

Affiliated to : Cyclists' Touring Club (CTC) and Cyclenation



cyclenation
...creating a nation of cycle-friendly communities

SPOKES

SOUTH WEST HERTS
CYCLING GROUP

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Lunch at Moor Mill alfresco

Following all the snow, ice, rain and cold of recent weeks
it was an unexpected pleasure to be able to enjoy
the sunshine on Mary Ann's ride on 21st February.

Did you come to the Open Meeting? This was an opportunity to discuss how to make our streets more friendly & safer for cyclists & other users. We all need to move these issues forward whenever we get the opportunity, either at local elections, writing letters or just speaking to other people.

I hope you enjoy some of the organised rides & events in the Spring & Summer. Will you be able to help at the Environment Fair or Croxley Revels? These & other events are an opportunity to discuss issues with members & the public, they are also a good recruiting ground.

It will be good to see you at the Annual General Meeting on 21 April. Do come along and ensure SPOKES is run in the way you want. Would you like to join the committee, fresh people and ideas are welcome?

After the meeting you can enjoy a drink & chat at the Pump House bar.

Enjoy your Summer cycling

A.G.M. & Social Evening

Notice is hereby given that the **Annual General Meeting of SPOKES** South West Herts Cycling Group will take place on **Tuesday 21st April 2009** at **The Pump House** (*in the Charles Room*), Local Board Road, off Lower High Street, Watford, WD17 2JP. **7.30pm** for an 8.00pm start.

If you have any resolutions or nominations for positions on the next committee, please contact Roger.

Fair Trade coffee and tea available.



After the business part of the evening we will repair to the bar for a chat / listen to the live jazz session.

We look forward to seeing you there!

Spokes (SW Hertfordshire Cycling Group)

Agenda for Annual General Meeting at the
Charles Room, Pump House, Watford WD17 2JP
8.00 pm 21 April, 2009

1. Present – see circulation list
2. Apologies
3. Welcome
4. Minutes of AGM 2008
5. Reports for the year 2008/9
Chairman –
Treasurer –
6. Election of Committee Members (4-12) for 2009-10
Officers:
Chairman
Vice chairman
Treasurer

Up to 9 other committee members -- the roles may vary

Membership secretary
Meetings secretary
Newsletter
Webmaster
Rides co-ordinator
Publicity officer
Information & merchandise

Campaigning Areas:

Watford –
Three Rivers –
Hertsmere –

7. Resolutions: To the Chairperson by 13 April 2009

Followed by a discussion of our recent Open Meeting, *held on 12 February*,
and other general cycling issues.

Don't forget to visit
www.20splentyforus.org.uk
for more information about the 20mph initiative

The High-Rise Bike Lock

From the Cyclenation web-site

A LONDON student has come up with a novel approach for securing bicycles in the capital - hoisting them eight feet above the street.

Dominic Hargreaves, a 23-year-old product design student at the Royal College of Art, has built a working prototype of his bicycle lock, which today won him a design prize.

The device can be fitted to any wall and uses a simple hoist, powered by an electric motor, to raise and lower the bicycle. It could be operated by a remote control, or by the owner swiping their Oyster card on a reader.



Mr Hargreaves, from Battersea, said: "The idea came about after I'd had my bike stolen for the third time in a year.

"I wanted to find a way to put the bike out of reach of thieves, so a hoist seemed an obvious way to do that."

Mr Hargreaves will receive £5,500 as one of three winners

in the iQ Design Challenge, in which Toyota asks RCA students and alumni to create products that respond to modern urban life.

Mr Hargreaves plans to use his money to create a second prototype system, and says several manufacturers are interested in making the hoist.

"I hope there will be a low-cost home version, simple enough for people to install themselves. It would be relatively cheap and would certainly create a talking point on London's roads.

"There are also plans for an industrial version for use outside Tube and rail stations. Bike parking takes up a lot of space, and this would be a great way to reclaim that space."

According to police, about 80,000 bicycles were stolen last year, of which fewer than five per cent were returned.

Watford Borough Council Cycling Projects

update by Tim

- 🚲 Whippendell Woods - Phase 2 Lime Walk completed. Jointly funded by Herts CC and WBC. Provides a continuous smooth cycle path from Grove Mill Lane to the canal towpath at Iron Bridge lock. The path surfaced in ph 1 and the section from Lime Walk to Rousebarn Lane will shortly be dedicated as a public Bridleway and appear on the Definitive Map.
- 🚲 Cassiobury Park - Signage. A feasibility study undertaken by Transport Initiatives. An area wide scheme to provide improved direction signage for pedestrians and cyclists to and through the park. Designs and specifications are being finalised and works should commence in April.
- 🚲 Cassiobury Park - Cycle routes. An investigation by Cycling England into improved access for cyclists in the park. The findings will be considered by the Parks steering group and be incorporated into the Park Management Plan. No deadlines have been set.
- 🚲 Town Hall Cycle route - Link to Park Avenue. A feasibility study completed as part of the park access project confirmed that a cycle link across the front of the town hall and hospice was achievable This proposal has been adopted by Herts CC and with some funding from WBC will happen in 2009/10.
- 🚲 Woodside Leisure centre - We are about to commission a feasibility study looking at options for improved cycle access to the new leisure centre from the Woodside and Stanborough Wards. The aim is to make use of the parkland at the rear and avoid Horseshoe Lane and the Three Horseshoes junction.
- 🚲 Oxhey Park Bridge - Tenders have been returned on a design and build contract and we are currently finalising our budgets. Subject to approvals we could commence on site in June and be completed by November 2009.
- 🚲 Town Centre Cycle Parking review - A review by Transport Initiatives of the facilities we have has highlighted demand for additional hoops at new and existing sites in the town. It also identified some which are not in ideal locations and will be removed. Expect works on site in April.
- 🚲 Victoria Passage - An existing public footpath which is to be converted to a Bridleway. In discussion with Herts CC rights of way unit about legal orders.

Christmas Meal - postscript

Although those who attended the Christmas Meal at the Essex Arms in December found it an enjoyable social occasion, the meal itself and the service were very disappointing. We have written to the Essex Arms and to the owners of the chain, Mitchell & Butlers, expressing our dissatisfaction, but have not so far received a reply. Suffice to say that we will be looking for a new venue next Christmas.

Pam

SOUTH HERTS BIKEATHON

The event will consist of a sponsored 19 mile route for families and adults and a children's route in the grounds of Haberdashers' Aske's School in Elstree.

The Bikeathon is a fun way of getting both adults and children out on their bikes whilst raising money for vital life saving work into leukaemia, Hodgkin's, lymphoma and myeloma.

The family route will take cyclists through some lovely parts of the South Herts countryside and villages including Ridge, Shenley and Letchmore Heath.

Date: **Sunday 26 April 2009**

Venue: Coach Park, Haberdashers' Aske's School
Aldenham Road, Elstree, Herts, WD6 3BT

Start: 10am from the Coach Park; 11am children's route.

Toilet facilities available on site.

Refreshments and entertainment available on the day.

Half way point water stop providing drinks, fresh fruit and snacks.

Route is fully signed and marshalled.

Red Cross will be on hand to provide First Aid.

Children's route suitable for children up to 14 years old
no matter what their cycling ability.

You can enter now on-line at ***www.bikeathonbritain.co.uk/sherts***

Information on Cycle Training

Cycle training is available in South West Hertfordshire for adults as well as children. The Road Safety Unit at Hertfordshire County Council can put people in touch with qualified instructors to arrange one to one sessions.

It also runs courses at schools and in the holidays.

To find out more and to apply on-line, go to:

www.hertsdirect.org/cycletraining or ring 01992 556808.

**Spokes' Membership Secretary, Dara, is also a qualified instructor.
His e-mail is *dara@godivala.com* or ring him on 07802 451266.**

HCC also offer courses to train as a cycle instructor. Are you interested in becoming a cycle instructor and willing to offer some help to Spokes?

If so, please contact Roger

SPOKES RIDES & EVENTS

MARCH / APRIL / MAY 2009

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

Sunday 1st March 11.00am Colne Valley and Alban Way

This ride will be brisk paced. We will start at the Elstree Aerodrome at 11am and head along the Colne Valley route via Bricket Wood to St Albans, then along the Alban Way to have lunch at the Speckled Hen pub in Hatfield Rd. We will return along the cycle path along the A404 via London Colney and Radlett to Bushey. The ride will be about 40 miles and we should be home about 4.00pm. Bringing lights would be advisable in case of delay due to punctures. Contact Ayman.

Saturday 7th March 10.30am Along the River Colne

Meet at Watford High Street Station for this 18 mile mainly off-road route which is extremely muddy so it is best to use a mountain bike. Pub lunch. Contact Nigel.

Saturday 21st March 10.30am The Clarendon

Meet at Watford Metropolitan Station for a short leisurely ride through woods and lanes for a coffee or drink at the refurbished

"The Clarendon", Chandlers Cross.

The landscaping is really worth seeing. Contact Maureen.



The Clarendon

Sunday 22nd March 10.00am Northwood Circular Walk

Meet at Northwood Underground station for a gentle 11.5 mile WALK with some hills. Includes urban paths, London Loop, and Ebury Way. Good boots recommended, also £2 donation to St.Luke's Hospice from whom walking team will be joining. Contact David.

Thursday 26th March 8.00pm Spokes Social Evening

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

Friday 27th March to Monday 30th March Bryn Melyn Weekend

At the time of going to press there are a couple of spaces available if anyone else wishes to join us in Wales. Otherwise wait for the report in the next newsletter!

Contact Veronica.

Thursday 2nd April 7.30pm Committee Meeting

For more details contact Paul.

Saturday 4th April 10.00am Gorhambury

Meet at Watford High Street Station for this 26 mile ride mainly on quiet roads and through the Gorhambury estate near St Albans. Pub lunch.

N.B. change to ride advertised in forthcoming events in previous newsletter.

Contact Nigel.

Sunday 12th April 11.00am To London Colney

Meet at Garston Medical Centre in Sainsbury's car park for a 12-mile ride, mostly off road. Fairly easy-going. Refreshment stop in London Colney.

Contact Vince.

Sunday 19th April 11.00am Loudwater

Meet at Watford High Street Station for this 18 mile ride which will go on the Ebury Way to Rickmansworth and then on to Ride 8 (in the Blue Book) on lanes around Loudwater, returning on the Grand Union Canal towpath. Those who don't want to do the whole ride can easily return from Rickmansworth back along the Ebury Way. Relaxed pace. Pub lunch at Croxley Green. Mary Ann.



Tuesday 21st April

7.30pm

Spokes AGM

See inside front page for details...

Thursday 23rd April

8.00pm

Spokes Social Evening

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

Saturday 25th April

10.30am

Harefield and Batchworth

Meet up at Bushey Station for this moderate 21 mile ride using the Ebury Way and Grand Union Canal to visit Harefield for a pub lunch. Easy return with possible golfing diversion. Includes some off-road. Contact David.

Sunday 26th April

10.00am

South Herts Bikeathon

Charity cycle ride starting from the Haberdashers'

Aske's School.

See separate article for details...



Saturday 9th May 10.00am

Water End

Meet at Watford High Street Station for this 30 mile ride along the Alban Way to Water End then back via South Mimms and Radlett. Pub lunch. Contact Nigel.

Thursday 14th May

7.00pm

Winkwell Wandering

Meet at Kings Langley station for a 10 mile moderate circular ride through Bovington to Winkwell for a drink by a cosy fire before return. Lights required. Contact David.

Saturday 16th & Sunday 17th May

Ricky Environment Fair

Help required for our Spokes stall - Contact Roger.

Sunday 17th May

8.25am

St Albans Charity Ride

The Rotary Clubs of St Albans Annual cycle ride starts and finishes at Oaklands College (Smallford Campus). The route goes along quiet lanes of mid-Hertfordshire. We will lead a Spokes ride from St Albans Abbey Station starting at 8.25am (the train leaves Watford Junction at 8.06). We will do the 20 mile route (total distance about 26 miles or 38 miles if you cycle to St Albans and back). Refreshments stops en route. The first two people to contact us will be entered as part of a Spokes team, others will

need to make up further teams of 4 (£50) or to register themselves (£15) by 1st May. See www.saccr.co.uk/EntryForm.pdf for entry form details. Riders are also encouraged to raise sponsorship and donations in aid of local charities. Individual entries on the day are £20. Contact Iain or Veronica.

Wednesday 27th May

10.15am

Half Term Ride

Meet at the Cha Cha Cha café in Cassiobury Park for a short, gentle circular ride around the park, canal and woods using cycle tracks and quiet lanes. Actual route and mileage will depend on the abilities of participants. All ages welcome. Bring the kids and granny too! Refreshments back at the café. Contact Diane.



Thursday 28th May

8.00pm

Spokes Social Evening

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

Looking Forward...

13th - 21st June

National Bike Week

13th - 14th June

London Open Squares Weekend

Saturday 20th June

Croxley Revels

Thursday 25th June

Spokes Social

JOKES

submitted by David

Jack and Hilary were riding a tandem up a hill, but making heavy weather of it.

At the top, Jack said: 'I didn't think we'd make it!'

Hilary replied, 'Nor did I - what a good thing I kept the brakes on,
or we'd have slid all the way back down!'

What is a ghost-proof bicycle? One with no spooks in it.

What's the hardest thing about learning to ride a bicycle? The road.

JOB VACANCIES



Change the way Watford travels

Sustrans is recruiting a team of people to work on its *TravelSmart* project aimed at **cutting car use in Watford**.

HOUSEHOLD CANVASSING - £6.45 per hour

Contacting households on the doorstep to offer free information to help them walk, cycle and use public transport more frequently

PACKING - £5.85 per hour

Assembly of travel information packs

DELIVERY - £6.05 per hour

Delivery by bike of travel information packs to households

DATA ENTRY & ADMIN - £5.85 per hour

Database work, filing and other administrative work

CYCLING / WALKING HOME VISITS - £11.50 per visit

Home visits to households to provide advice on cycling and walking

Employment dates are April - July 2009. Most roles are **part time** with **flexible hours** and based in North Watford.

For an information pack contact Laura Bridges on 0117 926 8893 or email: jobs@sustrans.org.uk, quoting ref: **NCN673Y**.

Closing date: **Friday 6 March 2009**



More cycling in the USA BY FOLDING BIKE

by
Mary Ann

I travelled across the United States by train, with my folding bike to be used for transport wherever I stopped for a break on the journey. I spent a few days in Salt Lake City, exploring it by bike.

Salt Lake City is very close to mountain ranges to the north and east, which are lovely to look at from anywhere in the city and also offer good cycling.



Immediately north of the oldest part of the city centre, a picturesque road makes a long loop high up on the edges of a canyon that cuts into the northern mountains. It is a two-lane road that has been made one way on one lane for cars, with the second lane reserved for non-motorised users. I found it by accident and was

enticed to cycle further and further because it was so interesting and the views over the city and the Wasatch Mountains so stunning.

Then I had a puncture. Although I had a spare inner tube, I discovered that my new Bike Friday rear wheel wasn't quick release and I didn't have a wrench. It was late afternoon and there were lots of cyclists out for a ride after work, so I started hailing them to ask if they had a wrench. Most were apologetically unable to help.

Eventually, a young man said he lived nearby, so he'd cycle home to get a wrench and come back by car. Meanwhile, another cyclist, a young

woman, took me under her wing and guided me to the car park. Then the man with the wrench arrived, she left, and we discovered that neither of us knew how to take off the hub gear bracket on the Bike Friday. He then insisted on giving me and my bike a lift four miles to where I was staying. I was so grateful and amazed at how much trouble these people were prepared to go to for a stranger.

Later, I was in the city centre when three lads went by on bikes on which they'd raised the seats and pedals to an alarming height. I ran to catch up with them at a junction and asked if they'd let me take some photos, which they were happy to do.

Salt Lake City is surprisingly bike-friendly, thanks to Brigham Young, the leader of the Mormons who founded the city in 1847. He decreed that the main streets must allow a double yoke of oxen enough



room to make a U-turn, which requires about 132 feet width. Several of the main streets now have six lanes for cars, a central reservation, parking on both edges, and still plenty of room for two cycle lanes in each direction.



FOR SALE

Barracuda Tandem

3 years old, 24 speed, alloy frame and wheels,
disc brakes, new tyres, brake pads,
extra front brake, **£299.**

Telephone Vince

Quarterly Quotations

"Even if I did not enjoy riding, I would still do it for my peace of mind. What a wonderful tonic to be exposed to bright sunshine, drenching rain, choking dust, dripping fog, rigid air, punishing winds!" Paul de Vivie

"It's a sport of self-abuse." Lance Armstrong

The **Deadline** for the Summer Newsletter
is **Thursday 7th May 2009**

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		



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 	