

## **Borrow A Bike – Craig’s Story transcript**

[Audio: Gentle instrumental music]

[Video: Craig is stood inside a bike shed, talking to an employee of Borrow a Bike]

[Text on screen: Borrow A Bike, Craig’s Story’]

[Video: As he starts to speak Craig is stood outdoors, wearing his cycling helmet and high visibility clothing, talking towards the camera]

[Craig: I’d done cycling years ago but I’m traditionally a runner....]

[Images: Image of Craig on his bike]

[Craig continues: ... and a few friends were cyclists and a guy at work has been cycling to work, he’s done like thirty miles into work, and I thought, you know what I can do that as well.....]

[Video: Craig kneeling down on floor next to his bike speaking to another man]

[Craig continues: ...so I’m going to give it a go, I’m going to give it a try.]

[Image: Craig standing over his bike on a footpath]

[Craig: I contacted the council the day that they announced it on Facebook, within a week I had the bike in my hands, and I was like right....]

[Video: Head and shoulder shot of Craig speaking into the camera]

[Craig continues:....I’m committed now I’m going to have to do it.]

[Video: Man kneeling down next to Craig’s bike – touching the pedal while Craig kneels down to see what he is doing.]

[Craig continues: It took me a little bit of time to adapt, because I was a car owner before, sold the car and then thought, right how am I going to get to work? Got the bike....]

[Video: Head shot of Craig speaking to the camera]

[Craig continues: .... then alternated with the bus and the train]

[Video: Craig talking to a man in a bike shed]

[Craig continues:.....so it was a little bit of a culture shock but I kind of got into it reasonably easily.]

[Video: Head shot of Craig speaking to the camera]

[Craig: I’ve lost quite a lot of weight, just before taking up cycling]

[Video: Handles bars of a bike with hands touch gears]

[Craig continues:....and then since cycling so for me it’s kind of maintaining the weight loss now because people keep saying ‘oh you look so slim’]

[Video: Head shot of Craig speaking to the camera]

[Craig continues:...and I thought if I stop doing this, I'm going to put the weight back on]

[Video: images of tow bikes going passed with shot of legs pedalling]

[Craig continues:...so that's my real motivation is to keep the weight off.]

[Video: Head shot of Craig speaking to the camera]

[Craig: I think it's the weather in the winter, particularly the ice]

[Video: Craig riding a bike along a path]

[Craig continues:...and planning around that.]

[Video: Head shot of Craig speaking to the camera]

[Craig: So deciding in advance which days I'm going to cycle to work.]

[Video: Craig cycling his bike]

[Video: Head shot of Craig speaking to the camera]

[Craig: Initially I'd wake up and think oh I'll cycle to work today, or I'll get the bus. I now plan in advance when I'm going to cycle, I check the weather]

[Video: Head shot of Craig speaking to the camera]

[Craig: and I check that I'm not going to get caught by...]

[Video: Craig cycling his bike]

[Craig: you know a freak storm, ice that kind of thing. That's the biggest lesson, for the weather.]

[Video: Head shot of Craig speaking to the camera]

[Craig: So, quite embarrassing really but one of the early days or one of the first cycles I kind of headed into work thinking everything was going to be great...]

[Video: Grass in the foreground with blurred cycle riding past in the background]

[Craig: halfway down past locomotion the heavens opened, I got absolutely soaked. Arrived at work, I work in a hospital....]

[Video: Head shot of Craig speaking to the camera]

[Craig: I've got changing facilities, didn't have a change of underwear. I had to dry my underwear on a radiator.]

[Video: landscape shot of Craig riding his bike in background, with trees in foreground]

[Craig: I've not made that mistake again, I've now got a full set of clothes in my locker, I'm not doing that again.]

[Video: Head shot of Craig speaking to the camera]

[Craig: laughing]]

[Video: Craig on a bike riding towards camera, surrounded by trees]

[Craig: I think the other thing is to carry the spare tube that the council give me and the puncture repair kit.]

[Video: Head shot of Craig speaking to the camera]

[Craig: Best thing is just maintaining the fitness. You know, getting to work, have you're breakfast at work...]

[Image: Still of Craig straddling his bike wearing high vis vest facing camera]

[Craig: ... and then just feeling kind of energised for the day. It's really helped with the running as well...]

[Video: Head shot of Craig speaking to the camera]

[Craig: the cross-training effects have been fabulous.

[Image: Durham County Council logo on a blue background]

[Animation: Like, Comment, share]

[Text: [www.durham.gov.uk/borrowabike](http://www.durham.gov.uk/borrowabike) Find out More]