Where are your favorite bike rides?**

I always like visiting Tissington Trail, Elvaston Castle or Carsington Water when I get time.

- **What do you do outside Derby Cycling Group?**

I am a public governor for Derbyshire Healthcare NHS FT Trust where I am part of 3 working groups including Chairing Strategy & Finance. I am also a member of the nominations committee, Regional Coordinator for a national charity and keep time for keeping fit including cycling, international travel and family etc.

MEMBERSHIP RENEWALS

A gentle reminder to any of our members due to renew this year and who haven't yet got around to it. Please send in your renewal forms as soon as possible. If you have misplaced the renewal letter then you can download a membership form from the website http://www.derbycyclinggroup.org.uk/documents/DCG_membership.pdf. If you have any questions about your membership then please email to membership@derbycyclinggroup.org.uk. Please note that the membership fee for year 1 Individual 2pounds, Family 3pounds and 3 year Individual 4pounds Family 6pounds. Any companies and community groups are welcomed.

EDITOR'S NOTE

By *VIJAYA RAMISETTI*

Dear DCG members,

Please feel free to express your opinions or suggestions on any of the article. If you want to convey any information to the Derby City Council on any of the issues you are facing while cycling then please drop us an e-mail, if it is worth a point to raise then we will shout for you. Your feedback is highly appreciated. If you would like to send us any article which you feel good to know and related to cycling then please send it to articles@derbycyclinggroup.org.uk.

The DCG committee is looking for new committee members, who are interested to get involved with the group's activities, to join the group or as a general "without portfolio" member. There are several new positions available to the interested people. As a first step you are welcome to attend the monthly meetings at the Brunswick PH (first Tuesdays of the month, 7:30pm, upstairs).

Thanks

Vijaya Ramiseti