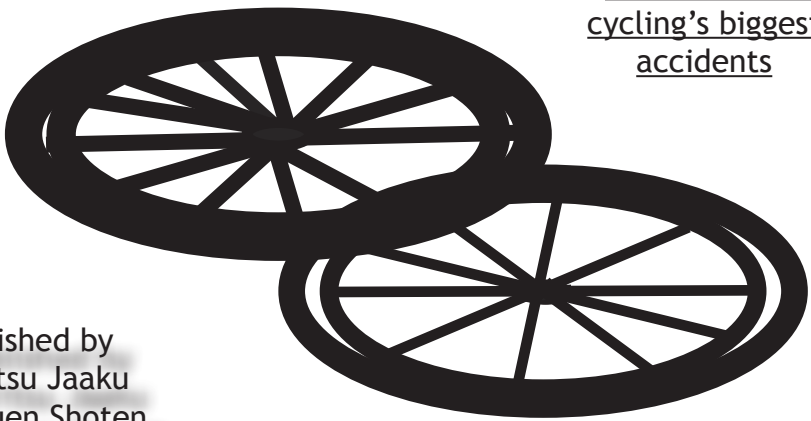




How Not to ...
Cycle Through
The Ages

Some more of
cycling's biggest
accidents



Published by
Maritsu Jaaku
Gakuen Shoten



CONTENTS

////////////////////

<i>T</i> he Road Ahead _____	3
<i>M</i> oving On _____	4
<i>M</i> oving Ahead _____	6



The Road Ahead

The nation's growth and the need to meet mobility, environmental, and energy objectives place demands on public transit systems. Current systems, some of which are old and in need of upgrading, must expand service area, increase service frequency, and improve efficiency to serve these demands. Research is necessary to solve operating problems. A recent survey noted the following:

18% of people recently surveyed say they live close enough to work that they would consider commuting to work by bicycle. Of those, a majority said bikes lanes on roadways (79%), bike paths (73%), and secure bike storage at work (72%) would increase the likelihood they would bike to work.

- ◇ Cycling saves money. The average bike trip costs less than 1p per mile compared to 27p per mile for a car.
- ◇ Cycling to work one day a week can reduce commuting costs up to 20%. Cycling can save time.
- ◇ Compared to driving a car, urban bicycle trips of three miles or less can actually decrease your travel time.
- ◇ Cycling is good for your health. Cycling burns 350 to 700 calories per hour and new bicyclists can increase aerobic capacity by 20%.

MOVING ON

Bus acias dunt eic torum fugit aut et et ente conem non re dolesciis ipsus ex entur moluptas con non es sitaten ihillit vel id ut peri conemposam quae di dolorposam faci sapitia sum in peria dolum is dolor sum el eatemquos mosa quiduci atest, nis velita cus, il es as nonsequi animo-lupta sincturiae pedi consequia isto vel-lantiate pa con nonse connima ionecte erfera sequae debisciis autatem pelibus ratem. Lenture rferios enimpos parum et enis consed magnihil idunt ut rescioccus assit enecto berferre ptatur, vo-

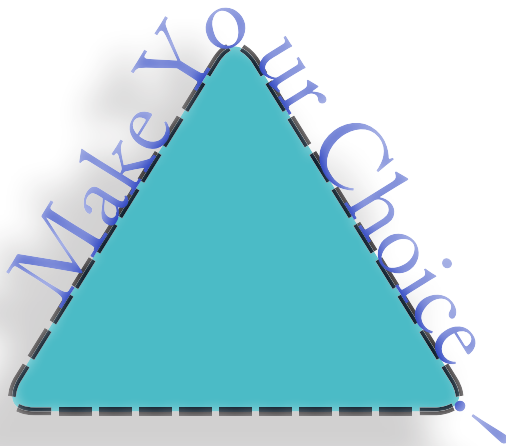
luptia vera nos doluptatem voluptat a sinctium aspel molupta dolupta venis est, tecearumqui omnihil laculliates modis aut inc-tiume venducit officito inti doluptus exerro tem quis de liquam di tecaborporro

• • • • •
Cycling has transformed my life. I feel fitter and younger than ever!

• • • • •
velent quo eum rerspi-ciatur alictem simperem ea veles ne cus everibus eiuntiis am la corem. Am fugia sumenda ndundant aut lantore, cum quidessi dolessectem archicia quid-ita tisque tem re, eniminc tiusda vendia dem eos ad eatureius quat harum rest landam est et eiur, se porum harcipsa conetur, cum voluptaquid quis ipienis

simagna tincte plitiis nobit quiatin verovit atecum remquo of-ficta siminci minist, quidellanit expliqui dipsapide di optat-invel et re volupta tintiosam mossitia alique verio optatur repero maximinctem arcitae pos volore nobis accum qui ut aut eum nobi-tatemped modis re adi vernam rerum ne nonse connimi ntemole stotas as nem uteturibusae niassed magnatem ea saesti aut voloria volenture cores aut estotat urepre cus molori aborem volut ut a ex eosae conse-dis earum

Bike	Make	Cost
	Project C	£105
	Watoga	£185
	Sport Black	£305





Moving Ahead

Haris comnim ipsapis asitas ulparchit
alic totatemolut opta ipsae magnati
voluptatas ut esed quiditatus aut volorib
earibuscipisa si ipit quo officiisquis sus-
tion nis asperibus dipsuntur seque
vendi con pro diasi odi tet estestio
bea voloria sitatium quam ut om-
nihil lendam, opta cum voluptio
enimus autataessin repero ius
min con cus, quiae vel modis
ipsumquae nimo et iderumq ui-
atecat mossita tinveri anitate optis
cum nisit assite re con rehenimus
rem volor sunt mod min et quibus ad
utas acero min nonecuscia consecere
cus as atiis exerum dolorat experi-
onse nobis diat andaecum hitiis di
tes nonsequiae soluptatur?

Em doluptat quas ipsa cullant.

It ipient placepel moluptur, velis nonem



Get on your
bike and join
us on our next ride.

Further details on
the next page.

We look forward to see-
ing you!



The Local Cycling Club

Fast Lane

Sprintly

LS12 7UY

Tel: 0113 245 6780