

# Cycling

## Two-wheeled news and views

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## Quaxing is the word to use if you're a cyclist for all reasons, right?

I'M SURE you've not heard of the former Olympian Dick Quax. He was a 5,000 metre runner. He did rather well. He won the silver medal in 1976 in the Montreal Olympic games, just 0.4 seconds behind Lasse Virén from Finland. Some guy called Brendan Foster came in fifth. He even set the world record of 13 minutes, 12.9 seconds in Stockholm in 1977.

Now, why am I talking about Dick Quax? Well, because he caused a new word to be created.

There are three forms of the word. "Quaxer", a noun, is defined as "one who quaxes".

"Quaxable", an adjective, is defined as "something with which one may quax".

And of course, to understand the above, you need to understand the word itself.

Quax is a verb meaning "to shop, in the western world, by means of walking, cycling or public transport."

It can obviously be used in the past tense, "quaxed", and in the present tense, "quaxing".

How did Mr Quax create this word? By saying something rather silly on Twitter. On the 3rd of January, he said "no one in the entire western world

uses the train for their shopping trips" and "the very idea that people lug home their weekly supermarket shopping on the train is fanciful".

In response to a statement of fact by another Twitter user who said "I get groceries on my bike" he said: "Sounds like that would make great [beer] ad. 'I ride my bike to get my weekly shopping - yeah right'."

This follows a New Zealand beer company advert style of a phrase followed by "yeah right".

"If you see a shark, punch it on the nose - yeah right."

or  
 "Wait, let's think about this first - yeah right."

It is slightly ironic that Dick Quax who is a native of New Zealand thinks that nobody in the western world walks or cycles or takes public transport to go shopping. After all, the country is named after the Dutch province of Zeeland. A place where many people will cycle to do ordinary stuff, including shopping.

In the cycling fraternity this is called Utility Cycling. It doesn't require any special clothing. It doesn't require any special bicycle. It just requires the ability to ride a bicycle and carry some stuff.

Now, if you are serious about doing a weekly shop then I suggest that you invest in a good set of panniers. There are many kinds, from the more Germanic fully waterproof bags that clip onto a luggage rack, to the Dutch model of a single "bag" with two sides that can be placed over the luggage rack. Mine can carry about 35 litres of luggage. That means that I can buy 61 pints of milk and carry them without a worry. Not that I could drink that much milk. So replace some of those pints of milk with cheese, pizza, fruit and chocolate (other food groups are also possible).

Of course quaxing is even easier with the recent news that we do less weekly shopping and more daily shopping. Of course, doing this by bicycle is easier than doing it by car.

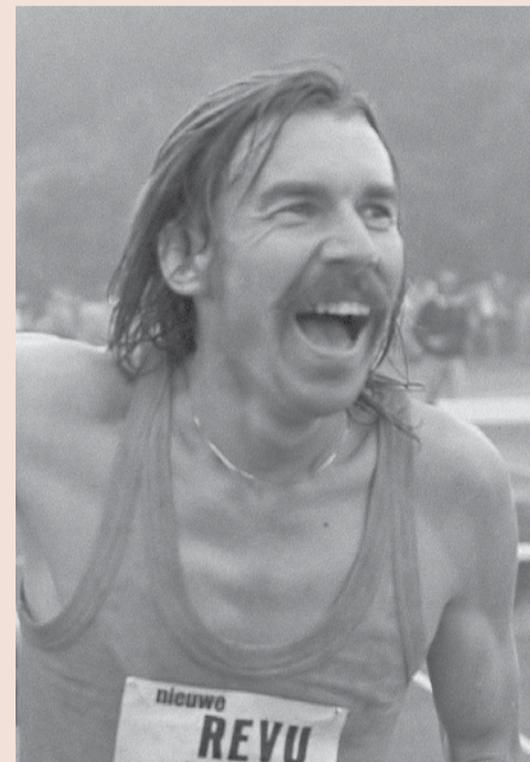
I will regularly divert away from the most direct route home to pick up a few things that I need. And I will divert to those shops that have ample cycle parking and ride past those that don't want my custom because they don't provide cycle parking.

Perhaps you should try it. Go be a quaxer. Find a good quaxable shop and quax away. Have you quaxed? Are you going to be quaxing today?



## Life in the Cycling Lane

By Robin Heydon  
of Cambridge Cycling Campaign



DICK QUAX: No one uses their bike to do their regular shop? Yeah right!!!

## Win a Pedalsure bike policy

BIKE prices are rising far above the rate of inflation, with £12,000 machines now available to the average consumer.

Cycling has flourished into a £2bn industry. The explosion in the popularity of cycling has been astonishing and has led to great innovation such as electronic gears and carbon fibre making. However, the issue for many new to cycling is: what do you actually need and how much do you need to spend?

Now, thanks to Pedalsure, it may cost you nothing.

Pedalsure, the cycling insurance specialist, is running a competition with the chance of winning an Orbeabike as the main prize. All you have to do is post or tweet a selfie of you and your bike using the hashtag #Me&MyBike. All it takes is a simple tap and maybe a sepia tint, and you're in the running!

The closing date is September 30, 2015. The winner will be contacted via the social media account used to enter, and will subsequently be announced on Pedalsure's Facebook, Instagram and Twitter pages.

So - a bit about Pedalsure. While other insurers solely cover your bike, Pedalsure takes care of you too. The firm offers three grades of customised personal accident cover - bronze, silver and gold - with each including a choice of comprehensive coverage levels to suit all requirements and give you that extra peace of mind. For example bronze

**YOU & YOUR BIKE: BIKE SELFIE**  
 ENTER OUR PRIZE DRAW FOR A CHANCE  
 TO WIN AN ORBEA BIKE

**PedalSure**  
Covering You and Your Bike

Post Your Bike Selfie with  
#Me&MyBike here  
for automatic entry

includes £35k for accidental death and personal accident, whereas gold extends this to £150k.

All policies include 14 to 28 days overseas extension, amateur racing, charity events or sportive. In the event of an accident, Pedalsure will also cover some costs not picked up by the NHS, such as £500-£1,000 for physio (depending on your plan) and £500-£1,250 for dental care. Pedalsure also cover your accessories up to £1,000 damages at the same time as your bike.

To join the peloton of cyclists who are prepared for all possibilities, head over to pedalsure.com to find out more.

## I refuse to indulge any fantasies of victimhood

HAVE had a few cyclists point out recently how odious the commentary is on the YouTube clip which you can find by searching "lycra warrior".

Indeed, the opinions voiced in this video are entirely disgusting and so violent and replete with swearing that we're not able to fully investigate the post further due to the fact that we're a family newspaper and such language is inappropriate for our readership.

At the same time, however, my guess would be that the police would take no interest in it. It's not clear that the driver is holding the camera - if he was it would obviously

be a violation of the requirement to be in full control of your vehicle while driving. As far as the language goes, there is clearly abuse being voiced but the lack of visual information would make a prosecution difficult.

I also had some feedback about the story in the News this week about a cyclist who jumped a level crossing at Waterbeach with a small child on his back - the police are looking for him.

Why, my social media chums want to know, do we "allow" this police investigation to go unchallenged, and not "insist" that there is a similar investigation into

"lycra warrior"?

The problem I have with all this is that there can be a tendency in the cycling community towards victimhood - "they've got it in for us". No "they" haven't. In one story an idiot endangered the life of a child. In another an idiot spouted some nonsense but did nothing incontrovertibly illegal.

Let's not lose sight of what's important here - the right to life has to be asserted on behalf of a child by responsible adults.

Endangering life is a crime. Spouting hot air and nonsense, however odious, is free speech.

## for cyclists Sign Language

by Mike Scialom





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# Cyclists sprint it out in new contest

A HOST of cyclists thronged to Cambourne last week to take part in a new event with an element of friendly competition.

The 'Cycle Sprints' event, organised by Cambourne Business Park, proved a hit with cyclists from across the county who turned up to battle it out for the fastest time on a static bicycle.

But it wasn't just about being the quickest, as underlying the festivities was the objective of getting more people to think about cycling to work.

The event, from Cambridge cycle couriers Outspoken Delivery, is thought to have attracted around 60 to 70 cyclists overall.

Judy Duddridge, from Outspoken, said it had proved a big success for what is a relatively new event for the company.

She said: "It was a lovely day. It was great because it caused so much competition – some of the guys were on there six times.

"It's just to make cycling fun and to get people thinking about riding their bikes to work."

The event itself, which also featured a Dr Bike workshop from Outspoken and a pedal-powered smoothie bar, was organised by Cambourne Business Park in conjunction with the

## FLORENCE SNEAD

Travel to Work scheme.

Visitors taking part in the Cycle Sprint challenge had to complete one loop of the static bikes – on loan from Townsends Light Blue Cycle Centre – in as fast a time as they could manage. The winning time was around 20 seconds.

Cycle Sprints is a new event, and the competition in Cambourne was the second of its kind and follows the inaugural sprinting session in Bury St Edmunds.

"Cycle Sprints is a new addition for us and because it's competitive it reaches a new audience," Judy continued.

"They sprint as fast as they can on a fixed bike and the idea is it's the fastest one to finish, it was really good fun.

"Twenty seconds doesn't sound like very much but sprinting like that isn't easy!"

And as the day in Cambourne proved so successful, staff at Outspoken explained they hope it will be the first of many similar events.

It is also hoped that encouraging more people to cycle to work will not only help ease congestion on the roads, but prove beneficial for



CYCLING FUN: Cambourne event proved a hit with static cyclists

businesses which don't have much by way of parking facilities.

Judy added: "We do a lot with cyclists in Cambridge – it's about getting people's confidence up to ride their bikes to work."

For more details about Outspoken's events, contact Judy Duddridge on (01223) 719594.

Meanwhile for information about their delivery service, email [team@outspokendelivery.co.uk](mailto:team@outspokendelivery.co.uk).



LEADER:  
Chris  
Froome

## Tour leader expects fresh questioning

TOUR de France leader Chris Froome has said he believes his detractors will only be satisfied when all of his performance data has been released and Team Sky's intellectual property has been shared.

Froome, who preserved his lead of three minutes 10 seconds on Wednesday's 17th stage, has been under pressure off the bike in recent days, with innuendo and scrutiny surrounding his win on stage 10 to La Pierre-Saint-Martin.

Team Sky released his performance data from the first Pyrenees stage on Tuesday's rest day in an effort to quell the furore surrounding the display which has led some observers to conclude Froome must be using performance-enhancing drugs.

The 30-year-old Team Sky leader has denied doping and said he is happy to comply with the relevant authorities, should the World Anti-doping Agency or UCI, cycling's world governing body, request further information.

## Team in bid to buy second bicycle for patients

FOUR therapists are taking to two wheels in a bid to raise cash for a new bike to help patients with limited mobility.

The group, who are all part of the Arthur Rank Hospice team, are hoping to raise £5,000 to buy a much needed second Mediamotion bike for the Cambridge hospice.

In order to raise the cash, physiotherapists Fiona Dodds and Emma Hartley, alongside occupational therapists Laurie Woodruff and Jill Fairchild, will take on a 60-mile ride from London to Cambridge.

The move comes after the hospice's existing Mediamotion bike – which can be used by people in wheelchairs – became so over-subscribed that patients had to be put on a waiting list to use it.

The bike can also detect when a patient tires, or if they are unable to pedal, and can take over cycling for them.

Fiona said: "Patients love

using our current Mediamotion bike during our exercise groups and are queuing up to use it.

"This means the time they have to use the bike is limited.

"As a team, we thought it would be lovely to be able to have another bike so that two patients can cycle at the same time, which might even promote a bit of friendly competition!"

In addition to the ride, the foursome have already held a pamper evening, a quiz, raffles and tombolas.

Kath Austin, community fundraiser at the hospice, added: "The team are now over the first £1,000 mark and we would love to support them by finding a local business or organisation who would help champion their cause."

Individuals can make a donation to the cause by visiting [justgiving.com/Arthurrankpedals](http://justgiving.com/Arthurrankpedals).



## Mountain bikers turn out for competition

MORE than 400 athletes from across the country turned out in Essex for a national cycling competition at the end of last week.

The cyclists came for the British Cycling National Championships MTB XCO 2015, which was got underway at Hadleigh Park on Saturday, July 18.

The championships marked the first national event to be held at Hadleigh Park since its launch at the end of June, which was attended by cycling champion Victoria Pendleton.

Competitions held over the two-day event, which focussed on the MTB XCO format of mountain biking, included open, junior, youth, juvenile, elite and masters in both men's and women's.

Participants competed for the National Champions title awarded to the winners of registered categories.

Alongside the registered categories additional races were also put on for participants who wanted to experience the event.

It is hoped that Hadleigh Park's arrival will attract more major sporting events in future.