

Affiliated to: Cyclists' Touring Club (CTC) www.ctc.org.uk
and Cyclenation www.cyclenation.org.uk



SOUTH WEST HERIS SPOKES CYCLING GROUP



Skyride 2009 - pedal-powered piano pictured down the Mall

Report from Skyride 2009

by David

Billed as the Mayor of London's Skyride and taking over from the previous Freewheel event, this was a great chance for 50,000 cyclists to take over London and to ride on a 15km route starting from The Mall. The route took in Trafalgar Square, Victoria Embankment, St Paul's Cathedral, the City and the Tower of London. Roads were closed from 10am to 4pm and thousands poured into London from all corners of the capital to enjoy this experience. All on 2 wheels were welcome from young children on trailers and their mums and dads, hard core roadies in full club kit mixing it with mountain bikers, BMX bikes ridden by teenagers were overtaken by couples on classic Dutch roadsters.

There were guys on cargo bikes with huge PA systems, blasting out tunes. There were clowns on Tall bikes, men in top hats on Penny Farthings and entertainers one of whom was seen pedalling his piano down the Mall. There were many fixed wheel bikers weaving amid the two-wheeled crowds on their custom bikes and a few Watford Spokes riders braved the event for the third year running.

After the event it was estimated that possibly 65,000 had turned up.

The London Cycle Campaign and Transport for London had worked on a spoked network of led rides coming into London from each of the boroughs and I was proud to be one of the marshalls bringing in the Harrow tribe.

With some 50 cyclists meeting up at Harrow and Wealdstone station at 9:30 that morning including one aged seven, they soon set off escorted by a band of brave marshals. Their job was to escort the band through the



traffic and to keep them together at junctions and after traffic lights. The group swelled in number by meeting others at Kingsbury and some Brent cyclists at Dollis Hill. Nearly 70 completed the journey to the Mall arriving after about 1½ hours of cycling. Most then went onto the circuit to

complete one or two laps on the car free route before stopping for some lunch or to meet up with the marshalled ride restarting at 3pm.

It was a great experience, bicycle bells and horns were put to good use and although a few accidents occurred, which were quickly treated by the ambulance services, with such great weather it was something that must happen again and perhaps next time the Mayor will ride all the way round! For more pictures and a full write up - see <http://new.britishcycling.org.uk/skyride/london>

Herts County Council Cycling Strategy Scrutiny

by Pam

On October 14th and 16th Roger, Linden and I attended the HCC Cycling Strategy Scrutiny, the purpose of which was to assess how well the County Council is conforming to its cycling strategy adopted in 2007. The following questions were to be addressed:

- Do the initiatives promoted by HCC conform to the strategy?
- How do we meet the needs of all types of cyclists? e.g. school children, commuters, leisure cyclists, shoppers.
- What is being done to consider the needs of cyclists in all highway works?
- What could have been improved?

Over the course of the two days evidence was gathered on a wide range of topics including Cycling Infrastructure Design and User Audit, Cycling LTP (Local Transport Plan) Target and Scheme delivery, Cycle integration with rail, the Promotion of cycling as a sustainable mode, Partnership working with districts, boroughs and external organizations, Highway Maintenance and cyclists, Cycle Training and Road Safety and School Travel Plans.

On the second of the two days local cycling groups and others with an interest in cycling were invited to speak. Although we were not strictly part of the Scrutiny process, since we are not responsible for the implementation of the Cycling Strategy, nevertheless our input was valued for shedding light on how well the Strategy was being adhered to.

continued 

Roger pointed out that the Cycling Strategy is a good document, but it is being implemented far too slowly. He felt that more resources needed to be put into cycling infrastructure to provide a more cycle-friendly environment where novice cyclists feel safe. He argued that the gaps in safe cycling routes need to be dealt with. Although the crossing of the A41 on NCN6/61 has now been completed, nothing has been done about the Lower High Street in Watford. On the question of maintenance he pointed out that many minor maintenance issues are vital to safe cycling and that more attention needs to be paid to this area.

I emphasized the importance of advanced stop lines (ASLs) in making roads more cycle-friendly and questioned whether engineers fully understand the needs of cyclists, since they do not always appear to take them into account. I urged them to cut down on street clutter by not putting up unnecessary signs, such as the double set of 'Cyclists dismount' signs on the Ebury Way, for this sends out negative messages and wastes money. On the question of the 20mph speed limit the Cycling Strategy advocates 20mph zones in residential areas and particularly near schools, but this fragmented approach can lead to confusion and higher speeds outside the zones. I urged councillors to consider changing this policy when the Strategy is reviewed and to introduce town-wide 20mph default speed limits as in Portsmouth, where 1,200 roads were converted in 9 months at a cost of just £475,000, with no expensive speed bumps, through the commitment of the council and the support of the community.

Both Roger, Linden and I felt it was well worthwhile attending the Scrutiny, not least because it gave us a chance to put our views across to those who are responsible for cycling policy.

When the report of the Scrutiny Committee is published and the County Council has decided how it is going to act on it, we will give further updates in the newsletter.

Sustrans' National Cycle Network Tops a Million Trips a Day

- 386 million walking & cycling trips were made in 2008 on the NCN
- a 9% increase on 2007 and ninth consecutive year of growth
- the NCN passes within a mile of over 55% of the population
- potential carbon saving of 493,000 tonnes

CTC BIRTHDAY RIDES

by Mary Ann

The CTC Birthday Rides are an annual summer event originally set up to celebrate the centenary of the CTC's beginning in 1878. District Associations take it in turns to organise it. It attracts hundreds of CTC members, includes lots of rides routes of different lengths and evening activities. It was originally all camping, but now includes about half camping and half public school accommodation.

Last August, it was held in Oundle, Northamptonshire, at the Oundle School campus and the Oundle Rugby Club. I booked four days camping and spent three days beforehand cycling from Watford to Oundle.

I camped for two nights, the first night at The Old Dairy Farm, a small public campsite on the Grand Union Canal (accessed from the towpath via a very un-cycle-friendly steep set of stairs).



The second night was trickier. I'd established that there were no campsites anywhere, but I would head for Arthingworth, a village a few miles east of the Brampton Valley Way, a 16-mile dismantled railway between Northampton and Market Harborough. Perhaps I could camp in some woods shown on the map or in the pub garden. However, gates to the

woods were locked and the pub garden was a paved courtyard, so instead I sneaked into the churchyard and found a perfect secluded spot for camping. When I went to the local pub for a drink after pitching my tent, I didn't say where I was staying!

At a Country Park café near Brigstock, I knew I must be near the Birthday Rides. The crowd of customers were all cyclists sporting loud fluorescent colours, knobbly knees and grey hair. There was a long queue trying to get through a cycle-unfriendly kissing gate.

The important event of the week is the Birthday Tea, held at the grand country house of whichever local squire will host it (well, their minions do the hosting). We went to Deene Park, still lived in by the Brudenells, whose ancestor led the Charge of the Light Brigade.

On the way, I found myself overtaking an old codger, and I burred out:

“Well, it’s not often I get to overtake someone on a hill.” Whoops, it was a red rag to a bull! He tore past me and made sure he kept in front of me the rest of the way.

The best thing about the Birthday Rides for me was the camaraderie of like-minded people. A woman sweeping up grass cuttings outside the rugby clubhouse accosted me with: “Are you the American from Watford with the Bike Friday?” She was Pat Strauss, also an American, active in the CTC for many years.

Next August, the Birthday Rides are in Cornwall, near Falmouth.

High Speed Rail to the Continent with a Bike by Phil

The advent of Eurostar services from St Pancras International made the option of trundling down to Dover to the ferry deeply uninviting. Wanting to do a tour in SW France, and also to visit a steam loco depot to the east of Paris the time was ripe for planning a trip. I decided to try bagging the bike and carrying it as luggage, because the Eurostar to Disneyland (*aka as Marne-La Vallee*) train does not carry cycles, and I wanted to stay in that part of the eastern Paris region for a few days. I made a couple of bags about 130cm x 98cm from blue tarpaulins got from B&Q for £5, riveting them with 4mm rivets and soft washers and closing the bag with Velcro, just a simple envelope really. I took my Moulton apart near the luggage

trolley park at St Pancras, removing pedals and turning handlebars and bagged it, trolleying the whole lot to the train with no trouble. My fear was that the Disney train would be so full there would be no room for my bike luggage, but in fact the rack outside the saloon in the vestibule had a free shelf. The journey was swift and I put the bike back together on the platform and cycled off (*then getting lost*) to find my peaceful Auberge 5km well clear of the Disney complex.



The next stage was SNCF TGV (*high-speed train*) from Disney to Poitiers. Now it is impossible to determine beforehand whether these trains carry cycles from their website (www.voyages-sncf.com), which is near dysfunctional and if you use the English option it will default to French at

critical points. Far better is the DB (*Deutsches Bahn*) **www.bahn.de** which has details of practically every train in Europe. However, to book the bike and plan the journey it is best to access Rail Europe (0844 848 5 848) or via the Man in Seat Sixty-One website **www.seat61.com**. The Rail Europe agent quickly determined that £10 would enable me to put the whole bike plus luggage in a compartment at the rear with tip-up seats, and sit with it in isolated luxury for the 2 hour journey to Poitiers Futuroscope station where my tour was to begin.

After a lovely tour in Vendee and Limousin, I began my return from a rural station on a regular loco-hauled Corail (*branded 'Teoz'*) express to Paris Austerlitz and this was also trouble-free, suspending the bike from a roof hook in a special compartment at the front of the train, with a comfortable seat nearby. It was necessary to tell them that I had a bike when ordering the ticket so as to have a seat in the 'Loisir' (*leisure*) coach and the place for the bike. This convenience cost a €10 charge.

An interesting ride over the Seine and across Paris sampling the cycle routes on a hot September afternoon and I was at the Gare du Nord, This time I had decided not to bag the bike but to use the accompanied "Same train" cycle carriage service on Eurostar. This cost me £20, and I had a set of labels and bar-coded sticker pre-issued from Eurostar. Cycle down the Rue de Compiègne on the left side of the station and hand the machine in to the friendly guy in the SERNAM office, but hang on to your luggage and go to Eurostar reception for customs in the usual way. On arrival in London go to the left luggage office outside at the back of St Pancras and it will be ready to ride away after you have fixed on your stuff. A short ride to Euston and I was home in Watford less than 90 minutes from getting off Eurostar.

So, you can buy convenience and travel with the bike on the same train, in most cases (*but not to Disneyland nor on Thalys services from Belgium or France*) or you can make or purchase a bag and save money, at the cost of grubby hands and a little time on departure and arrival. However the bag dimension for the bike should not much exceed 120cm x 90cm as it has to pass through the X-Ray machine. The whole of Europe is thus open via high speed trains, with some planning and booking ahead you can get much lower fares, as with airlines. Unlike airlines there is no airport hassle and with increasingly frequent and faster services you can travel further, more comfortably and with fewer overnight stays in hotels (*check out bike friendly City Night Line services on the DB site*). It is a far cry from the days when reaching Paris needed 3 trains and a boat from Dover.

Watford Life is More Fun Without the Car

from the Sustrans web-site

In August, the **TravelSmart** project in Watford came to an end, having reached more than 20,000 households in the town with free information and support to help people cut their car use in favour of walking, cycling and public transport when and where it suits them best.

TravelSmart has been shown to reduce car use by 10 to 14 per cent wherever it operates, and we expect to see a similar outcome in Watford when the results of the project are announced next year.

In the meantime, many Watford families are sticking to the small travel changes that have transformed the way they get around.

Kathlyn and her family were using their car for most daily trips when the TravelSmart team arrived in their street. The family requested an information pack, and a home visit from cycling advisor Stephen.

Kathlyn said: "We wanted to find safe spaces for my younger girls to go on their bikes and needed some advice on getting a bike for my older daughter, who's got special needs.

"Stephen was great - he safety checked the youngest girls' bikes and suggested we get an adult trike for my eldest daughter. I didn't even know you could get adult trikes! My Dad's just found one, so she'll be able to go out cycling with her sisters soon."

Kathlyn's younger daughters were eager to get cycling after Stephen's visit: "They'd only been out on them three or four times before the visit but now every time the sun shines they're asking "Can we go out on the bikes?" They feel a lot healthier and are pleased to be doing something for the environment!"

The family has also realised how easy and stress-free it is to use the bus for longer trips: "The other week we used the timetables TravelSmart gave us to get the bus to the computer shop. It took just one hour from leaving the house to getting back. You wouldn't have been able to do that in the car - it was brilliant!"

The family are all enjoying the small changes they've made and plan to keep on walking, cycling and using the bus: "We used to jump in the car to do the weekly shop but now we walk with the girls. Unless we really have to use the car we don't - it just sits on the driveway!"

SPOKES RIDES & EVENTS

DECEMBER / JANUARY / FEBRUARY 2009/10

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 5th December 10.30am

**Bayhurst Wood
Country Park**



Watford High Street Station Following the Ebury Way & Colne Valley Trail to pub lunch returning via Bayhurst Wood Country Park and Oxhey Woods. Much of the route is OFF ROAD! **25 miles Medium** Nigel

Friday 11th December 10.00am

Black Jack's Mill

Pump House, Local Board Road Ride along Ebury Way, through Aquadrome and along the Colne Valley Trail. Special Café in the Park rates for Spokes members. **20 miles Slow** Dennis

Saturday 12th December 10.00am Top Up Your Watercress

Watford Metropolitan Station Ride through Flaunden, Latimer, Chenies and across the river Chess to Sarratt.

19 miles Medium Dennis

Sunday 13th December 11.00am

Janet's Jolly Jaunt

Garston Medical Centre in Sainsburys' Car Park

Cycle jaunt to London Colney with coffee stop at Aylett's, returning via Bricket Wood before lunch.

12 miles Medium Janet



Thursday 17th December 8.00pm Spokes Social Evening

Moon under Water, High Street, Watford Normal location is in the dining area at the rear. Chance for a meet up with fellow members for a drink and a curry. Diana

Sunday 20th December 4.00pm Harrow Christmas Lights Ride

Rayners Lane Underground Station Easy ride will take a loop through Harrow passing as many Christmas lights we can find, tasteful or otherwise. Please bring your own bike lights. **8 miles Slow**

Harrow Cyclists Group - see www.harrowcyclists.org.uk



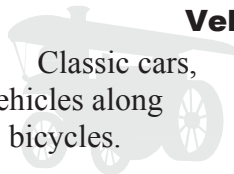
Wednesday 23rd December 10.00am St Albans

Watford High Street Station Ride through Bricket Wood and Chiswell Green to St Albans. Return via Potters Crouch.
25 miles Medium Dennis

Boxing Day 26th December 10.00am – 2.00pm Classic Vehicle Display



Sarratt on the Green Classic cars, farm and commercial vehicles along with Veteran Cycle Club bicycles.



Sunday 27th December 9.50am Civilisation North of Watford

Watford Junction Station Joint ride with Central London CTC. Route via Whippendell Wood and through the villages of Belsize, Flaunden and Sarratt. Pub lunch.
16 miles Slow Charles

Sunday 3rd January 10.00am Ace Café New Year Ride

Ealing Town Hall, Uxbridge Road, W5 5EN Joint ride with HAWOG and Ealing Cyclists visiting Ace Café, Wembley Stadium and Hindu temple in Neasden to finish at Greenford, possible follow on to Harrow & Wealdstone station

22 miles Medium

HAWOG – Brian / Spokes - David



Thursday 7th January 8.00pm Spokes Social Evening

Moon under Water, High Street, Watford Normal location is in the dining area at the rear. Chance for a meet up with fellow members for a drink and a curry. Diana

Saturday 9th January 10.00am Ridge Ride

Watford High Street Station Ride via Radlett and Shenley to Ridge, return via Moor Mill and Bricket Wood.

26 miles Medium Alan

Sunday 10th January 12.30pm Festive Lunch

The venue for this year's post-Christmas festive lunch will be the

Olive Tree pizza-pasta restaurant at

146 High Street, Watford (*Lower High Street*).

Information about the restaurant can be found at

www.olive-tree-watford.co.uk.

The menu is on the website, but we will circulate further details shortly.

To book your place please send **£5.00** deposit per person to Pam Mann at

Willow Cottage, 2b Willow Lane, Amersham, Bucks HP7 9DW

by **December 18th**.

Please make cheques made payable to ***Spokes SW Herts Cycling Group***.

If you have any queries please contact:

Pam or Iain

Saturday 16th January 10.30am London Colney Loop

Garston Medical Centre in Sainsbury's Car Park Circular ride through the green belt skirting Radlett, London Colney, St Albans and Bricket Wood. Pub lunch. Much of the route is OFF ROAD!

23 miles Medium Nigel

Saturday 23rd January 10.30am Towards the Chalfonts

Harvester by Two Bridges, Croxley Green

Circular ride, mainly on lanes towards Denham & Chalfonts, some hills. Finish at the Aquadrome Café in the Park to enjoy special rates for Spokes members.

18 miles Medium Roger



Saturday 30th January 10.00am Denham

Pump House, Local Board Road Go via Ebury Way, Aquadrome and visitor centre for tea etc. Return via Colne Valley Trail.

30 miles Medium Dennis

Sunday 31st January 10.30am Potters Crouch Lunch

Cassiobury Drive shops Ride to Hollybush pub at Potters Crouch near Chiswell Green returning via Bricket Wood.

16 miles Medium Phil

Saturday 6th February 10.00am Rookie Leader's

Easy Ride

Bushey Station Via Ebury Way to Rickmansworth and Aquadrome.

12 miles Slow Vincent

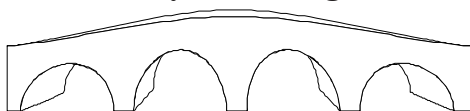
Sunday 7th February TBA Winter Warmer with CTC

Tring Station Opportunity of joint ride with Central London CTC – must be pre-arranged - check for details.

25 miles Medium David

Friday 12th February 10.00am Whelpley Hill

Harvester by Two Bridges, Croxley Green



Through Chandler's Cross and '*Under the Heavens*' to Belsize and Bovington, then I'll make it up as we go along.

22 miles Medium Dennis

Saturday 13th February 11.00am Round the Bush

Top Golf, Bushey Mill Lane Ride to Round Bush for pub lunch.

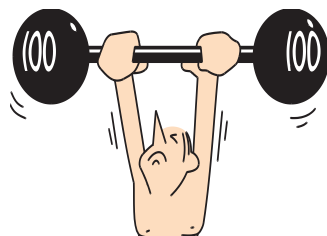
Mostly lanes; short stretch (1/3 mile) on A41; one bridleway.

11 miles Slow Iain / Veronica

Saturday 20th February 10.30am Dumb Bell Exercise Ride

Bushey Station Chalfonts via the Ebury Way to the Dumb Bell at Horn Hill for lunch, returning via Chandlers Cross and Whippendell Wood. Massage chair at lunch stop for any who have lost too much energy.

17 miles Medium David



Monday 22nd February 7.30pm

Committee Meeting

For more details contact Linden.

Thursday 25th February 8.00pm

Spokes Social Evening

Moon under Water, High Street, Watford Normal location is in the dining area at the rear. Chance for a meet up with fellow members for a drink and a curry. Diana

Saturday 27th February 7.30pm

Theatre or

Alternative Social Event



Location to be advised

Group visit to a local event
using group rates as far as possible.
Check for further details ASAP.
Linden

Sunday 28th February 10.00am

Heronsgate

Pump House, Local Board Road Ebury Way, Aquadrome and canal to The Swillett and return via Rickmansworth. Some rough tracks to climb.
20 miles Medium Dennis

Looking Forward...

Thursday 25th March 8.00pm

Spokes Social Evening

Moon under Water, High Street, Watford Normal location is in the dining area at the rear. Chance for a meet up with fellow members for a drink and a curry. Diana

Sunday 28th March 7am - 7pm

Outdoors Show 100

NEC, Birmingham Charity fundraiser - the choice of 100k and 100 mile circular routes. Both rides offer spectacular mixed road terrain.
www.theoutdoorsshow.co.uk

Tuesday 27th April

Annual General Meeting

More details in the next newsletter...

Things change slowly on the cycling scene but they do change. The long awaited crossing of the A41 at Garston is now finished & the loose stones on the dangerous bend at the Watford end of the Ebury Way have been replaced by a tarmac surface. But we are still waiting to see the start on the cycling path around the Watford Town Hall. In Hertsmere I would like to see the shared use path completed from Queens School to the A41. The county council is also working on the scheme to improve the path & legitimate the use of the cow-arch path near to Carpenters Park Station.

Apparently Watford Junction Station is going to have much improved access facilities provided. I hope this includes at least 300 cycle parking spaces, St Albans has over 600 and they are generally full.

Recently some of the committee attended the HCC Cycling Scrutiny Committee, Pam has reported on this in her own article. It will be interesting to see what the outcome of the process is, if the rate of change for providing safer cycling routes does not improve then the targets for increasing cycling will not be achieved.

Over the last few months there has been many successful SPOKES rides. I would like to see more members leading rides, so please consider leading a ride in the spring. We would particularly like more easy but longer rides (15 miles) for new cyclists. If you would like to lead a ride, but would first like to discuss how, or get some guidance then please contact either Dave or myself.

Finally there was an issue in identifying current members for the last Newsletter due to a problem with the database. If you know of members who did not receive the last Newsletter or renewal form then please contact Dara.

Hope to see you at the *festive lunch* on 10 January.

Roger

Bike Blenheim Palace and the Brompton World Championship

by Veronica and Iain

On Sunday 4th October we set off for Blenheim Palace to take part in the once-per-year opportunity to cycle in the World Heritage Site Park . This event was first held last year and has been so successful that it is hoped to develop it into a two-day event next year (*see*

www.bikeblenheimpalace.com). We took the train to Euston with our Bromptons, cycled across to Paddington using some instructions printed from the Transport for London's journey planner web-site (***<http://journeyplanner.tfl.gov.uk>***) which directed us along roads which were quiet at least around 9am on a Sunday morning. From there we got a direct train to Hanborough via Oxford (*a journey of 1 hour 20 minutes*).

From Hanborough it was about a 10 minute ride to Blenheim Palace. As we entered the park we could see time trial competitors racing round the 6.5 km course and we had time for a coffee before lining up to see the next event which was the Brompton World Championship. This was the 4th running of the race and the second time at Blenheim, having been previously held in Spain. The 600 places were taken by the middle of September with competitors from all around Europe. There was a staggered start with batches of about 120 setting off every couple of minutes. Everyone had to wear a jacket, tie and helmet and no lycra was allowed and they had to start behind a line with their folded bikes lined up some distance ahead of them so that the first task on hearing the whistle was to run forward and unfold their bike before racing twice round the course. The first person home completed the 13km in 21minutes 45seconds. There were prizes for the first man and woman and male and female teams and also for the best dressed man and woman. (*A video of the race can be seen at ***www.brompton.co.uk****).



After the race had finished the course was opened to the public and was soon filled with families tootling round the route. The event was attended by some 7,000 people the majority of whom had brought bikes and wanted

to try out the course, however, busy as it was, it was not as bad as we had experienced at the London Skyride last year. It was certainly a good way to see the far reaches of the park which you would be unlikely to walk to unless you lived locally and visited regularly. We did one circuit then had some lunch and looked around the various bike related stalls: Sustrans, ETA (*with gold-plated Brompton*), vintage bike display, team M.A.D. Mountain bike stunt display (*and they certainly were mad!*), bike polo tournament etc. After this we looked around the formal gardens and walked beside the lake before undertaking a final circuit of the undulating course, which had thinned out significantly since lunch time, so we could get up a reasonable speed – but nowhere near that required to have competed for a prize in the championship!

We had spent an pleasant afternoon, helped by sunny weather, and returned to the station at about 5pm where we read with some concern a notice to say that our train would only have 3 carriages instead of the normal 6 – would we fit on and what about the bikes? In the event we squeezed in OK and they fortunately managed to find some more carriages at Oxford where quite a few tourists piled into the train. Entry to the event was £8 which included participation in the family ride and entry to the formal gardens, but not the palace itself. All in all an enjoyable day out!

Andrew Ritchie honoured by HRH the Duke of Edinburgh

Andrew Ritchie, founder inventor of the Brompton bicycle, has been awarded the Prince Philip Designers Prize, awarded annually to recognize a lifetime contribution to design. His Royal Highness made the award at a reception held at Buckingham Palace in October to mark the 50th anniversary of the Prize's inception.

Speaking after the award, Andrew said he was “not finished yet”; although he stepped down as Managing Director in April 2008, he continues to work on the design and quality of the Brompton in his capacity as Technical Director.

Will Butler-Adams, his successor as MD, said:

This award is well-deserved recognition for a man who has dedicated his life to the fine perfection of the folding bicycle. Andrew never gave up on his belief that he had conceived a product that would add real value to people's lives; years of knock-backs, refusals and false starts never dented his determination to make the Brompton a reality.

Over thirty years on from the first prototypes, and with over 175,000 Bromptons being enjoyed all over the world, he has now received this tremendous recognition for his life's work. But the philosophy he instilled in the business continues – we remain committed to British manufacturing and to improving on the Brompton's ingenious design year on year.

Quarterly Quotation

A Zen teacher saw five of his students returning from the market, riding their bicycles. When they arrived at the monastery and had dismounted, the teacher asked the students, "Why are you riding your bicycles?"

The first student replied, "The bicycle is carrying this sack of potatoes. I am glad that I do not have to carry them on my back!" The teacher praised the first student. "You are a smart boy! When you grow old, you will not walk hunched over like I do."

The second student replied, "I love to watch the trees and fields pass by as I roll down the path!" The teacher commended the second student, "Your eyes are open, and you see the world."

The third student replied, "When I ride my bicycle, I am content to chant nam myoho renge kyo." The teacher gave his praise to the third student, "Your mind will roll with the ease of a newly trued wheel."

The fourth student replied, "Riding my bicycle, I live in harmony with all sentient beings." The teacher was pleased and said to the fourth student, "You are riding on the golden path of non-harming."

The fifth student replied, "I ride my bicycle to ride my bicycle." The teacher sat at the feet of the fifth student and said, "I am your student."

Zen proverb

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"/> The Bike Stall (Watford Market) |
| <input type="checkbox"/> Northwood Cycle Depot | <input type="checkbox"/> Environmental Fair |
| <input type="checkbox"/> TravelSmart | <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 | |

Sports plaques on Bricket Wood house

by Mary Ann



Spokes rides often go through Bricket Wood on School Lane, passing a house with very stunning carved sporting motifs on the outside walls. I've always wondered about their history, so when I saw someone in the garden recently, I stopped to ask.

The house was built in the 1880s by a London architect, Frederick Walters, as a summer

home. His wife died before they could spend a summer there, so he made it into a summer residence for deprived East End boys, who came and learned about sports, hence the sporting frieze. It is a listed building, so they must be maintained by the owners.

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 :



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