

# CYCLE TRAINING IN EALING

## Bike Buddy Scheme DSC9

Commute from Acton to Old Street

- WHAT:** Individual 'Buddy' cycle training including accompanying trainee to work
- WHY:** Resolution never to renew Oyster Card! Cycling to work from Acton to Old Street (20 miles round trip)
- BENEFITS:** An interesting, exciting commute
- COST:** For people that work, live or study in Ealing a one-off payment of £5\* (includes maintenance training )  
\* Concessions apply

It was solicitor, Stefan Arestis' 2011 New Year's resolution to ride his bicycle confidently from his flat in Acton to his office at Silverman Sherliker LLP Solicitors in Old Street and then never renew his monthly Oyster card again.

Stefan initially heard about cycle training through Transport For London's website. Stefan wanted to boost his confidence on riding on City roads particularly since he never had bicycle proficiency lessons when he was younger. The training would be invaluable as Stefan intended to ride to/from Acton/Old Street every weekday.

Stefan took a number of lessons with Cycle Training UK including a journey accompaniment where the instructor cycled with Stefan to Old Street. "In some respects the training can seem tedious as you have to keep going over simple things like placement on the road or completing drills such as turning a corner correctly until you get it correct. But it must be done and the effect of being able to ride more confidently actually makes this the best bit of training."

One of the ways in which Stefan's cycling style has improved is his positioning on the road and critically the way he interacts with other road users. "Where I live there are parked cars by the road. Before training I would be terrified to cycle in the middle of the lane, I would ride close to the doors of the parked cars, putting myself in danger. Now I ride out of the door zone and look behind communicating to cars behind through body language and hand signals."

Stefan now gets around 1.5 hours of cardiovascular daily training simply by cycling to work and back. Most importantly it's a fun, fast way to get around.

"Getting to work used to be a boring, routine commute... now it has completely transformed into something fun and exciting. I can actually look forward to the journey into work in the morning! It takes me 40-45 minutes to cycle to work – that's almost 15 minutes faster door-to-door than by tube."



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