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SOUTH WEST HERTS CYCLING GROUP SPOKES

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Spokes Weekend Away - 30th May to 1st June 2008
Group shot on the disused railway line path near Stratford-upon-Avon

AUTUMN: SEPTEMBER / OCTOBER / NOVEMBER 2008 ISSUE # 58

Spokes Weekend Away - Part 1 (Friday)

by Dennis

It's time for Spokes to have another weekend away thought David. After canvassing opinion the decision was Stratford Upon Avon on the last weekend in May. Can't be bad in my home county down the road from home where I've rested my bike many a time outside the local café. Maybe things have changed in the last half century.

Transport no problem. Get a cheap fare from Marylebone on bike friendly Chiltern Railways. Just a minute; I can get well beyond Brussels from London in the time it takes to get to S upon A. Give up that plan and contact Veronica and Iain. We squeezed three bikes and three people into my car and arrived at the Youth Hostel in Stratford Upon Avon at midday together with another eight or so Spokes members. I'm not sure whether I drew the short straw as the rides to the NW and SW had been allocated leaving me with the E side and all its problems in crossing the river and negotiating busy B roads. That's the price you pay for being away on holiday when the business is being conducted. Gent in Belgium on Thursday and Stratford Upon Avon on Friday. Tough work but someone has to do it.

We found pleasant minor roads through Alveston Hill, Loxley and Wellesbourne until we reached the The Fosse Way an old Roman Road. On my old OS map sheet 151 circa 1974 price 80p it was marked as a minor road. By the time we reach my 2006 Memory Map CD ROM it has turned into a B road. It was busy and pretty steep. I asked the company if anyone knew of a tea place. Mary Ann said that there was one at Compton Vesey. After struggling up the hill we plunged downwards to a stately home.

When the mansion itself was just discernable on the horizon we reached some Sheffield bike stands. I am not prepared to leave my precious steed so far away and neither was anyone else. When we reached the mansion we encountered the Warwickshire 'jobs worth'. No bicycles were going to be parked here on his shift. As far as he was concerned the transport of the hoi polloi were not going to sully his Palladian mansion. Things got a little heated until David suggested that we might discuss this with a

continued 

member of the management. Common sense then prevailed as the m of m said we could put our bikes round the back whilst we had our refreshment. Thus we had what we wanted and nearly £30 crossed over the counter, refreshments being served by a waiter with considerably more charm than the 'jobs worth'.

We negotiated the precipice back to The Fosse Way with little difficulty and carefully made our way back to the hostel on yet another B road.

This was only the start of an excellent weekend with Venetian Merchants, good local ales, watery pot holed bridle paths and canal aqueducts yet to come. But those are tales for others to tell.

Spokes Weekend Away – Part 2 (Saturday)

by Nigel

After an excellent night's sleep and fortified by the impressive YHA breakfast we set about unchaining the bikes (a mammoth fifteen minute task). The main ride for Saturday was to the south west of Stratford but during the day it evolved into a ride with five options! Once through Stratford we emerged onto the greenway cycle track (which follows the course of a disused railway track from Stratford to Long Marston). Whilst the main group peeled off to explore the Warwickshire countryside, a couple of people chose an easier ride continuing along the greenway (option 2).



The main group turned onto a bridlepath which rapidly deteriorated into a rough muddy track. One innocent looking puddle proved deeper than expected and left several of us with soaking wet feet. A steep climb up a rough track was rewarded with the sight of a deer running along the track then across the fields ahead. We were soon back on surfaced

roads and making steady progress through beautiful rolling landscape and several picturesque villages. It was noticeable how few vehicles were around compared to the minor roads in Hertfordshire!

As we headed into Ilmington it was time for lunch and the Howard Arms was selected. The landlord demonstrated his knowledge of Watford's local beauty spots, mentioning the pond near the parade shops. The food was adequate, the ale was excellent!

With a few people wanting to visit Hidcote Manor Gardens (option 3) we had to climb a couple of unexpectedly steep hills to get there. As they turned off towards the gardens we were (unexpectedly) reunited with the option 1 riders. Having enjoyed a rapid descent we soon found ourselves at the end of the greenway cycle track. After a couple of miles of gentle cycling we came upon the hidden gem of the greenway track – an old railway carriage converted into a café. After tea, coffee, cakes and bacon butties (in various combinations) we coasted back towards Stratford. Faced with several signed cycle routes at the end of the greenway track it was option time again. Option 4 headed back towards the hostel whilst option 5 involved exploring Stratford.



Back at the hostel we had time to rest, enjoy the YHA meal and dress for the evening's entertainment. On our way to the theatre in Stratford we were reunited with the option 3 riders who were making their way back to the hostel having explored the Hidcote Manor gardens.

The play was excellent and, after drink at the YHA bar (yes the YHA now has bars), it was off to bed with two rides done and one more to go.....

*The quality of mercy is not strain'd,
It droppeth as a gentle rain from heaven*

*The Merchant of Venice
by William Shakespeare*

Spokes Weekend Away – Part 3 (Sunday)

by Veronica

In contrast to earlier in the weekend, Sunday began dull and became wet as we cycled NW via Mary Arden's House then onto the canal towpath. However, we did not let this deter us, we just donned waterproofs and capes and continued on our way.

After climbing gradually uphill past several locks we left the canal and travelled by road, taking a detour to view the Edstone aqueduct - the longest in England. After a serious photo session – trying to capture the various modes of transport in one shot – barge, bike, train & car – we realised that we were to lift our bikes up onto the towpath alongside the aqueduct as this was a 'shortcut' to lunch. The path deteriorated somewhat, the morning's rain probably not helping, so that when we rejoined the road our bikes were coated in a fair amount of Warwickshire mud.



We made it at last to the lunch stop, a pub which was already overrun with Sunday lunchers, but the staff eventually relented and took our order for soup & baguettes.

After lunch the weather had dried and brightened and we continued our circuit, finishing with a final stretch of the canal, downhill this time right into the centre of Stratford. We left the street entertainment and bustle of Stratford behind us as we returned to the hostel to pack up and have a final cup of tea before journeying home.

It had been an enjoyable weekend of exercise, refreshment and culture, in pleasant company and in quintessentially English surroundings.

Did you visit the Rickmansworth Environmental Festival or Croxley Revels? Did you go on the weekend away to the area around Stratford, or join the Watford Mayor's Ride during Bike Week; these are some of the events SPOKES have participated in over the last three months.

The Watford Mayor's ride was enjoyed by fourteen members on a sunny afternoon. We visited several places where improvements for cyclist have been made & other sites where we hope to see improved cycling facilities. The hoped for improvements include the bottom of Watford High Street just before the ring road where there is a desperate need for contra flow cycle lane and Cassiobury Park where we hope to see the existing shared use paths extended to provide a link to the canal path.

We also had a useful meeting with a representative of the Watford Council informing us about intended developments over the next year.

These included :

- Shared use bridge over the River Colne in Oxhey Park giving an improved route to Bushey Arches
- A shared use path though Attenborough Fields linking to the Merry Hill Greenway
- Improvements to paths in Whippendell Woods
- Completing the shared use path around the town hall linking to Cassiobury Park & a crossing point over the Uxbridge Road
- Providing a cyclist crossing over the A41 (NCR6/61) by Woodmere Avenue

Following a recent accident to one of our members, it has been suggested we consider having a contact phone number for use if anything goes wrong. We do not want to be too bureaucratic, but it may be helpful if riders carry a name & phone number with them & let the leader know where it is.

The committee believe it will be good to have a letters section in the Newsletter. **Do you have anything to say?** Do you think our local councils should be introducing 20 mph zones in all residential areas ? Why not write a letter for the next Newsletter stating how you think we may promote cycling & maybe start a real debate?

Enjoy your Autumn cycling

*It's 1908 – and our hero Dick meets his new friend Tommy the Cat (who can talk!)
outside the newly built Palace Theatre in Watford.*

*But Watford's streets aren't paved with gold so, after meeting up with the
Spokes Group in the Moon Under Water,
Dick heads off to London to make his fortune, having borrowed a bicycle ...*

Last year 20 people joined the Spokes party for Jack and the Beanstalk.

*This is your time to consider joining this years Spokes party
on 12 December for the Dick Whittington pantomime.*

*Tickets are around £13 but in order to claim your family seats in a group booking
requests need to be made to David (0208 4292882)
no later than 23 November 2008 to ensure that you are not disappointed.*



New Cycle Parking Designs

Two new designs of cycle parking stand have been launched to combat bike theft, particularly in high risk areas such as central London. The M-stand or 'Camden stand' (after the London borough in which it is being trialled) encourages people to lock both the wheels and the frame of their bike to the stand, using two locks. A more complicated design is the three-dimensional Butterfly stand, which fits astride the front wheel of the bike.

The stands have been developed by the Bikeoff design team at the Design Against Crime Research Centre, University of Arts, London, in conjunction with the London Borough of Camden and Camden Cycling Campaign.

Adam Thorpe, who headed the design team, said: "We spent a year observing how thousands of cyclists parked their bikes and investigating the most secure way of parking to resist common bike theft techniques.

Both sorts of stands are designed to make it easier to lock your bike more securely by locking both wheels and the frame to the stand and more difficult to lock your bike insecurely."

120 of the stands have been installed in Camden and others in Brighton. They cost a little more than the Sheffield or Universal stand.

www.camdencyclists.org.uk/newsitems/cc/camden-stands-launch-05-08

Ancient Sites and Towering Heights in Guernsey

by Diana and Brian

Brian and Diana enjoyed cycling round the coast of Guernsey in July, but it wasn't a cycle-friendly island as the roads are narrow and the islanders don't like using the reliable bus service. Cars are everywhere, not deterred by the 35mph speed limit.



On arrival at our hotel in L'Erée Bay we met a Local, smartly dressed in a Guernsey sweater, who regaled us with anecdotes regarding the hardships of living during the occupation. He didn't like seaweed jelly much!

We spent most of our trip cycling to various island defences – towers, forts and

German bunkers set overlooking beautiful rocky bays, usually with a nearby café, where we could enjoy our Guernsey Gâche or tea bread!

With great difficulty we discovered some of the famous Neolithic tombs – constructed from massive blocks of granite! The few road signs don't help much and it's often hard to even find the name of the road on which you're travelling!

It's fun to stop at a hedge stall and buy some fresh veg to bring home as a memento of the holiday.

If you fancy a long ferry crossing, Portsmouth is the one – it took 7 hours and overnight on return – sailing backwards firstly to Jersey!

Weymouth and Poole are apparently much quicker – we realised too late!



SPOKES RIDES & EVENTS

SEPTEMBER / OCTOBER / NOVEMBER 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.

Note: All telephone numbers without codes are Watford (01923).

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

Saturday 6th September 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 7th September 10.00am

Tour of Britain Stage 1

(Transport for) London Stage

Meet at Watford Metropolitan Station for an easy 22 mile ride. With 96 riders lining up in London for the start of The 2008 Tour of Britain, this will be a great event for spectators. The stage is based around the Thames Embankment and features some of the great landmarks of London.

After the stage has finished there will be a more leisurely ride focusing on the Thames Path and crossing a number of famous London bridges.

Further details on ***www.tourofbritain.co.uk***

Please confirm attendance in advance by contacting David.

Saturday 13th September 10.00am

North of Watford

Meet at the bandstand by Watford Town Hall for a brisk 38 mile ride exploring some quiet lanes to the north of Watford.

Contact Nigel.

Saturday 20th September 10.30am**Open House Ride**

Meet at Bushey Station for an easy ride of about 28 miles. Includes visits to a number of interesting and varied buildings not normally open to the public in the NW London area as part of this London experience. Please contact David nearer the time for details.

**Sunday 21st September****London Freewheel**

London goes car free for a day. Get ready to enjoy some of the capital's best-loved landmarks from your bike. For one day, during London Freewheel, a large part of central London will be closed to all traffic, leaving you free to take in sights like The London Eye and Buckingham Palace from your bike. You'll also be joined by roving cycle-based entertainers bringing music and fun to the day and there's space to chill out and relax at special rest stops. London Freewheel is completely free, but attendance is very popular so it's a good idea to register now:



www.londonfreewheel.com/register/register.asp

It's a great day out so put it in your diary and don't miss out!

Please note: the Spokes Social Evening shown in the last newsletter for **25th September** is now to be on **Thursday 2nd October**

Saturday 27th September 2.00pm**Travel Smart Ride**

Meet at Café Cha Cha Cha in Cassiobury Park for a gentle paced ride inspired by the Travelsmart project, aimed at encouraging people to return to cycling. 5 miles on traffic-free cycle paths and quiet roads with one hill. Contact Linden.

Monday 29th September 7.30pm Spokes Committee Meeting

For more information contact Roger.

Thursday 2nd October 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.

Friday 3rd October

11.00am

Ley Hill

Meet at Watford Metropolitan Station for a moderate ride on mainly quiet roads to Ley Hill for a pub lunch. Contact Roger.

Saturday 4th October

10.00am

Black Jack's Mill

Meet at Watford High Street Station for a 20 mile ride along the Ebury Way and round the Aquadrome to the Colne Valley Trail.
Contact Dennis.

Saturday 11th October

10.00am

Eastern Triangle

Meet at Watford High Street Station to ride the 32 mile "*eastern triangle*." About two thirds of this route is off road with some rough muddy sections so a mountain bike would be best! Contact Nigel.

Saturday 11th October

2.00pm

Watford Travel Smart Ride

Meet at the bandstand opposite the Town Hall for a short ride of about 6-7 miles which will take about an hour and will show you a few good places to cycle in the Watford area. (*You don't need to be a member of Spokes to join this ride*). We will go on quiet streets and some traffic free cycle routes. We'll finish with a tea stop at the Cha Cha Cha café in Cassiobury Park.
Contact Mary Ann.

Saturday 18th October

10.30am

Black Park

Meet at the Harvester, Two Bridges, Croxley Green for a moderate, mainly off road, 28 mile ride along NCR 61 via the canal & Uxbridge to Black Park for lunch (*bring your own or buy there*). Return along quiet lanes & tracks. Roger.

Saturday 25th October

10.00am

Croxley Great Barn Tour

Meet at Watford Metropolitan Station for a short ride to Rickmansworth to join a Three Rivers Museum tour of one of Hertfordshire's oldest timber-framed buildings. The tour starts at 11am and takes about an hour. Then return to Watford. NB Wear stout shoes as the footpath and barn floor may be uneven and muddy.
Contact Diane.



continued

Thursday 30th October 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 8th November 10.00am My Favourite Lanes

Meet at The Harvester, Baldwins Lane, Croxley Green for a good paced ride around Flaunden, Bovingdon and Sarratt. Contact Dennis.

Saturday 15th November 10.00am Shenley & Ridge

Meet at Watford High Street Station for a brisk ride to Shenley and Ridge. About 28 miles, mainly on quiet lanes. Contact Nigel.

Saturday 22nd November 7.30pm Posh Potatoes

Iain & Veronica will try to make the humble potato the main star in a variety of homemade dishes. Please bring your preferred **drink** and a **£4** contribution. If you don't like spuds just come for a drink and a chat.

Contact Iain by **18th November** if you intend coming.

Thursday 27th November 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 29th November 10.30am Winkwell Wiggle

Meet at Watford Metropolitan Station for a good paced ride along lanes and canal towpaths, some hills. Pub lunch. About 20 miles. Contact Iain.

Looking Forward...

Sunday 14th December Lunchtime Christmas Ride & Meal

Details are to be finalised nearer the time.

Please contact Pam 01494 723024 for details and to book your place.

Check the web-site: ***www.spokesgroup.com*** for updates.

Thursday 18th December 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.

Cycling Demonstration Towns

Transport Secretary Ruth Kelly has announced **Bristol** as the UK's first official Cycling City, and a further 11 Cycling Demonstration Towns across England:

Blackpool, Cambridge, Chester, Colchester, Leighton/Linslade, Shrewsbury, Southend on Sea, Southport with Ainsdale, Stoke, Woking and York.

The 12 towns have succeeded in winning a share of the record £100m investment package to pioneer innovative ways to increase cycling in their areas. Proposals include improving cycling infrastructure such as dedicated cycle lanes, increasing bike parking provision and cycle training and promoting the benefits of cycling. The aim is to encourage 2.5 million more adults and children to take up cycling, improve their fitness and beat the traffic. Bristol wants to double the number of people cycling over the next three years, by:

-  creating the UK's first on-street bike rental network, modelled on the successful Paris scheme
-  establishing a 're-cycling' scheme, providing free bikes to those in deprived communities
-  building a state-of-the-art facility for cyclists in the city centre providing showers, bike parking and lockers so commuters can have a wash and brush up before starting work
-  creating a dedicated cycleway to link the suburbs with the city centre opening up new, safer options for commuters who currently rely on their cars
-  more than doubling the number of children receiving cycling training

Ruth Kelly said: "The UK's first ever Cycling City and 11 new Cycling Demonstration Towns will pioneer new ways of encouraging people to get on their bikes. A quarter of journeys made every day by car are less than two miles. Cycling is an alternative that could bring real health benefits to millions of adults and children, as well as helping them save money and beat congestion. The first step in persuading people to leave their cars at home is to offer them a real choice. Providing a step change in cycling facilities, dedicated cycle lanes, more training and information will have a big impact on how people choose to travel. I look forward to seeing these towns and cities put their plans into action and urge other communities across the country to follow their lead."

Phillip Darnton, Chairman of Cycling England, added:

"We have learnt from our European neighbours, such as the Netherlands, that increased and sustained investment is the key to getting more people enjoying the benefits of cycling. The funding that Bristol and the other 11 towns have been awarded is designed to create a real step change in levels of cycling, starting in 2008 and for years to come. Beyond well co-ordinated, consistent investment in cycling, and the introduction of policy measures to encourage it, cycling crucially needs determined and persistent high-level leadership. We are delighted that the Government has championed this and Cycling England's other projects which aim to increase national cycling levels by 20 per cent overall by 2012."

from CCN web-site

How to live dangerously?

A new book, *How to Live Dangerously: Why We Should All Stop Worrying and Start Living*, by Warwick Cairns (Pan Macmillan, £10.99) was reviewed by Carol Midgley in *The Times* on 29 July.

The author's favourite hobbies are skateboarding and downhill mountain biking, but the book is about actual risks and exaggerated fears more generally. For example, the risk to a child of being abducted by a stranger is, in the course of a year, one in 200,000. Driving to an airport is 20 times more risky than the flight from it. Here's an extract from the book review that is relevant to cycling:

'Cairns's book turns commonly held beliefs on their heads and presents them back to the reader so that they say something completely different. So, cycling without a helmet to work is actually safer than driving in a car, he asserts, in the face of British Medical Association figures that show that a cyclist is 11 times more likely to die on the roads than a person travelling by car.

How? Because though cyclists are more likely to die in road accidents than motorists, road accidents account for only 1.4 per cent of all deaths. Whereas heart and lung disease account for more than half of all deaths with heart disease killing a third of us. People who cycle 25 miles a week halve their risk of heart disease so more cyclists lives are extended by exercise than ended by accidents. Actuarial data reveals that for every year of life lost through cycling accidents, 20 are gained.

And cycling without a helmet increases your safety further, he argues, because cyclists who wear helmets tend to feel less vulnerable and thus take more risks. The same applies to drivers. Research shows that motorists, seeing cyclists "protected" by helmets, take less care when passing them: they drive on average 3.35in closer and come within 3ft 23 per cent more often.'

Submitted by Robert

Cycle 2008
Earl's Court 1
10 - 12 October

Cycles, accessories, clothing, talks,
demonstrations, try-outs...

For information and tickets see:
www.cycleshow.co.uk



Making a mark on the Mont

by Nick

My brother was fifty on 13 July. It seemed only fair that I make sure we mark his Big One with a ... big one. So we decided to make an assault on the Giant of Provence – Mont Ventoux.

To save you looking on the Wikipedia web-site I can tell you that it 'is a mountain in the Provence region of southern France, located some 20 km north-east of Carpentras, Vaucluse. On the north-side, the mountain borders the Drôme département. It is the largest mountain in the region'. Most importantly the route we chose (the 'proper' one – the one the Tour de France takes) climbs 1610 m from Bédoin over 22 km. Of the 3 ways up this is the most famous and difficult ascent. The road to the summit has an average gradient of 7.6%. Until Saint-Estève, the climb is easy, but the 16 remaining kilometres have an average gradient of 10%.

Thankfully the weather on it was kinder than it can be – wind speeds of 193 mph have been recorded there and the Etape du Tour sportive in 2000 was cancelled half way round as the weather was so severe on the summit with thunder, strong winds and hail.

But I'm getting ahead of myself.

On the Friday before six of us met at Luton airport to fly with bikes out to Nîmes. I cycled to the airport and packed my bike into one of the CTC's budget bags for Ryanair's baggage handlers to do their worst with. Thankfully the faithful Dawes survived both flights unscathed.

My brother had booked us 2 hire cars as it was quite a distance from the airport to the hotel although on previous trips we've always been able to get around under our own steam. The hotel was a 'mas' - a beautiful Provencal farmhouse – just north of Pernes les Fontaines. It was actually a B & B so we had to sort out evening meals ourselves. It wasn't too hard to find very tasty food in the kind of quantities that suit six hungry cyclists.

Saturday was our putting the bikes together and having a quiet recce day. I stayed behind while Simon and 3 mates went out for some serious mileage. My plan was to drive up the mountain and ‘decorate’ the road in suitable fashion. But could I find any white aerosol with which to do the damage?

I could not. So we made do with signs made from white tape stuck to assorted bollards and road signs on which we wrote a selection of cheerful exhortations in black felt tip pen.

On the day itself we set off at about 8.30 as it was absolutely scorching. I should add that 13 July 2008 was especially momentous as Tom Simpson died on the climb that day 41 years previously. It was therefore probably a good thing that the view disappeared in cooling cloud not long after leaving the shelter of the trees on the lower slopes. I also needed no excuse to dismount and pay my respects at Tom’s monument a couple of kilometres from the top.



At the top I sat and waited for my brother and his friends in the restaurant just down from the actual summit. By the time they arrived the cloud had cleared and the view was absolutely fantastic. After a quick round of snacks we mounted up for the descent – the bit I like best. We dropped more than 1570 m over 21 km before ‘landing’ in Malaucène.

The adventure wasn’t over as I got a call on my mobile as I road back through Carpentras. One of our number had broken a spoke in his back wheel and felt unable to continue descending. So I rode on, had a very quick shower and the returned in one of the cars. Having driven three-quarters of the way back up it seemed only sensible to carry on, take in the view again, and drove back down the way we had cycled up.

When I’ve written about previous expeditions I’ve ended with a list of useful web-sites. There doesn’t seem much point (or enough room) in this case as there is so much out there at the click of a mouse.

I’ll finish with one more fact from Wikipedia. Every year there are amateur races to climb the mountain as quickly and often as possible in 24 hours. On May 16, 2006, Jean-Pascal Roux from Bédoin broke the record of climbs in 24 hours, with eleven climbs, all of them from Bédoin.



Quarterly Quotations

"I hope that cycling in London will become almost Chinese in its ubiquity." Boris Johnson

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." Arthur Conan Doyle

Joke

The other day on a ride, I was speeding down a narrow, twisting, mountain road. Then along comes a woman who was driving very slowly uphill toward me, honking her horn and shouting at me.

"PIG! PIG!!" she yelled. "PIG! PIG!!"

So I flipped her the finger and shouted back some things I dare not repeat as I buzzed by her. Still thinking about this awful woman and her shouting, I turned the corner and promptly collided with a pig.

Submitted by David

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How To Help

How did you find out about Spokes?

<input type="checkbox"/>	Personal recommendation	<input type="checkbox"/>	Web-site
<input type="checkbox"/>	On a cycle ride	<input type="checkbox"/>	Library
<input type="checkbox"/>	CyclePedia	<input type="checkbox"/>	Cycles UK
<input type="checkbox"/>	Neale & Sons	<input type="checkbox"/>	Thirteen Cycles
<input type="checkbox"/>	Northwood Cycle Depot	<input type="checkbox"/>	The Bike Stall (Watford Market)
<input type="checkbox"/>	Bikehut (Rickmansworth)	<input type="checkbox"/>	Environmental Fair
<input type="checkbox"/>	Other		

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		



Two-Way Cycling

Kensington and Chelsea in London is to allow cyclists to ride in both directions on six one-way streets for a trial period. The streets are all residential and signing will be changed to indicate the new situation. Costs will be increased because the Department for Transport has refused to allow 'No Entry' signs to be modified with a simple 'except cyclists' plate, although this has been done elsewhere in Britain.

Deputy council leader Daniel Moylan said: "I hope that our trial will encourage other boroughs and that as a result bicyclists will be much freer to travel around".

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 :



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	The Bike Stall Watford Market thebikestall@aol.com or 07941 800029
Thirteens Cycles 01923 234221 73 Chalk Hill, Oxhey, Watford	Northwood Cycle Depot 01923 824174 118 Pinner Road, Northwood
 Bikehut 01923 776901 145-147 High Street, Rickmansworth 	