



Chairperson's Report

SPOKES has had another successful year with plenty of rides & activities.

We have a committee, in which most members have a role they are responsible for. This is flexible arrangement that can be adjusted to suit those on the committee. The committee has for the last year been without a minute's secretary. This is a vital role, which we wish to fill at the earliest opportunity.

Current paid up membership is 150 consisting of 97 lead members another 53 family members.

We provide a good newsletter. We did have a circulation problem last year with one of the issues, following this, we decided to put future issues onto the web site. This appears to work well. The Web site has continued to improve, increasing the amount of information and links available, including photographs.

I believe the Newsletter & web-site are both under utilised. We should be able to develop them to improve communication enabling better campaigning for improved cycling facilities.

Pam has worked as hard as ever in several roles, but her main role has been in setting up a financial information system using Excel spreadsheets & opening a new savings account with the Nationwide.

Diane has continued the co-ordination of the Rides programme of over 70 rides in the last year. The rides are led by members who offer to lead a ride of their own choosing, a system that works well. Other members are asked to consider leading rides in the future. The policy for all rides to start at the stated time has continued, as most members say they prefer this. There have also been many social events including pub evenings & the Christmas Lunch.

Our main event this year was the Open Meeting in February. A sub-committee was set up for this event. The Open Meeting was attended by 40 people, including, councillors, members, other cyclist & cycling officers. The meeting was intended to raise the profile of cycling amongst councillors picking up on the Connect-2 theme, trying to develop the local cycling network & fill the missing links. We would have liked more councillors to have attended, but it was generally agreed that it was a successful event, with many constructive comments from those attending. It gave us a reason to contact every councillor in our area and demonstrate our support for the HCC cycling policy and hope that it will be implemented. Some councillors who could not attend did reply saying they supported what we were doing.

Mary Ann has done an enormous amount of work in preparing and promoting the publication of the new local rides book, now likely to be known as the Blue Book. Mary Ann has driven though this project, checking the rides, getting finance from Watford Council & the Countryside Management Service, liasing with Stephen Wragg on preparing its format & printing, then suggesting its issuing & marketing strategy.

Hertfordshire County Council has a Cycling Forum, which is now chaired by David Burt. We recognise that the Councillors are the

ones, to make the real changes, that are required to promote cycling. We hope to see a greater determination by HCC to improve the cycling environment. There are many local projects to be implemented. This year we expect to see a start in the Hartspring-Aldenham Rd shared use path & improvements on Nation Route 6 from Eastbury Road to Green Lane.

I believe Watford Council has led the local bid to for the Watford area to become a cycling demonstration town. We hope to learn more about this, and are keen to be involved in developing the cycling network in this area.

Other projects in Watford we wish to see implemented are:

- National Route 6/61 crossing the A41 at Garston
- Complete the cycling route between High Street & Lower High Street
- Cassiobury Park linking the cycle paths to the canal path

In Three Rivers we are still looking forward to completion of the Maple Cross to Rickmansworth Cycle Route. Hopefully this will go though the Aquadrome, making a very attractive route avoiding the dangerous Uxbridge Road. The road from Abbots Langley to Bedmond needs to be made safer, our favoured solution for cyclists being to widen the existing footpath making it into a shared use path.

In Hertsmere apart from the Aldenham Road project we wish to see the completion of the Greenways project around Wall hall & the link from Oxhey Village to Merry Hill Greenway.

The committee is preparing a list of all the schemes and improvements we wish to have adopted. If you can suggest additional items we will be pleased to receive them.

The future success of SPOKES depends on support & participation by its members on joining the rides, having a social programme, and improving our campaigning ability to ensure that better cycling facilities are provided.

This will help to provide better health for people living in a more pleasant & sustainable environment and hopefully enjoying cycling.

Roger - April 2008

Sheep Bleats and Steep Treats in Shropshire

by Diana & Mary Ann

After only two hours on the train from Watford, the intrepid Spokes trio of Diana, Brian and Mary Ann set off in a cold April afternoon from Telford, and cycled on an old dismantled railway down to the River Severn and Ironbridge. We stayed at the down-at-heel Tontine Hotel, surprised to discover that it was built in 1781 for all the visitors who wanted to see the amazing new Iron Bridge built across the Severn.

Next day we made our way to Much Wenlock, where we were waylaid by a fresh bakery smell and a long queue outside a home-baked pie shop. We ate our scrumptious pasties on the top of Wenlock Edge.



We had a lovely long coast down off Wenlock Edge, then lots of ups and downs on the way to Church Stretton, where it began to rain - so we fortified ourselves with tea and cakes. Setting off, we were immediately confronted with Long Mynd, which looked

very mountainous and forbidding in the rain, but it had to be crossed as we were booked into the Bridges Youth Hostel on the far side! The penny dropped! Shropshire is hilly!

Bridges Youth Hostel, an old school, was one of the first hostels opened in the 1930s. These days its warden provides home-cooked meals (but hostellers have to wash up). The warden is also a useful fount of local knowledge.

In the morning, we woke up to thick snow falling. "Well, I'm not going

out in that!" said Diana. "But it's not settling on the roads and it's not as wet as rain," said Mary Ann. Brian kept quiet.

The snow stopped (luckily) and off we went, with stunning snow-



covered Long Mynd in the distance, daffodils and primroses by the road-sides and lots of lambs bleating in every field. Our first stop, recommended by the warden, was All Saints Church in Norbury, which has a massive yew tree estimated to be 2,700 years old. It was planted by the pagans!

After the endless steep haul up Long Mynd the previous day, Mary Ann had promised to avoid such awful inclines in her route-finding. Nevertheless, her reading of the map contours failed to prevent a very steep pull up over a deceptive ridge. At least there was a remarkably well-preserved hill fort at the top, and a marvellous free wheel down to the valley, though it was spoiled somewhat by the nasty headwind the rest of the way to Clun.

Clun Youth Hostel, an old mill still with the workings to view, is also one of the earliest hostels. This one is run by volunteers who take it in turns to be warden for a week at a time. No home-cooking, but a kitchen for self-catering. (We went to the pub nearby.) We learned how to distinguish the local Clun sheep, a famous breed we were told.

The next day we found a different way back to the Bridges Hostel. This time Mary Ann had improved her map-reading skills and found remote country lanes that followed long stream valleys, so that they gained the height gradually over much longer distances. We cycled for hours without any cars passing us, accompanied by the din of bleating lambs. We stopped to watch a lamb teetering about just after birth.

continued

Eventually, we arrived at the top of a ridge, which is the border between England and Wales. Running along the ridge from west to east is the Kerry Ridgeway, an ancient drovers' route. Offa's Dyke crosses it and runs south to north. In the distance, we could see snow-covered Snowdonia. We felt a long way from the modern world.

Down in the valley again, we discovered a rural version of a shopping mall in what might have once been the livestock market outside Church Stoke. It had a fast food outlet with cheap but tasty all-day breakfasts – and was overflowing with all the pensioners from miles around, come for a meal out.

The next escape from fast food and main roads was up to the Stiperstones, a rocky ridge with a formation aptly called The Devil's Chair.

Bridges Hostel was full of youngsters camping there for the night on their Duke of Edinburgh Award back-packing trip. Diana wasn't keen on sharing a dorm with eight teachers, but she was asleep before she knew it!

Our last full day was out of the hills and onto the plains, with lunch at Shrewsbury and a visit to Wroxeter's Roman ruins, very impressive remains of baths from the 4th largest city in Roman Britain, Viroconium. Then on to the Youth Hostel at Coalport. More school children and teachers.



It was a memorable trip full of the sights and sounds of quintessential country life and intriguing historical interest covering thousands of years, with extremes of weather and terrain thrown in for good measure.

New Cycle Store Opens In Rickmansworth

A new 'Bikehut' store located on the High Street in Rickmansworth opened on 21st March. This new cycling store is only the fifth of its kind of a new chain of bike stores being piloted in the UK.

The new Bikehut store has over 1700 sq feet of space and has created 10 new jobs for cycle specialists recruited specifically to cater to the needs of all types and levels of cyclist including commuter, road, hybrid, mountain bikes, BMX and junior bikes. They will stock over 1200 cycle accessory lines including parts, components and clothing, and more than 50,000 cycle products available to order from the Bikehut special order database.

Other services in store include the Bike Doctor Workshop. Run by fully trained cycle mechanics, the service offers a wide range of services and repairs, making cycle maintenance even easier. Store manager, Jack Pammenter said: "Rickmansworth is an excellent location for this exciting new store, and we are looking forward to serving cyclists in the local community. Every member of staff has a strong passion for cycling, across a variety of disciplines and we are confident that customers will appreciate the wealth of cycling knowledge, and the breadth of product range that our new store will offer. Our aim is to provide unrivalled service and choice."

For more details about Bikehut stores see : ***www.bikehut.com***

Have a look at the Spokes website:
www.spokesgroup.com

It now has a very large selection of links to other websites that are of interest to cyclists, under the headings 'Bikes', 'Events' and 'General'. It also has the list of current rides, the current newsletter, the membership application form, and pictures of past rides and members' cycle holidays.

From the CCN web-site

20's Plenty e-group

Rod King invites people to join an e-group for discussion of how to make 20 mph the default speed limit in towns. 20's Plenty For Us has been launched to co-ordinate a campaign and to provide support. It has been getting good publicity and media exposure.

To join the e-group, contact Rod: rod@rodking.co.uk.

www.20splentyforus.org.uk

Me and My Bike

Ben Ayres has launched an on-line social network for cyclists, intended to be the cycling version of Facebook. It allows people to share information and to create custom profiles about the type of cycling they do, the bikes they own and where they ride. You can add you own photographs, videos and music.

Ben says: "2007 has been the tipping point for mainstream social networks like Facebook which is great. But niche social networks are getting increasingly popular. People want to congregare with others who share the same interests and passions. Cyclists are generally quick to embrace new technology and this is evident in the sheer number of cyclists blogging about their adventures."

"meandmybicycle is a place for cyclists to meet up online and show off their wheels, discuss new routes or the issues that affect cyclists", adds Ayers. "It will also be the place to find the sharpest cycling content from the web".

Features planned for the future include a route sharing interface, 'how to' videos, classifieds and an 'ask the expert' feature which allows cyclists to pose their questions to cycling experts.

If you're interested, go to ***www.meandmybicycle.com***

SPOKES RIDES & EVENTS

JUNE / JULY / AUGUST 2008

Remember to bring: *water, spare inner tube, lights & reflective/waterproof clothing* as appropriate.

Disclaimer: Participants of rides must be over 16 unless accompanied by a parent or guardian. Insurance is your responsibility.

Spokes cannot accept liability for you or your possessions.

It is your responsibility to follow advice and the **Highway Code** at all times.

Your participation is the acceptance of these terms.

*Please make sure you arrive in plenty of time at the start
so rides can leave at the stated time*

Wednesday 4th June 7.30pm

Designing for Cyclists

There will be a talk on Designing for Cyclists at the St Albans Council Offices Civic Centre.

Contact Roger for more details.

Friday 6th June 7.30pm

Commonwood & Belsize

Meet at West Watford Fire Station, Two Bridges. Moderate-paced ride, a few hills, to Commonwood & Belsize. Pub stop at Sarratt.

Return to Croxley by 10.00pm. Contact Roger.

Saturday 7th June 10.00am

London Colney & Pub Stop

Meet at Top Golf, Bushey Mill Lane, for a ride of at least 20 miles. Some off road (weather permitting).

Contact Heather.

Friday 13th June 10.00am

Heronsgate

Meet at Watford High Street station for a 25 mile ride along the Ebury Way and up Long Lane.

Some steep bumpy tracks.

Contact Dennis.



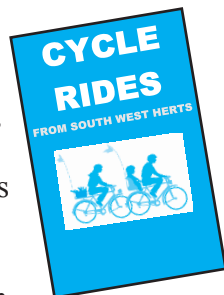
NATIONAL BIKE WEEK 14th-22nd JUNE

Saturday 14th June 2.00pm

Launch: Bike Week and the Blue Book

The Chairman of Watford Borough Council, Cllr Jan Brown, will launch Bike Week and Spokes' new Blue Book of rides at Watford High Street on the terrace between St Mary's Church and The Bell. Join us for the launch and press photographs and then to cycle through town to do Ride 1 (Whippendell Wood, 3 miles) with the option of an extension to 15 miles into the Chilterns.

Contact Mary Ann or Pam.



Sunday 15th June 10.00am

Denham & Uxbridge

Meet at Watford High Street Station for a ride to Denham via the Ebury Way and Maple Cross then out towards Uxbridge. About 22 miles.

Contact Alan.

Friday 20th June 2.00pm

The Mayor's Ride

Meet at the Bandstand by Watford Town Hall for an easy two-hour ride with Watford's Mayor. We will visit areas we hope to see cycling facilities improved & local beauty spots, including the Ebury Way, the canal path & Cassiobury Park. Contact Roger.

Saturday 21st June afternoon

Croxley Revels

Please come along to the Spokes stall on the Green and say hello.

Offers of help would be most appreciated. Contact Pam.

Saturday 21st June 7.45pm

The Killing of Sister George

An evening of comedy, drama and entertainment as this popular radio character is subjected to an unpopular decision by the BBC to kill her off.

The play will start at 7:45pm at the Compass Theatre, Ickenham.

Further details from David.

Sunday 22nd June 11.00am

Mill Green & Hemel

Joint ride with the CTC, starting from Elstree Aerodrome. Brisk-paced road ride to Mill Green for lunch in the Green Man, and afternoon tea at Hemel in the old cinema (Wetherspoon). About 40 miles.

Contact Ayman.

Thursday 26th June 8.00pm**Spokes Social Evening**

Meet in the Moon Under Water pub - High Street, Watford - for a drink, Curry Club or other meal, and chat. We are normally in the dining area at the rear. Contact Diana.

Saturday 28th June 10.00am**Hockeridge Bottom**

Meet at Watford Metropolitan Station for a hard, hilly 22 mile ride along some of the best lanes around here. Possible pub stop.
Contact Dennis.

Sunday 29th June 10.30am**Water End**

Ride 17 in the new Blue Book of rides. A 27 mile faster but fairly flat ride starting at Garston Medical Centre, Cow Lane and heading for St Albans and Water End using bridleways, cycle paths and the Alban Way with a pub stop in Shenley. Contact David.

Saturday 5th July 10.00am**Nickey Line**

Meet at Watford High Street Station and travel out via St Albans and Harpenden. Return from Hemel Hempstead along the Nickey Line (now a walking/cycling path) after lunch. 35 miles or so at a good pace.
Contact Dennis.

Friday 11th July 11.00am**Flaunden**

Meet at Watford Metropolitan Station for a ride to the Green Dragon at Flaunden for lunch.
Contact Roger.

**Saturday 12th July 10.00am****Mill Green via Alban Way**

Meet at Watford High Street Station for a 35 mile ride at a good pace via the Colne Valley Trail, Bricket Wood and Chiswell Green.
Contact Dennis.

Sunday 13th July 9.30am to 10.00am**London Bikeathon**

Meet at Chelsea Hospital, Royal Hospital Road, the main walkway between the two sets of iron gates. I have been unable to get any train information re potential engineering works. Please ring or email me nearer the date. We have 3 places spare. 26 miles at your own pace.
Heather.

Tuesday 15th July 7.30pm

Spokes Committee Meeting

For more information contact Pam.

Thursday 17th July 7.00pm

Pedal to the Plough

Meet at the shops at Langley Way/Cassiobury Drive. An off-road ride to Belsize on tracks (some steep) through the fields if the weather is dry. On road if inclement! The pub does a variety of food. On-road return. Remember your lights! Contact Diane.

Saturday 19th July 10.30am

Metroland Visit

Meet at Watford Metropolitan Station. Approximately 20 miles at moderate pace with some hills and golf courses and little-used tracks in the heart of the Metroland areas of Northwood, Pinner and Eastcote. Contact David.

Saturday 26th July 10.00am

Gaddesden Row

Meet at Watford High Street Station. Ride to Gaddesden Row via Abbots Langley, returning via lanes to the west of the A41. A long hilly ride! About 38 miles. Contact Alan.

Sunday 27th July from 3.30pm

SPOKES Picnic Ride

Join us to celebrate summer with a picnic. Meet either at Watford High Street Station at 3.30pm for a ride along the Ebury Way to the Aquadrome, or at the south side of Bury Lake, Rickmansworth at 4.15pm. All to bring enough food for those in your party, but to be shared amongst all there. Phone or email Roger stating what you can bring so we get a balanced selection. Contact Roger.



Thursday 31st July 8.00pm

Spokes Social Evening

Meet in the Moon Under Water pub - High Street, Watford - for a drink, Curry Club or other meal, and chat. We are normally in the dining area at the rear. Contact Diana.

Saturday 2nd August 10.00am

Harpenden

Meet at Top Golf, Bushey Mill Lane, for a 25 mile briskish paced ride. The Highways Agency have said that Hogg End Lane will be back to normal, but be prepared for a detour just in case. Contact Heather.

Friday 8th August 10.00am Gorhambury via Verulamium

Meet at Watford High Street Station for a ride through Bricket Wood and Verulamium to Gorhambury. About 25 miles. Some hard climbs.
Contact Dennis.

Saturday 9th August 10.00am Nickey Line

Meet at Top Golf, Bushey Mill Lane. Some off-road. The Highways Agency have said that the Nickey Line tunnel (which had been affected by M1 road widening) will be clear. Be prepared for a detour in any case.
Contact Heather.

Saturday 16th August 10.00am Wigginton / Ashley Green

Meet at the Harvester at the bottom of Baldwins Lane, Croxley Green for a hard, hilly ride through Belsize, Ley Hill, Ashley Green and Champneys. 30 to 35 miles. Contact Dennis.

Thursday 28th August 8.00pm Spokes Social Evening

Meet in the Moon Under Water pub - High Street, Watford - for a drink, Curry Club or other meal, and chat. We are normally in the dining area at the rear. Contact Diana.

Saturday 30th August 10.00am Bridle Paths around Sarratt

Meet at the Harvester at the bottom of Baldwins Lane, Croxley Green for a 22 mile ride through Whippendell Woods, Penman's Green and Hollin's Hall. If it's muddy there is an alternative on the roads.
Contact Dennis.

Pedal for the Peace Hospice

Sunday 31st August 2008

Join the Peace Hospice fundraisers for their first ever
charity cycle challenge event in Watford!
Choose from 10, 20 or 30 mile routes.

This event is for both the serious cyclists and for families
who want to take things a little bit easier.
Cyclists must be at least 14 years old to take part.

Register your interest by emailing: hmaskell@peacehospice.org.uk

For the latest information see: www.peacehospice.org.uk

Looking Forward...

Sunday 7th September

**Tour of Britain 2008
London - Stage 1**

The opening stage of the Tour of Britain race sees a brand new circuit and a return to the very heart of London for 2008. Based around the Embankment and featuring some of the great landmarks of London this circuit will offer spectators a great chance to see the opening skirmishes of the race unfold as all the action is relayed live back to the TfL big screen throughout the afternoon. More details from: www.tourofbritain.co.uk. (Info from David.)



Sunday 21st September

London Freewheel Event

Several Spokes members took part last year, this year's event promises to be bigger and better. See web-site: www.londonfreewheel.com
Contact David for further information.

Thursday 25th September 8.00pm

Spokes Social Evening

Contact Diana for details.

**Folders
Ride**

**by Veronica & Iain
26th April**

David had the idea of a folding bike ride in London. As we had acquired our Bromptons recently we were keen to try them out. We checked for any cyclists at Watford Metropolitan Station, the advertised start for Spokes members, but nobody else turned up. Engineering works meant a revised plan, in that we got a train from Watford Junction using our Oyster cards, meeting up with David at Euston. We then cycled to the Telecom Tower where we met Charles who had seen the ride advertised on the Folding Bike

Society web-site. Charles had come with a Zed-bike which we watched him assemble. The four of us then headed for Hyde Park and a welcome coffee by the Serpentine. The Albert memorial glinted in the bright sunshine, then to Hyde Park Corner and through the Wellington Arch. The flowers were blooming as we swept past Buckingham Palace and St. James Park.

We passed Big Ben and Westminster Abbey, crossed the Thames at Lambeth Bridge, then headed for the South Bank, where Charles went on his way. Around Gabriel's Wharf there was a festival promoting The Netherlands (*chips and mayo, doughnuts etc.*) where we stopped for lunch, then on past Tate Modern, The Globe and Southwark Cathedral where we mostly had to walk our bikes because of the crowds.

Over Tower Bridge and west for a photo by St. Paul's Cathedral. Then we folded our Bromptons (*yellow, black and green*) and waited for a not too over-crowded bus to take us along Fleet Street and the Strand. After a refreshing tea stop we continued by bike through Trafalgar Square, Soho and north to Euston Road. David headed back towards Baker Street and we continued to Regent's Park (unfortunately not cycle friendly) so we returned to Euston having travelled about 20 miles.



This ride showed the convenience of a folding bike for hopping on and off trains and buses and we managed to entertain some bystanders who observed us folding and un-folding.

Arriva Bike Restrictions

from CCN web-site

As part of its bid for the Cross Country rail franchise, Arriva Trains said that it would increase capacity on the Voyager trains by stripping out the buffet and operating a refreshment trolley on all services. Now it transpires that, in order to provide for the trolley operation, the existing bike carriage facilities will be removed to make room for a second catering area, in effect duplicating the galley at the first class end.

New cycle spaces are to be provided in the area of the present buffet, but these will accommodate only two bikes instead of the present four, hanging vertically in very small cupboards which may well be unsuitable for many bikes. In preparation for the changes, which are likely to be implemented in the autumn of this year, Arriva is already restricting cycle reservations to only two per train, leaving valuable existing bike space unused.

The new arrangements will be unsuitable from many points of view. The new 'cupboards' appear to be too small for larger bikes. Even if a bike will fit in, it will need to be stripped of luggage first. At present this is done in a separate bike area at the end of the train, out of the way of other passengers. But the new storage will be in the middle of the train, where there is considerable potential for conflict between cyclists loading and unloading bikes and other passengers moving through. Circulating space is already at a premium in these trains. At present the Voyagers are some of the few trains where a family, using 3 or 4 bikes, can travel together.

Arriva's plans will effectively put an end to the use of trains by cycling families, leaving them with little choice but to travel by car. Arriva's plans incorporate no flexibility. If a train is nearly empty of passengers, it will be able to take no more bikes (and therefore no additional passengers) than if it were full. Moreover under Arriva, staff appear to have less discretion than was the case with Virgin.

Voyager services cover the length and breadth of Britain and provide the backbone for long-distance cycle carriage away from London. Already, as part of the new franchise arrangements, Voyagers no longer serve the west coast main line, reducing cycle capacity there as the Pendolinos take only two bikes. Soon, only the east coast main line may be at all cycle-friendly.

No space at all on summer HSTs

The apparent lack of interest by Arriva in serving people who cycle is further indicated by its decision to ban cycles completely from HST services this summer from Manchester and Newcastle to Newquay and Paignton (and back). These extra trains are to accommodate passengers with luggage, for whom Voyagers have always been poorly suited. HSTs have good cycle capacity adjacent to the guard's office and potentially further space in the power cars. Tandems can also

Quarterly Quotations

*"Whoever invented the bicycle
deserves the thanks of humanity."*

Lord Charles Beresford

*"I like suburbs; nothing is ugly. Bicycling in the suburbs of a
great city, I see a strange beauty in those quiet deserted
evenings with the few remaining children showing off in the
evening sunlight, laburnums and lilac weeping over the front
gate, father smoking his pipe and rolling the lawn,
mother knitting at the open window."*

Sir John Betjeman

be accommodated with ease. But for no apparent reason none of this space will be available to carry bikes. On the other hand surf boards, normally banned from trains, are to be allowed on board.

Arriva's policies are a serious threat to bike carriage in Britain. They are inconsistent with what is needed to tackle climate change, reduce car traffic and encourage cycling. They are also very anti-family. Furthermore, it is unacceptable that, to win a franchise with the promise of extra seats (though not very many in reality), a rail operator can simply sacrifice bike space at a whim.

Please write to Tom Harris, the rail minister, via your MP*. In a covering letter, urge your MP to press the minister to get this issue resolved without delay. If you can, please also write to
Andy Cooper, Managing Director of Cross Country,
85 Smallbrook
Queensway, Birmingham, B5 4HA.

Please let CCN or CTC see copies of replies.

*: Address letters to your MP c/o House of Commons, London, SW1A 0AA.

How To Help

How did you find out about Spokes?

Why do you cycle?

Can you help with any of the following?

- | | |
|--|--|
| <input type="checkbox"/> Organising cycle rides | <input type="checkbox"/> Planning cycle schemes |
| <input type="checkbox"/> Surveying of routes | <input type="checkbox"/> Legal work |
| <input type="checkbox"/> Cartography / CAD | <input type="checkbox"/> Social events |
| <input type="checkbox"/> Newsletter articles / artwork | <input type="checkbox"/> Dealing with local councils |
| <input type="checkbox"/> Merchandise / advertising | <input type="checkbox"/> Letter writing |
| <input type="checkbox"/> Other | |



Roger's Ramblings

Summer 2008

A message from your chairman

Summer should now be with us, a time to enjoy cycling for leisure & maybe to work & local shopping trips.

The winter was a busy period for the committee organising the open meeting and the knock-on reaction to it. Please read more in the Chairman's Report.

We have some interesting events coming up; please support them if possible, particularly The Mayor's Ride, a short one on Friday 20 June leaving at 2.00pm from the Bandstand.

We will need help at Croxley Revels on Saturday 21 June. We also intend to repeat the successful peddling picnic ride of two years ago with a ride to Rickmansworth Aquadrome on Sunday 27 July. Please put the dates in your diary.

Enjoy your summer cycling

How To Join

SPOKES membership is only **£8.00** per person per year, and just **£1.00** for each additional family member at the same address (*plus any donation you can afford*). For this amount you receive regular mailings on activities and actions and the satisfaction of helping us campaign for improved cycling conditions in the South West Herts area. We organise regular events and rides too. To join, complete form (*see other side too*) and send with cheque to:

Dara Godivala

6 Highland Road, Northwood Hills, Middlesex, HA6 1JT



Name(s)

Address

.....

.....

Post Code Telephone

Amount £

Donation £

Cheques payable to SPOKES please.

E-mail Address :

"I've really had it with my dog:
he'll chase anyone on a bicycle."



"So what are you going to do -
leave him at the dog's home? Give him away? Sell him?"

"No, nothing that drastic. I think I'll just confiscate his bike."

SPOKES DISCOUNTS

Show your **SPOKES** membership card
and get **10%** off repairs and spares at:

CyclePedia 01923 221901
70-78 Merton Road, Watford

Neale & Sons 01923 223916
26 Vicarage Road Precinct, Watford

Cycles UK 01923 243707
484 St. Albans Road, Watford

Thirteens Cycles 01923 234221
73 Chalk Hill, Oxhey, Watford