

SUSTAINABLE TRAVEL

SPRING 23 – CYCLING REVOLUTION



Welcome to your Spring 23 sustainable travel newsletter. You'll find useful information on all things cycling in your area! To view further sustainable travel info, visit your dedicated sustainable travel webpage by clicking the link below!

Click [HERE!](#)

<https://www.tpc-rodgersleask.co.uk/marston>

Stafford Road Club

Established in 1942, the cycling group has enjoyed over 70 years of strong support from cyclists! The club has experience in road races, time trials as well as those training for triathlons! The club has a [Facebook page](#) as well as a group WhatsApp to communicate to all members.

The club has a great mix of members of all ages, why not visit the website. Click [HERE!](#)

IN THIS ISSUE

Local cycling groups and routes

Best ebikes of 2023

Warmer weather cycling tips

Strava Group

The club also has a [Strava](#) page, where you can look at the distances and journeys that the current members have done per week!

Click [HERE](#) To view the Strava page!

Warmer Weather Cycling Tips

Hydration

Make sure that you keep a water bottle on you whilst you're out on the move. Remember to keep yourself hydrated, but to not overdo it. By having a drink with strong electrolytes before you start your cycle, it will help optimise your hydration status and helps to improve your cycling performance!

Heat Management

Make sure that in the warmer weather that you wear cool clothing in order to promote and aid your ventilation, as well as wear a sunhat and sunglasses to be able to block out the sunrays! When cycling outside in the heat, always ensure that you have applied any sun cream to prevent burns, and try to take frequent breaks in the shade where possible.

Local Cycling Routes

For information on the local cycling routes in and around Marston and Stafford, the [Staffordshire County Council cycling map](#) can be found by clicking below.

Click [HERE!](#)



Best eBikes of 2023 Why Own One?

Owning an eBike can allow you to get out and cycle whilst putting in a bit less effort!

Depending on what you are looking for, there are a few options for the "best" eBike.

Best For Commuting

Gocycle G4

Hill climbing on this eBike appear to be effortless, with the bike itself being rather stable. The bike can be folded down and easily wheeled around train stations for those who have different commutes.

Best for City Riding

Raleigh Motus Crossbar

The bikes upright riding position allows you to have a clear view of the road and ensures that navigating traffic is an easy experience.

Want to know more about the EBikes? Click [HERE!](#)

HELPFUL LINKS

Hot weather cycling – [6 tips](#) to help you keep your cool

Click [HERE!](#)

[Bikemap](#) – Dozens of suggested cycle routes in and around Stafford

Click [HERE!](#)