

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 HERTS SPOKES CYCLING GROUP



Web-site  
version

**Outside Cha Cha Cha café, in Cassiobury Park,  
the starting point of our regular short rides  
for less experienced cyclists (LEC)**



[www.spokesgroup.com](http://www.spokesgroup.com)

SUMMER: JUNE / JULY / AUGUST 2011 ISSUE # 69

# LESS EXPERIENCED CYCLISTS RIDES

by David T



Confidence Booster rides were established last year by Maureen and Mary Ann before she left for the Peak District. Their objective was to provide an

We have had occasional short easy rides starting at the Cha Cha Cha café from about April 2004.

Several years ago there was a women's ride in concert with a CTC initiative. We had a group including Diane, Alison, Mary Ann, Pam, Linden and myself, who as a group unofficially agreed to support each other leading rides for slower riders.

They have happened spasmodically since then.

**Maureen**

opportunity to those who were nervous about riding on the roads or who had not been on their bicycles for a while. This was delivered as an easy ride with support from experienced riders. Many people in the community, some contacted via the TravelSmart scheme, said that they wanted this opportunity but few actually turned up on the rides. This was rather discouraging and during the

summer the rides ceased although many believed that there were many people who could benefit. During Spokes' summer 2010 marketing events questionnaires



completed by the public indicated that a high proportion were concerned about safety and traffic levels. Estimates suggested that there are as many as 20,000 people of all

ages in Watford who rarely used their bicycles. This April, we have reintroduced these rides on the agenda and you will have seen them as rides for less experienced cyclists (LEC rides). These are the first Saturday of each month and are planned from April to October. To date publicity has been a key focus and the Watford Observer has publicised both the April and May events and Spokes members have been encouraged to provide support via email reminders. The result in April was a turn out of 14 cyclists for a gentle 5 mile ride along the canal and in May 9 for the tougher 8 mile ride including Grove Hill taking a little over an hour. Tea and cakes at the café have been welcome after both events. We have received great encouragement as both rides have seen new people wishing to join Spokes but also recognise that more action is needed to enthuse cyclists in the area.

- ***How do you think Spokes can increase interest in cyclists about active cycling in Watford and using more of their local Cycle Network?***
- ***Can you help us to ensure that media publicity is consistent and ongoing?***
- ***Would you be able to give out publicity leaflets to people in your road and local community, or in the parks or Town Centre?***
- ***Does the National Cycle Week in June provides a natural opportunity to increase our activities?***

If all members would come and join on us on some of these LEC rides and marketing events in the town centre, this would help to understand local needs better and provide other cyclists with support. Are you able to join us? Please come along or speak further to one of your committee members.

## 30 DAYS OF BIKING

BY DAVID C

Round 3 of the 30 Days of Biking challenge took place in April this year. Did you join in the fun? If so, we'd love to hear from you. Nearly two thousand people from fifty-two countries registered to take part. The rules were simple - all you had to do was ride your bike every day in April and then share your experiences online. Participants also set their own challenges - from cycling over a hundred miles before the month was out to commuting to work every week day (*in addition to those extra special rides to the country at the weekends*). Look out for details about Round 4 and be sure to get involved. It's habit-forming!

<http://30daysofbiking.com/>

# SPOKES RIDES & EVENTS

## JUNE / JULY / AUGUST 2011

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*

### ***SPEED GUIDE FOR RIDES***

<b><i>SLOW</i></b>	a gentle pace up to <b>8 mph</b>
<b><i>MEDIUM</i></b>	average pace between <b>9</b> and <b>12 mph</b>
<b><i>FAST</i></b>	faster than <b>12 mph...</b>

#### **Friday 3 June 23.30 - 03.00 Ladies Night Ride for Michael Sobell**

This is a marshalling support group to ensure the safety of participants in this night walk in the Northwood area. Dara / David

#### **Saturday 4 June 14.00 LEC (*Less Experienced Cyclists*) Ride**

**Cha Cha Cha Café, Cassiobury Park** Easy ride for less experienced or rusty riders 5-8 miles Slow Leader to be appointed.

#### **Thursday 9 June 10.00**

#### **Ruislip Woods**

#### **Pump House Theatre, Local Board Road**

Ebury Way, Moor Park, Ruislip.

Return along canal. Pub Lunch.

Mostly flat, some off road.

20 miles Medium John





**Saturday 11 June                      15.00                      London World Naked Bike Ride**

**Hyde Park**    No official Spokes ride but the 8<sup>th</sup> London World Naked Bike Ride, with over 1000 riders last year, takes place for cyclists wanting to see the city sights in their nakedness – check this out:

[www.viewlondon.co.uk/whatson/london-naked-bike-ride-article-3067.html](http://www.viewlondon.co.uk/whatson/london-naked-bike-ride-article-3067.html)

**Sunday 12 June    Greenacre Cycle Rally**

**North Finchley**    *Check Internet nearer the time for details...*

**Tuesday 14 June                      10.00                      Tuesday Easy Ride**

**Harvester, Baldwins Lane, Croxley Green**    Tuesday short ride.

Open to all.                      Approximately 15 miles                      Slow    Roger

**Saturday 18 June                      afternoon                      Croxley Revels**

**Croxley Green**    Croxley Revels on the Green.

*Volunteers required to help out on the Spokes stall.*

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

**19 - 26 June                      Team Green Britain Bike Week**

many rides due in conjunction with nationwide activities further details on  
[www.bikeweek.org.uk/index.php](http://www.bikeweek.org.uk/index.php)

**Sunday 19 June                      11.00 - 16.00                      Spokes Publicity Event**

**Watford High Street Stall outside St. Mary's Church**

Watford High Street stall with a picnic theme (*see below*) to publicise the benefit of Spokes and to promote membership along with a fun competition for all ages – VOLUNTEERS REQUIRED for time slots on the day.

David

**Sunday 19 June                      16.00                      Picnic Ride**



**Watford High Street**    From the Spokes High Street stall outside St. Mary's church, an easy pleasant ride along the Ebury way to the Rickmansworth Aquadrome. 5 miles each way                      Slow    Paul

**Sunday 19 June                      17.00                      Bike Week Picnic Fun & Frolics**



Meet in the **Rickmansworth Aquadrome** in the field between the Bury Lake Boat House & the Canal (*Grid Ref: TQ052935*). Look for the **SPOKES BANNER**. Meet other cyclists - Bring your picnic.                      Roger

**Tuesday 21 June 10.30 Longest Day Ride To Belsize**  
**Watford Metropolitan Station** Via Bovingdon to Belsize for pub lunch and return via Chipperfield and other villages.  
17 miles Slow Vince

**Wednesday 22 June 10.30 Return To Butterfly World**  
**Garston Medical Centre** Ride in the Bedmond/Chiswell Green area for another chance to visit Butterfly World. Bring a picnic or visit the Nectar House Café. See **[www.butterflyworldproject.com](http://www.butterflyworldproject.com)** for more details and admission prices. 15 miles Medium Veronica

**Thursday 23 June 19.00 'Not The Longest Day' Evening Ride**  
**Watford Junction Station** Circular ride along lanes and towpath in the Apsley direction with views of the new Leavesden studios. Pub stop in the middle before return in the dark. Don't forget to bring **lights** and batteries.  
11 miles Medium David -

**24 - 26 June Peak District Weekend Away**  
at **Hartington Hall Youth Hostel** with Mary Ann.  
Further details David Turner

**Sunday 26 June 08.30 London Bikeathon**  
**Royal Chelsea Hospital** Now in its 15<sup>th</sup> year, The London Bikeathon is a day of adventure where you'll not only be taking on a cycling challenge, you will be supporting a fantastic charity and seeing the capital's wonderful sights.

**Thursday 30 June 20.00 Spokes Social Evening**  
**Moon Under Water, High Street, Watford**  
We are normally in the rear section of the pub. A chance to have a chat while enjoying a drink and a curry (*or other dish*). Diana

**Saturday 2 July 14.00 LEC Ride**  
**Cha Cha Cha Café, Cassiobury Park** Easy ride for less experienced or rusty riders. 5-8 miles Slow Leader to be appointed

**Sunday 3 July 10.00**  
**Harvester, Two Bridges, Croxley Green** Ride on country lanes to Bovingdon and back along the canal for a pub stop at Apsley. 20 miles Slow Vince



**Saturday 9 July                      11.00                      Folding Bike Special Ride**

**Euston Station, Eversholt Street Exit** Folding Bike Ride to see some of the sights of London in conjunction with Folding Society. Tea by the Serpentine is likely to be on the route. Those without folders might wish to consider using Barclays Cycle Hire scheme as an alternative means of transport.



*Participants should notify their interest in advance.*

16 miles    Medium

**Sunday 10 July                      08.30                      Pedal For Peace Bike Ride**

**Cassiobury Park**

[www.peacehospice.co.uk/application\\_form\\_detail.asp?id=12](http://www.peacehospice.co.uk/application_form_detail.asp?id=12)

Cycle Route 1 - 10 Miles

Cycle Route 2 - 20 Miles

Cycle Route 3 - 30 Miles

Please contact Rides coordinator if you would like to volunteer to assist in Cassiobury Park or on the route in advance and/or on the day for this event.

**Tuesday 12 July                      10.00                      Tuesday Easy Ride**

**Harvester, Baldwins Lane, Croxley Green** Tuesday short ride.

Open to all.                      Approximately 15 miles    Slow    Roger

**Wednesday 13 July                      10.00                      Winchmore Hill**

**Pump House Theatre Local Board Road**

Ebury Way, Chalfont St. Giles, Winchmore Hill. Pub lunch.

Back via Sarratt. Hilly in places.                      25 miles    Medium    John

**Saturday 16 July                      11.00 - 16.00                      Spokes Publicity Event**

**Watford High Street** Stall to publicise Spokes membership and the rides activity over the summer holidays along with a fun competition for all ages –VOLUNTEERS REQUIRED for time slots on the day. David

**Sunday 17 July                      15.00                      Harrow Family Barbecue**

**Hatch End Station** Picnic ride with Harrow Cyclists in park area of Harrow. Bring your own food to cook on BBQ.

Please call to check on timing in advance of this event.

10 miles    Slow    David Turner + Harrow Cyclists



**Saturday 23 July**

**10.00**

**Whipsnade Ride**

**Garston Medical Centre** Long ride through the lanes around Hemel Hempstead, on to Trowley and up to Whipsnade. Lunch at the Red Lion in Studham.

c. 45 miles Medium Andrew



**Sunday 24 July**

**10.30**

**Three Valleys Ride**

**Harvester, Baldwins Lane, Croxley Green** Hilly ride across the Chess, Gade, & Colne Valleys via Loudwater, Bovington, Chiswell Green. 25 miles Medium Phil

**Thursday 28 July**

**20.00**

**Spokes Social Evening**

**Moon Under Water, High Street, Watford**

We are normally in the rear section of the pub. A chance to have a chat while enjoying a drink and a curry (*or other dish*). Diana

**Saturday 30 July**

**10.50**

**Wheeling To Wild Hill**

**St Albans Abbey Station**

(*Abbey Flyer train leaves from Watford Junction at 10.31 and arrives at 10.47*).

Heading East along the Alban Way then country lanes for a well deserved lunch at a rural pub. 30 miles Medium/Fast Iain

**Sunday 31 July**

**14.00**

**Family Treasure Hunt**



**St. Mary's Church, High Street, Watford** Family

Treasure Hunt in Watford with prizes courtesy of the local retail community!! 5 miles Slow David

**Tuesday 2 August**

**19.30**

**Spokes Committee Meeting**

*Provisional location is the BT building, Leavesden, WD25 7GR.*

*For more information contact David*

**Saturday 6 August**

**14.00**

**LEC Ride**

**Cha Cha Cha Café, Cassiobury Park** Easy ride for less experienced or rusty riders.

5 - 8 miles Slow Leader to be appointed

**Tuesday 9 August**

**10.00**

**Tuesday Easy Ride**

**Harvester, Baldwins Lane, Croxley Green**

Tuesday short ride. Open to all.

Approximately 15 miles Slow Roger





**Saturday 13 August      10.30      Day Ride With Pub Lunch**  
**Harvester, Baldwins Lane, Croxley Green**      A ride mainly on lanes and some tracks to Black Park & lunch at Hedgerley. Return via Chalfont St. Giles to Rickmansworth.      30 miles      Medium      Roger

**Thursday 25 August      20.00      Spokes Social Evening**  
**Moon Under Water, High Street, Watford**  
We are normally in the rear section of the pub. A chance to have a chat while enjoying a drink and a curry (*or other dish*).      Diana

**Saturday 27 August      11.00      Elstree Aerodrome**  
**Garston Medical Centre**      Short and easy ride with a café stop at Elstree aerodrome (*possibly the new café recently opened*). If the weather is favourable may try part off-road.  
10 miles      Slow      Andrew



## Looking Forwards to the Autumn Programme

**Saturday 3 September      14.00      LEC Ride**  
**Cha Cha Cha Café**      All welcome

**Sunday 4 September      about 09.30      London Sky Ride**  
where central London is closed to traffic and open to bicycles

**Sunday 25 September      London Trip To Borrow A Boris Bike**

**Thursday 29 September      20.00      Spokes Social Evening**  
**Moon Under Water, High Street, Watford**

**Wed - Sun October 5-9      Bicycle Film Festival**  
<http://www.bicyclefilmfestival.com/london/>

## Quarterly Quotations

*"All creatures who have ever walked have wished that they might fly. With highwheelers a flesh and blood man can hitch wings to his feet".*

Karl Kron (*Ten Thousand Miles on a Bicycle*)

*"Rincewind [a wizard] was to magic what a bicycle is to a bumblebee".*

Terry Pratchett (*The Light Fantastic*)

# 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 ( <i>Watford Market</i> )
<input type="checkbox"/>	Northwood Cycle Depot	<input type="checkbox"/>	Environmental Fair
<input type="text"/>		Other / Spokes newsletter at other location	

## 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		



The **Deadline** for the Autumn Newsletter  
is **Thursday 4 August 2011**

# 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**



Title ..... First Name .....

Surname .....

Address .....

Post Code ..... Telephone .....

Amount £                      Donation £                      *Cheques payable to SPOKES please*

E-mail:



## 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

# **SPOKES - Chairman's Report April 2011**

SPOKES continues to promote cycling in South West Hertfordshire by organising rides, liaising with local authorities & attending various publicity events such as Rickmansworth Environment Fair & Croxley Revels.

I wish to thank all committee members for their support in organising SPOKES activities over the last year. I also wish to thank all those who have committed themselves to leading rides.

Our principle activities continue to be the organisation of rides & the production of the Quarterly Newsletter & its distribution. We have a useful web-site, which has information of interest to all cyclists.

David has developed the organisation of our rides, developing a template for planning the rides hoping to achieve a balanced program. He has also organised the publicity events in Watford & supported events organised by other organisations.

Social events have been organised & our campaigning for improved cycling facilities has continued.

We have a flexible committee structure allowing members to participate in a way suitable to them. Mike is leaving the committee this year & we thank him for five years of organising events with the variety of materials for promoting cycling.

As in previous years we invite members to come onto the committee & help develop our activities. This year we co-opted David onto the committee & we have another member willing to take on the role of publicity for SPOKES.

Membership is steady at around 190. Consisting of approximately 120 lead members & another 70 family members.

Last year the number of members leading rides increased but for the current quarter appears to have decreased. We provide for a very wide range of cycle rides, but this may lead to some rides not been suitable for an individual. This is an area for future discussion. Our rides activities include short easy rides aimed at novices who wish to build confidence & day & evening rides for experienced cyclists. Cycling weekends away have also been arranged

SPOKES has regular social events & some ad-hoc ones, these events encourage members to meet & allow discussion on a range of issues.

Pam & I have attended Hertfordshire County Councils - Cycling Forum and have been joined by David. Last year the various cycling groups in Hertfordshire decided to meet to agree a common approach to the county council on cycling issues. This group, still in its early stage could prove useful in promoting common cycling policies. The county council has been reviewing its Local Transport Policies, which include a cycling strategy & road safety plan. I encourage members to view these on the county council web-site.

I believe that whilst the County & District councils have acceptable cycling policies, to be effective they need to be implemented much quicker; the provision



of safe cycling networks by removing obstacles to cycling needs to have a higher priority.

All levels of government now recognise the benefits of cycling, as an effective mode of transport for short journeys, reducing congestion, improving the environment & a more healthy population, but implementing change has to be tackled in a more effective way.

We support the introduction of 20 mph speed limits in residential areas, which is being introduced by an increasing number of local authorities; these provide an improved street environment for residents, pedestrians & cyclists.

Local projects that have been recently completed include:

- A shared use path at the front of Watford Town Hall linking Cassiobury Park to the Subway.
- Oxhey Park Bridge, which links NCR 6 to Bushey Arches.

Currently work is under way on extending the shared use path alongside Aldenham Road.

Of course we would like to see all the missing links in the local cycling network completed, but the two projects in Watford we still wish to be given a high priority are the completion of the cycling route from the High Street to the lower High St. & linking the cycle paths in Cassiobury Park to the canal path.

I would like to see more footpaths by busy rural roads converted to shared use paths. These are often little used by pedestrians, but could be a significant benefit to cyclists.

Our newsletter & web-site enable us to communicate to members and a range of other people. We welcome ideas for developing their use for promoting cycling.

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

Cycling is not only a recreational pastime, it is an effective means of local transport, and will help to provide better health for people living in a more pleasant & sustainable environment.

Issues for the committee in the forthcoming year include:

- Should the existing pattern of rides continue, or should the rides be on a more regular basis starting at the same place & time ?
- Can we be more influential in our campaigning ?
- Should we have a broader range of social activities ?

Whatever the direction we move in, it will depend on the willingness of members to participate & support each other.



On a recent visit to Butterfly World we saw tropical butterflies, a giant caterpillar (*it's behind you*) and a 50 foot ant!; as well as some alternative gardens





A tree in the shape of a cyclist  
in the Archbishop's Park,  
Lambeth, London



Spokes now has a Twitter feed (@spokesgroup).  
If you're a Twitter user, follow us for information about  
upcoming rides and events. We'll even follow you back!

For more information, visit:

**<http://twitter.com/spokesgroup>**

You'll need to register if you're not already signed up.