

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



# SOUTH WEST HERIS SPOKES CYCLING GROUP



**Ride along the Ebury Way  
6th February 2010**

# **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 27<sup>th</sup> 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.

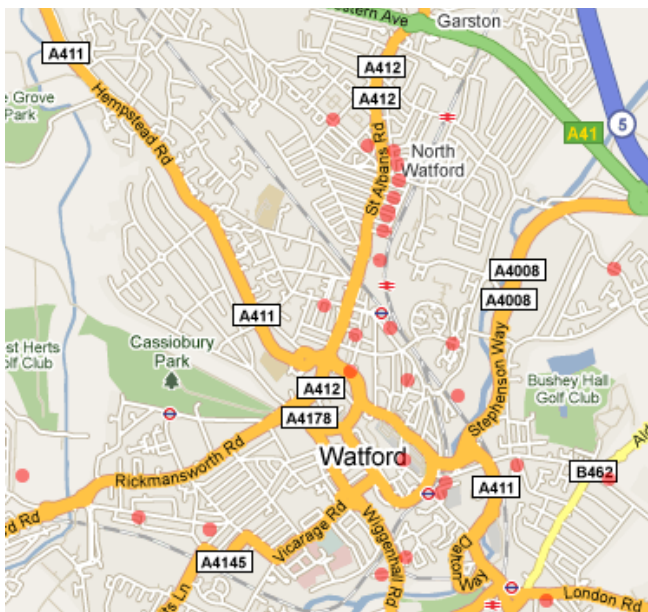
If you have any resolutions or nominations for positions on the  
next committee, please contact Roger  
by Tuesday 6<sup>th</sup> April (*3 weeks before AGM*).



Fair Trade coffee and tea available.

AGM followed by a general discussion on topical  
cycling issues and changes we would like see.

We look forward to seeing you there!



Sir Tim Berners-Lee the begetter of the worldwide web has been busy with a UK government project to make public data available free online, so that different sets can be melded by anyone who wishes. I had a Google for

London cycling accidents and found a map -

**[http://labs.timesonline.co.uk/2009/cycling\\_accidents/](http://labs.timesonline.co.uk/2009/cycling_accidents/)**

showing the distribution of cycle accidents in the capital, the red dots extending to Watford area. When I zoomed in it looked like a rash of accidents along the St Albans Road, from the Christ Church up to or perhaps beyond Bushey Mill Lane at the junctions of the side roads. We should look into this further.

Interestingly, one of the proposals supported by the Prime Minister is for the Government to fund free availability of OS maps to the public.

Now that would be a welcome advance.

**Phil**

## **Roger's** *Ramblings*

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**Spring 2010**

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***A message from your chairman***

We have the SPOKES annual general meeting on Tuesday 27 April. This is an opportunity for members to meet & discuss issues, please come along & let the committee know what you think. Of course we also have the formal Agenda for appointing officers & committee members & reports from the Treasurer & Chair. If you have ideas to improve SPOKES please come to the meeting.

Recruiting new members is vital to all organisations. One of the easy ways for SPOKES to recruit is to be seen at local events such as the Rickmansworth Environmental Fair & Croxley Revels where we normally have a stall. Please consider helping at these events for a couple of hours, it will enable you to meet members & the public.

Interesting local improvements include the provision of a new shared use path at the front of Watford Town Hall linking the subway to Cassiobury Park. Improvements are to be made to the shared use path by the Cowarch-Tunnel under the railway by Carpenters Park Station.

There are plans to rearrange access to Watford Junction Station, current plans offer many advantages, but the proposed provision of cycle storage facilities is totally inadequate. As St. Albans Station has around 700 cycle spaces, which are full every day, Watford should have at least the same number provided.

Local government policies state they intent to encourage more cycling by the provision of better facilities. We need to have this done at Watford Junction Station. The Abbey Line may be converted to a light railway using trams, we need to ensure cycles can be carried on the trams, encouraging cycling at each end of the journey.

# Cycling Demonstration Towns Progress

by Mary Ann

We moan about the slow progress of improvements for cycling in South West Hertfordshire and think it might be different if Watford and Three Rivers had been successful in getting Cycling Town status...

The Feb-Mar issue of CTC's Cycle magazine has an article about progress in three of the Cycling Towns. They write that councils "tend to favour 'smarter choices' type projects – i.e. those aimed at influencing attitudes and behaviour and giving people an opportunity to give cycling a try. These include cycle training, individualised marketing and promotional events to schools and workplaces, many of them undertaken by CTC and other local or national voluntary sector groups.

"Yet even in these Cycling Towns, CTC's campaigners are often still critical of poorly designed cycling schemes, the unwillingness of traffic engineers to listen to their input, and particularly the lack of political will to tackle the root causes of the problems cyclist face: too much traffic travelling too fast."

Here are some of the negative quotes from the CTC Right to Ride reps. (They do also talk about some positives...)

**Lancaster and Morecambe** - the main obstacle was identified as fear of cycling on the roads with fast motor traffic. "Tackling this has been the great missed opportunity – not for want of trying. The city council asked for city-wide 20mph speed limits on all residential roads but this has been consistently blocked by county highways." Support from the city council is strong but "support from the highway authority has been half-hearted and directed at getting cyclists onto circuitous or off-road routes."

**Brighton and Hove** - Right to Ride reps met the city council and it was agreed that the priority for action was a fast and unpleasant dual carriageway, the Old Shoreham Road, with several adjacent schools. This priority has been ignored and money spent on two expensive segregated tracks on roads where they are not needed. No progress so far has been made on a city-wide speed reduction to 20mph, cycling awareness training for council and police personnel, or all one-way streets turned into two-way cycling. "It feels instead as if the city council have just done what they liked."

**Bristol** – "Bristol's executive member for transport and sustainability and senior officers clearly show a commitment and desire for an environment that matches Continental 'cycling cities'. But 50 years of putting the car first have taken their toll, and car-centred attitudes prevail in the highway engineers' workplace. Consequently the ideas put forward by cycling officers and campaigners have been eroded because priority is given to 'keep the motor traffic flowing'."

So even with money, the problems sound very familiar. It sounds to me like changing attitudes in highways departments should be a key priority for cycle campaigners.

# SPOKES RIDES & EVENTS

## MARCH / APRIL / MAY 2010

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***

### **Saturday 6<sup>th</sup> March      2.00pm      Confidence Booster Ride**

**Cha Cha Cha Café, Cassiobury Park** An easy ride for inexperienced or rusty riders who want to try out cycling with support.

**5 miles    Slow    Maureen**

### **Sunday 7<sup>th</sup> March      10.00am      Andrew's Aldenham Alternative**

**Garston Medical Centre** Gentle ride to Aldenham with return via Patchetts Green including Tea Stop at Elstree Aerodrome.

**12 miles    Slow    Andrew**

### **Thursday 11<sup>th</sup> March      10.00am      Wigginton**

**Harvester, Baldwins Lane, Croxley Green** A hard hilly ride through Belsize, Ley Hill, Ashley Green and Champneys.

**30 - 35 miles    Medium    Dennis**

### **Sunday 14<sup>th</sup> March      10.00am**

#### **CTC Ride 1    Alban Amble & Signal Box**

**St. Albans City Station** We are invited to join Central London CTC ride for some quiet lanes and some rail trails. Café or pub lunch; ride ends with afternoon visit to St Albans Signal Box.



For those travelling from Watford, take the 09.07 train from Watford Junction to St Albans Abbey which should give you time to find your way up the hill to St Albans City station where the ride starts once the Central Londoners arrive, due in on 0955 train ([www.sigbox.co.uk](http://www.sigbox.co.uk)). Participants are advised to check [www.centrallondonctc.org.uk](http://www.centrallondonctc.org.uk) in case of last minute changes to train service.

**25 - 30 miles    Slow    Rona**

**Sunday 14<sup>th</sup> March                    10.00am – 10.15am**

**CTC Ride 2**

**being link from another start point**

**Traffic Free Ride**

**Watford High Street station**    Joint Ride with West Middx CTC, Coffee at Aldenham Country Park and lunch in the Plough, join West Middx CTC page on Facebook for updates.

**25 miles    Medium    Ayman**



**Sunday 21<sup>st</sup> March                    10.15am**

**Camden and the Market**

**Watford Metropolitan Station**    Joint ride meeting up with Harrow Cyclists at Rayners Lane Metropolitan station to ride along the Grand Union Canal to trendy Camden. More details on:

**[www.harrowcyclists.org.uk](http://www.harrowcyclists.org.uk)**    c.40 miles (or less if using train options)    Medium    Harrow contact - Dan

**Thursday 25<sup>th</sup> 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 dhansak.    Diana

**Saturday 27<sup>th</sup> March                    10.45am**

**Joint Ride with HAWOG &**

**Harrow Cyclists to Hatfield / St.Albans**



**St Albans Abbey Station, AL1 1TD**    Road cycle route, flat course, via Sustrans cycleway and quiet rural roads. Will visit Roman sites in St Albans, Hatfield House, Ayot St Lawrence and hidden church (setting for premature burial of Ros in Spooks), Stanley Kubrick's country mansion and Gorhambury House. Pub for lunch, tea shop at end in St Albans.

**30 miles    Medium    Brian for HAWOG, David for Spokes**



**Sunday 28<sup>th</sup> March                      7.00am - 7.00pm                      Outdoors Show 100**

**NEC, Birmingham** Charity fundraiser. Choice of 100km and 100 mile circular routes. Both rides offer spectacular mixed road terrain.

*No specific leader but this may be of interest to members*

**Saturday 3<sup>rd</sup> April                      2.00pm                      Confidence Booster Ride**

**Cha Cha Cha Café, Cassiobury Park** An easy ride for inexperienced or rusty riders who want to try out cycling with support.

**5 miles      Slow      Mary Ann**

**Sunday 4<sup>th</sup> April                      10.00am                      Easter Ride - Bedmond**

**Watford High Street Station** Up the hills to Bedmond on quiet streets and lanes, some traffic free. This is Ride 15 from the Blue Book.

**17 miles      Medium      Paul**

**Thursday 8<sup>th</sup> April                      10.00am                      Bridle Paths Around Sarratt**

**Harvester, Baldwins Lane, Croxley Green** Ride through Whippendell Woods, Penman's Green and Hollin's Hall. If too muddy there is an alternative on road. **22 mile      Medium      Dennis**

**Saturday 10<sup>th</sup> April                      10.00am                      Ridge Ride**

**Watford High Street Station** Ride through Radlett and Shenley to Ridge with coffee stop. **26 miles      Medium      Alan**

**Sunday 11<sup>th</sup> April                      10.20am                      Ayot Green & Wheathampstead**

**Watford Junction Station** Train from Watford Jcn 10.31 arr. 10.47 at St Albans Abbey Rail Station for ride via Smallford trail to Ayot Green for lunch, return on Ayot trail to St Albans, train or ride to Watford.

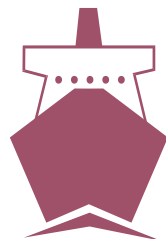
**18 miles if using train; 30m otherwise      Medium      Phil**

**Sunday 18<sup>th</sup> April                      8.15am                      France Day Ride**

**Duty Free Dover Eastern Docks Booking office** Safe escorted ride through Dover eastern docks to catch 8.30am ferry - first on!! (about £12 with P & O) - On arrival in France flat canal ride to Ardres from Calais. Ride joins with East Kent Spokes **30 miles (50km)**

**Detailed info from East Kent Spokes will be available approximately ONE MONTH before the trip including meet arrangements (see their website:**

***www.spokeseastkent.org.uk*)      Steve or Andrew**



**Thursday 22<sup>nd</sup> April 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 juice and a jalfrezi. Diana



**Saturday 24<sup>th</sup> April 10.00am Chess Valley to Rickmansworth  
Walk for St. Luke's Hospice**

**Northwood Metropolitan Station** WALK in conjunction with St. Lukes Hospice training programme to Croxley Moor and Chorleywood via a few golf courses and dismantled railways – firm walking boots required along with £2 contribution to the work of the hospice.

**15 miles Walking pace** David

**Sunday 25<sup>th</sup> April 9.00am – 3.00pm London Marathon Ride**

**Central London** London Marathon – a great opportunity for cyclists to enjoy the event using streets which are closed to normal traffic but will allow cyclists – more details [www.virginlondonmarathon.com](http://www.virginlondonmarathon.com)  
Open to individuals, there is no leader for this ride.

**Friday 30<sup>th</sup> April 7.30pm Spokes Weekend Away  
to Bank Holiday Monday 3<sup>rd</sup> May in Peterborough**

**Peterborough Weekend** away for Spokes members in conjunction with the newly formed Harrow Cyclists. This is a mixed activity weekend for all in and around the cathedral town of Peterborough. Apart from bike rides there are possibilities of visiting:

- ❖ *Peterborough Cathedral*
- ❖ *Railworld Sustainable Transport Centre*
- ❖ *Nene Valley Railway*
- ❖ *Flag Fen Archaeology Park*
- ❖ *Burghley House*
- ❖ *a circular walk*
- ❖ *Belvoir Castle*

and on Sunday meeting up with the Peterborough Cycle Club for their **Club Run or Race**. Opportunity to take part in Club run for all abilities or alternatively a Club Race as participant, spectator or marshall. Further details will be available from David.



**Tuesday 4<sup>th</sup> May                      10.30am                      The Tuesday 2 Hour Ride**



**Harvester, Baldwins Lane, Croxley Green** A regular local easy ride to take place on the first Tuesday of each summer month.  
**10 miles Medium Roger**

**Saturday 8<sup>th</sup> May                      2.00pm                      Confidence Booster Ride**

**Cha Cha Cha Café, Cassiobury Park** An easy ride for inexperienced or rusty riders who want to try out cycling with support.  
**5 miles Slow Maureen**

**Sunday 9<sup>th</sup> May                      10.30am                      Colney Heath Special**

**Garston Medical Centre** Ride to open air model railway at Colney Heath (see [www.nlsme.co.uk](http://www.nlsme.co.uk) for details). Refreshment stop at the cafe at Shenley Park and / or at Sleafshyde. Easy pace but there are hills.  
**20 miles Medium Charles**

**Thursday 13<sup>th</sup> May                      10.00am                      Heronsgate**

**Pump House, Local Board Road** Ride along the Ebury Way and up Long Lane, some steep bumpy tracks.  
**25 miles Medium Dennis**

**Saturday 15<sup>th</sup> May                      10.00am                      Annual FA Cup Final Ride to Wembley and Ace Café**



**Watford Metropolitan Station** FA Cup Final trip to Wembley for 3rd event (possible train journey). Brent cycleway and drinks at the Ace Café before returning along the Grand Union Canal to join the Environment Fair.  
**26 miles or less if using train option Slow David**

**Saturday 15<sup>th</sup> May                      10.00am - 5.00pm                      Ricky Aquadrome**

**Day 1 - Rickmansworth Environment Fair to promote safe cycling.**

All are welcome to visit but note that assistance required by members Michael is coordinating the Spokes stall.

**Please arrange a slot with Michael well in advance**

**Sunday 16<sup>th</sup> May                      10.00am - 5.00pm                      Ricky Aquadrome**

**Day 2 - Rickmansworth Environment Fair** Assistance required by members to promote safe cycling. Michael is coordinating the Spokes stall, see notes above...

**Thursday 20<sup>th</sup> May                      TBC                      Chiltern Society Ride**

**To Be Confirmed** Chiltern Society Thursday Cycle Group event –  
Spokes members invited to participate – see their website  
***[www.chilternsociety.org.uk/news-cycling.php](http://www.chilternsociety.org.uk/news-cycling.php)***

**20 - 25 miles Medium** For details please contact in advance:  
Roger or David

**Thursday 20<sup>th</sup> May                      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  
merlot and tikka massala. Diana

**Saturday 22<sup>nd</sup> May                      10.00am                      Green Belt**

**Lower High Street Station** Meander through quiet streets and byways  
south of Watford including the Merryhill Woodland Trust Greenway  
returning before lunch with an option of coffee at the new café at Lower  
High Station. **8 miles Slow** Mary Ann

**Saturday 22<sup>nd</sup> May                      12 mid-night Peace Hospice Starlight Walk**



Starlight Walk 2010 – Volunteers from Spokes and sponsored  
walkers required: ***[www.peacehospice.co.uk/events/asp](http://www.peacehospice.co.uk/events/asp)***  
**13 miles Walking pace** Tanya (*Peace Hospice*)

**Sunday 23<sup>rd</sup> May                      9.00am                      Deep Mill Diner, Great Missenden**

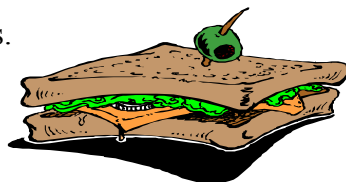
**Harvester, Baldwins Lane, Croxley Green** An early start for  
elevenses at the Diner after a ride across the Chilterns. Lovely country in  
return for a few hills. **30 miles Medium** Phil

**Monday 24<sup>th</sup> May                      7.30pm                      Committee Meeting**

For more details contact Roger

**Saturday 29<sup>th</sup> May                      11.00am                      Black Park**

**Harvester, Baldwins Lane, Croxley Green**  
Morning ride mainly on lanes with some hills.  
Lunch at Black Park Café or own picnic. After  
lunch return on NCR 61 mainly flat to finish at  
Rickmansworth Aquadrome Café.  
**25 miles Medium** Roger



## Looking Forwards to the Summer Programme

**Thursday 17<sup>th</sup> June**      **8.00pm**      **Spokes Social Evening**  
at the **Moon Under Water**, High Street Watford.

**Friday 18<sup>th</sup> June**      **The Chilterns Cycleway Launch**

The Chilterns Cycleway will be launched on Friday 18th June, 2010 – this is a 170 mile circular route in the Chilterns of outstanding Natural Beauty, linking attractions, market towns and places of interest. The route is on-road, mostly on quiet lanes, and will be clearly signposted

***[www.chilternsociety.org.uk/about-ChCyWay.php.php](http://www.chilternsociety.org.uk/about-ChCyWay.php.php)***

**Saturday 19<sup>th</sup> June to Sunday 27<sup>th</sup> June**      **National Bike Week**

Load of events and your help required      ***[www.bikeweek.org.uk](http://www.bikeweek.org.uk)***

**Saturday 19<sup>th</sup> June**      **Croxley Revels**

Spokes volunteers required to support the publicity stall

***[www.croxleyrevels.co.uk](http://www.croxleyrevels.co.uk)***      Michael

**Sunday 27<sup>th</sup> June**      **London Bikeathon**

26 mile ride in London for Leukaemia Research –

more details on ***[www.londonbikeathon.co.uk](http://www.londonbikeathon.co.uk)***

**Sunday 11<sup>th</sup> July**      **Peace Hospice Pedal for Peace**

Sponsored 10,20,30 mile ride.      Tanya (Peace Hospice)

***[www.peacehospice.co.uk/events/asp](http://www.peacehospice.co.uk/events/asp)***

### Salt Shortage: Bike Lanes Get Priority in Copenhagen

Due to the recent weather conditions this winter, road salt stocks are running low in Denmark.

Copenhagenize (***[www.copenhagenize.com](http://www.copenhagenize.com)***) reports that the City of Copenhagen has issued a press release announcing that due to the shortage, they're prioritising salt for **bicycle lanes** and **cycle tracks**, as well as the main approach roads to the city.





# 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"/> 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                         |  |



## Quarterly Quotations

Riding bicycles will not only benefit the individual doing it, but the world at large.

Udo E. Simonis, Emeritus Professor of Environmental Policy at the Science Centre, Berlin, 2010

Meet the future; the future mode of transportation for this weary Western world. Now I'm not gonna make a lot of extravagant claims for this little machine. Sure, it'll change your whole life for the better, but that's all.

Bicycle salesman in Butch Cassidy and the Sundance Kid, 1969

# 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

**Northwood Cycle Depot** 01923 824174  
118 Pinner Road, Northwood

**10% off food & drink at the Café in the Park** 08456 800835  
The Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1NB



## ***British Waterways Considers Charitable Status***

British Waterways is considering a possible change from public ownership to charity status said Chief Executive Robin Evans on the 'Today' programme. Apart from bringing in a much-needed new revenue stream and reducing BW's "burden on the 'public purse'" he said this would give the public a greater sense of 'ownership' which would encourage more participation.

Robin Evans stated that BW needs £30M more income per annum and is not spending enough on maintaining its 2200 miles of leisure waterways, which are used not only by boaters but 11 million visitors to the towpaths each year.

*Opinion:* many of these 11 million are cyclists so any extra funding to maintain and repair some of the dreadful towpaths, like this stretch in Birmingham, will be welcome! If there are Canal Users Group meetings in your area, do you send Group campaigners to them? Have your say direct to local BW managers!

from cyclenation news web-site



# **Café in the Park**

**@ The Rickmansworth Aquadrome**

**We welcome all members of  
Spokes to claim a 10% discount  
on all food and drink.**

**Please show your Spokes  
membership card to your server.**

The Aquadrome, Frogmoor Lane, Rickmansworth, Hertfordshire, WD3 1NB  
We are also in: Higginson Park, Pound Lane, Marlow, Buckinghamshire, SL7 2AE

info@thecafeinthepark.com | www.thecafeinthepark.com | 08456 800835

# 20's Plenty Campaign Group

A year ago SPOKES held the very successful Open Meeting to promote the idea of a 20mph speed limit on residential roads, under the national campaign slogan '20's Plenty'.

We need to engage with the local political processes if we are ever to have the benefits enjoyed by major towns elsewhere in England.

We need to form a small group to move this forward by determining the most effective approach.

Would anyone who wants to help us  
do this please contact: Phil

## FILL THAT HOLE

Local councils have a duty to ensure roads are maintained, but if they don't know about a pothole, they can't fill it in. So if you want to get it repaired, you have to report it. CTC, the UK's national cyclists' organisation, is asking all road users to report potholes and hazards on this website:

**<http://www.fillthathole.org.uk/>**

