



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 16th April 2013 at 7.30pm**
at **The Pump House** (*in the Charles Room*),
Local Board Road, Lower High Street, Watford, WD17 2JP.

After the formal business there will be a short presentation
and discussion on the current state of
the **20's Plenty** campaign by **Kevin**.

If you would like to join the committee or propose any
resolutions, please contact Roger.



Fair Trade coffee and tea available.

We look forward to seeing you there!
Refreshments in the bar afterwards.

WEB www.spokesgroup.org.uk FACEBOOK on.fb.me/spokesfb
E-MAIL info@spokesgroup.org.uk TWITTER twitter.com/spokesgroup

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Roger's Winter Warmer ride - February 2



View from Lea Navigation bridge on Olympic Park exploratory
12 mile ride with Steve, Carl and Bob on 16 February

Photo by David

More people are cycling. The politicians are slowly picking up the idea that many people want to travel with less hassle & in a sustainable way. If safe cycling routes are provided people will be inclined to use them; we do need continuous safe routes for local journeys.

Do you have any views on the SPOKES Cycling Code? You will find a copy on the web-site. When cycling in a group we need to be aware of what is happening around us!

It will be good to see you at our meeting on Tuesday 16 April at the Pump House. Tell us what you think SPOKES should be doing, it will be a sociable occasion for all.

Would you like to be more involved in SPOKES, either leading a ride, or helping to organise our activities? We would like some new committee members with ideas for promoting cycling. We normally formally meet four times a year. Could you help publicise or promote our local events?

- SPOKES members will again be involved in the local Sky-Rides this summer.
- If you are interested in a cycling weekend away, either two or four nights in October, probably staying at a Youth Hostel, please let me know by email at info@spokesgroup.org.uk
- Sustrans occasionally organises a maintenance ride on a local part of the National Cycle Route 6. Would you like to help keep the route clear & tidy? If so the next one is on **Sunday 24 March** from the Aquadrome Café, Rickmansworth.

What are our local authorities doing for cyclists ??

Hertfordshire County Council – The Highways Authority

- Obtained funding from central government from the “Local Sustainable Transport Fund” for promoting cycling, including “Local Sky Rides” .
- Are improving some of the established cycling routes.
- Consulted on an Active Travel Strategy, promoting walking & cycling.
- Produced a draft “South west Hertfordshire Cycling Study” a good document identifying a way forward for urban cycling.
- We need maps showing safe cycling routes in & around our main population centres.
- On Highways we need more continuous safe cycling routes into our town centres, junctions need to be designed considering the needs of cyclists.

Watford Council

- Is a strong supporter for the Local Sky Rides.
- Produced the Watford Streetscape Guide, a good document identifying improvements for pedestrians & cyclist in central Watford, including a continuous cycling route for the full length of the High Street.
- Consulted on the future of Cassiobury Park to obtain lottery funding for improvements. SPOKES & other cyclists have asked for access from Gade Avenue & over the Iron Bridge. Need to encourage more residents to cycle to the park rather than drive.

- Consulted on Improvements to NCR-6 in the Colne River Park area near Knutsford Playing Fields. We hope to see improvement on the ground this year.
- More cycle parking racks are being installed in the town centre & at stations.

Three Rivers District Council

- Established a good recreational route though Leavesden Country park.
- Improvement to Aquadrome road surface on the NCR-6.
- Local direction signs,- unfortunately often directing cyclist onto non-cycling routes.
- Have put barriers onto recreation ground paths (eliminating useful cycling routes away from traffic)
- Need to encourage more residents to cycle to the parks rather than drive.

Looking for a job? - TravelSmart Project

Sustrans will be delivering a *TravelSmart* project across Hemel Hempstead and St Albans between April and August 2013. We are looking for the following:

Canvassing Supervisor (£8.10 per hour)	Packer (£6.25 per hour)
Household Canvasser (£6.75 per hour)	Delivery (£6.45 per hour)
Data Entry Assistant (£6.25 per hour)	Travel Advisor (£11.50 per visit)

This project will offer information and advice to help people to walk, cycle and use public transport more often. We need a number of part-time staff to carry out the above roles; the hours will vary from week to week depending on project requirements and availability. Full training will be provided for all roles.

Please visit our web-site www.sustrans.org.uk for further information and application details. Alternatively, email jobs@sustrans.org.uk or ring our recruitment line on 0117 915 0325. Please quote reference number SUS8001 for Hemel Hempstead and SUS8011 for St Albans.

Closing date for the receipt of applications is Friday 8 March 2013.

Quarterly Quotations

“If I can bicycle, I bicycle.” David Attenborough

“[On] Valentine’s Day, I’ll present my beloved with a shiny bauble I bought from our favourite store. Next I’ll take my honey out for a sunset cruise, maybe to the spot where we first got acquainted. Later, back home, I’ll give my baby a bath. Then I’ll gently dry my sweetie and turn out the lights...I’m talking, of course, about my bike...I humbly submit that my bike and I make a better team than most relationships I’ve seen...Your bicycle invigorates you, strengthens you, relaxes you, lets you vent your frustrations without interrupting, nodding off or making judgments. Your bicycle helps you meet other people. Your bicycle always goes where you want to go. And if you buy your bicycle a box of chocolates for Valentine’s Day, you get to eat them all.” Scott Martin, roadbikerider.com

SPOKES RIDES & EVENTS

MARCH / APRIL / MAY 2013

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

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

Saturday 9 March 10:30 Canal-side Cycle

Cha Cha Cha Café, Cassiobury Park, Watford Ride alongside the Grand Union canal - may be muddy! Return, via Hunton Bridge & Chandler's Cross (*a couple of hills*), for lunch/drink at the Cha³ café.

Medium 11 miles Iain

Thursday 14 March 10:00 South Mimms

Pump House, Local Board Road A hilly ride through Wall Hall, Radlett, Shenley and Ridge for refreshment at service area.

Medium 25 miles Dennis



Saturday 16 March 10:00 Gorhambury & St Albans
Watford Metropolitan Station Mainly on lanes through Bedmond,
Gorhambury, Alban Way to Sleafshyde for lunch. Return via Shenley &
Letchmore Heath.
Medium 30 miles Roger

Wednesday 20 March 10:00 Stanmore Common
Pump House, Local Board Road, Watford Some off-road and hills.
Refreshment stop. Medium 12 miles John

Thursday 21 March 20:00 Spokes Social Evening
Moon Under Water, High Street, Watford A chance to have a chat
while enjoying a curry & drink. We are normally in the rear section of
the pub. Diana

Sunday 24 March 09:30 Sustrans Maintenance Ride
Aquadrome Café, Rickmansworth Cycle along NCR 6 & carry out
minor maintenance. **Please phone Steve Ball in advance if interested.**
Slow 14 miles Steve Sustrans

Saturday 30 March 11:00 Easter Saturday Rugby Trip
Harvester, Baldwins Lane, Croxley Green Cycling the byways via the
Chalfonts mainly on roads to watch Wasps vs Saracens -
NB If interested please call ride leader at least 24 hours in advance.
Slow 30 miles Vince

Tuesday 2 April 10:00 Tuesday Morning Ride
Harvester, Baldwins Lane, Croxley Green A ride on local lanes and
tracks. Medium under 20 miles Roger

Sunday 7 April 10:30 Ride out to Latimer
The Bandstand, Watford Library Familiar lanes, a valley route so a
few hills. Back for a pub stop - probably the Clarendon Arms.
Medium 20 miles Phil

Saturday 13 April 10:30 Hidden Byways of Watford
Bandstand, Watford Library Exploratory route through lesser travelled
byways and slim passages around Watford and South Oxhey with stop for
food and drink near the end.
NB On some sections pedestrians have priority.
Slow 12 miles David

Tuesday 16 April 18:15 AGM Special Ride
Watford High Street Station Inaugural ride to support the annual mass gathering of Spokes members with a medium paced ride around the roads and cycleways to prepare for the AGM - all welcome.
Medium 8 miles Errol

Tuesday 16 April 19:30 SPOKES Annual General Meeting
Pump House, Local Board Road, Watford See front page for details.

Saturday 20 April 10:00 Pednor Ring
Irish Club, Deacons Hill, Watford A tougher ride out beyond Chesham taking in a few hills at a slightly faster medium pace. A lovely scenic ride with a few hills. Pub stop for lunch. Mainly smaller roads and some tracks. Off-road bikes advised. Shorter ride if wet.
Medium 35 miles Steve

Sunday 21 April 10:15 Chiltern Ride
Amersham Station 9.48 train from Rickmansworth arrives in good time. A lovely ride further out into the Chilterns. Some hills but beautiful countryside and all on road. Pub stop for lunch.
Medium 20 miles Pam

Wednesday 24 April 10:00 Bedmond/Chipperfield Loop
Watford Metropolitan Station Pretty ride round the country lanes north of Watford. A few hills, but taken gently. All on road. Lunch stop in pub or café. Slow 25 miles Veronica and Tim

↓ **The Spokes Social Evening advertised in the last newsletter has been moved from 25 April to 2 May**

Thursday 25 April 19:30 Spokes Committee Meeting
Provisional location is the BT building, Leavesden, WD25 7GR.
For more information contact David

Saturday 27 April 10:00 St Albans
Pump House, Local Board Road, Watford Ride through Bricket Wood and Chiswell Green for a cuppa at McD.
Medium 20 miles Dennis

Thursday 2 May 20:00 Spokes Social Evening
Moon Under Water, High Street, Watford A chance to have a chat while enjoying a curry & drink. We are normally in the rear section of the pub. Diana



Saturday 4 May **11:00 1st LEC (Less Experienced Cyclist) Ride of May**
Cha Cha Cha Café, Cassiobury Park, Watford Ride for all, young and old, inexperienced or experienced along mainly off road routes by woodland, parks or canal followed by food and drink at this friendly café.
Slow 5-8 miles Dennis

Tuesday 7 May **10:00** **Tuesday Morning Ride**
Harvester, Baldwins Lane, Croxley Green A ride on local lanes & tracks. Medium under 20 miles Roger

Saturday 11 May **11:00** **2nd LEC Ride of May**
Cha Cha Cha Café, Cassiobury Park, Watford Ride for all, inexperienced or experienced, young and old, along mainly off-road routes by woodland, parks or canal followed by drink & cake at this friendly café.
Slow 5-8 miles Pam

Tuesday 14 May **18:00** **Steve's Tuesday Evening Ride**
London Irish Club, Deacons Hill, Watford Medium pace ride out to Commonwood mainly on tracks, towpaths and minor lanes with beer stop. Bring **lights** but expect to return before dark.
Medium 15 miles Steve

Thursday 16 May **10:00** **Bridlepaths Around Sarratt**
Harvester, Baldwins Lane, Croxley Green Using the bridle paths around Sarratt, with alternative road route if too muddy.
Medium 18 miles Dennis

Saturday 18 May **11:00** **3rd LEC Ride of May**
Cha Cha Cha Café, Cassiobury Park, Watford Ride for all, young and old, inexperienced or experienced along quiet roads and off road routes by woodland or parks with an option to visit the Environment Fair at the Rickmansworth Canal Festival.
Slow 6-9 miles Phil

Saturday 18 May **Rickmansworth Festival Aquadrome**
Please help to promote/support SPOKES at our stall.

Sunday 19 May **Rickmansworth Festival Aquadrome**
Please help to promote/support SPOKES at our stall.

Wednesday 22 May 10:00 Ruislip Lido
Pump House, Local Board Road, Watford Ebury Way, Moor Park,
some off-road. Refreshment stop.
Medium 18 miles John

Saturday 25 May 11:00 4th and Final LEC Ride of May
Cha Cha Cha Café, Cassiobury Park, Watford Ride for all, whether
rusty or speedy cyclist, whether young and old, along quiet roads or off
road through woodland, parks or along towpath followed by baguette and
drink at this friendly café.
Slow 7-10 miles Veronica & Tim

Looking Forwards to the Summer Programme

Thursday 6 June 20:00 Spokes Social Evening

Saturday 8 June 10:30 Dumb Bell Exercise Ride
Bushey Station Gentle ride along the Ebury Way to the Dumb Bell at
Horn Hill for lunch, returning via Chandlers Cross and Whippendell Wood.
Some hilly off-road sections. Pub stop for lunch and great opportunity to
use the massage chair.
Medium 18 miles David

Tuesday 11 June 18:00 Steve's Tuesday Evening Ride
London Irish Club, Deacons Hill, Watford Slightly faster medium
pace ride out to Sarratt or Heronsgate mainly on tracks, towpaths and
minor lanes with beer stop. Bring **lights** but expect to return before dark.
Medium 20 miles Steve

Saturday 15 June 10:30 Bike Week Family Ride
Aquadrome, Rickmansworth Family ride for all at a gentle pace.
Slow Roger

Thursday 11 July 20:00 Spokes Social Evening

October Cycling Weekend Away
Please let the Chairman or Rides Coordinator know if you are interested.

Committee Members Contact Details

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"/>	Cycleopedia	<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 Summer Newsletter
is **Thursday 9 May 2013**

*Please contact the Rides Co-ordinator
if you would like to lead a ride.*

How To Join

SPOKES membership is only **£10.00** per person per year, and just **£2.00** 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:

Richard Bulgin
82 Beacon Way, Rickmansworth, Herts, WD3 7PD



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:

Cycleopedia 01923 221901
 70-76 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

A Spokesgroup Allotment Share



A photo taken years ago of a Spokes ride to the allotment

by Maureen

Would you like to share the work and produce from my two allotments in Sarratt? I have the expertise without the energy necessary, and think it could work well. A good supply of soft fruit, asparagus (*in season*) is on offer, and the potential for plenty of vegetables from a well cultivated, lately neglected, and beautifully situated site, a pleasant bike ride from Watford.

A ride and BBQ on the site will be arranged
in the Summer.

Affiliated to:



www.britishcycling.org.uk



www.ctc.org.uk



www.cyclenation.org.uk

CycleHerts

Hertfordshire Cycling Groups

www.cycleherts.org.uk

Watford Cycle Hub

The New Cycle Centre for your Community



The Watford Cycle Hub is a non-profit community bike centre situated in the Pavilion at the Holywell Community Centre in West Watford.

The Cycle Hub offers advice and information about cycling and bikes, including local cycle maps, news about locally led rides and cycling opportunities and advice on bike parts and maintenance.

Our mission is to promote cycling in the Watford area by providing information and practical support to all those who are interested in cycling. We are driven by social, environmental and economic factors and hope that the existence of the Watford Cycle Hub will be a positive contribution to the Watford community.

See the web-site for more information: watfordcyclehub.org.uk

Festive Annual Meal

Getting a few extra calories in
for all that cycling!!

