

New Year's resolutions: Which one are you?



I don't ride a bike and don't think I ever will

Take your pick...

Have a cup of tea with someone who rides a bike. Ask them what it's like cycling in Shoreham.

If you drive, commit to giving at least three feet whenever you overtake a person on a bike.

Walk a local journey you might otherwise have driven.

Are you an employer? Do what you can to enable your staff to cycle to work.

I haven't ridden a bike for ages

Take your pick...

Ask a bike shop or expert friend to take a look at your bike and check it for safety.

Register for an account with BTN BikeShare or Worthing's Donkey Bikes.

Take a small ride around the block, or through the park. Remind yourself how it feels to ride a bike!

Next time you need to buy a couple of small items from a nearby shop, try making your journey by bike.

I ride a bike now and then

Take your pick...

See how much shopping you can do by bike. Can you fit a week's shop in a pannier?

Ride your bike to the pub. (Don't have too much before the ride home!)

Know a bike-friendly cafe or shop? Pay them a visit. Let them know you appreciate them.

Try a longer ride than you usually do. Brighton or Worthing via NCN2? Steyning, via Downs Link?

I ride a bike often

Take your pick...

Offer to take a look at a friend's bike if it's been in their shed for a while and needs fixing.

Take a beginner friend for a ride. Show them the best routes around Shoreham.

Join an organisation like Cycling UK, British Cycling or Sustrans.

Have a cup of tea with someone who doesn't ride a bike. Listen to their opinion of transport in Shoreham.