

SOUTH WEST HERTS SPOKES CYCLING GROUP

Web-site
Version



WEB www.spokesgroup.org.uk
E-MAIL info@spokesgroup.org.uk

FACEBOOK

on.fb.me/spokesfb

TWITTER

twitter.com/spokesgroup

SUMMER: JUNE / JULY / AUGUST 2013 ISSUE # 77

SPOKES - Chair's Report

April 2013

by Roger

Over the past year SPOKES has continued to promote cycling. We have organised rides, social events and campaigned for better cycling facilities.

I wish to thank all members for their support in organising & leading SPOKES activities.

The committee has continued to maintain our activities, we have a flexible committee structure allowing members to participate in a way suitable to them. We will welcome additional members onto the committee particularly for promoting SPOKES & its activities, including campaigning for better cycling facilities.

We have continued to organise a rides program, and the production & distribution of the Quarterly Newsletter. The web-site has been transferred to a new provider & is gradually been brought up to date with relevant information of interest to all cyclists.

Two years ago we set up Facebook & Twitter accounts. These have had little use. We need to decide how & if we should continue with Facebook or Twitter. Feedback on this issue is welcome.

We have continued our involvement with **CycleHerts** a countywide federation of cycling groups, hoping to influence Hertfordshire County Council in the promotion of cycling. Over the last two years SPOKES has organised rides for the Less Experienced Cyclists (LEC) these were held on a regular

monthly basis & attracted many new cyclists. Next month in May these will be held every Saturday.

SPOKES has also participated in other local events including Croxley Revels, Rickmansworth Environmental Fair & had recruitment stalls in Watford High Street.

The number of **Members** has remained steady and is now 146 lead members & with another 74 family members, giving a total of 220 members.

We welcome & rely on members coming forward to lead rides, please get in touch with the Rides Co-ordinator if you have ideas for future rides, or are interested in leading a ride. Over half of our members never come on rides, we believe they stay as members to support our objectives in promoting cycling & seeking to improve the cycling environment.

Last year Watford Council agreed to support the introduction of **20 mph** on all residential roads, this change will improve the environment making it safer for pedestrians & cyclists whilst making little difference to travelling time for motorists. As yet Hertfordshire County Council, the Highways Authority has not supported this change. The County & District councils have acceptable written cycling policies, but to be effective they need to have a higher priority and be implemented more effectively. The obstacles to cycling need to be removed and a safe cycling network developed.

Of course we would like to see all the missing links in the local cycling network completed. In Watford we look forward to being able to cycle the full length of the High Street in both directions & linking the cycle paths in Cassiobury Park to the canal path. Great improvements have recently been made to the Ebury Way, a useful local track linking Watford to Rickmansworth.



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

Last year a number of SPOKES members led or joined the **Local Sky-Rides**. We look forward to these continuing this summer.

An interesting local development for cyclist is the **Watford Cycling Hub** which Kate Jenkins has set up, providing a local meeting point at Holywell where people can hire a maintenance facility, but has also offered a base for cycling activities.

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 provides a cheap & effective means of local transport. It is also a way of achieving a healthier lifestyle in a pleasant & sustainable environment.

Newsletter Editor Required

I am intending to stand down as the Newsletter Editor over the next few months.

Are there any Spokes members who would be willing to take over?

The job involves producing a quarterly newsletter with articles, photos and the rides & events list. A slightly modified version is also published on the web-site.

Please contact Iain or **newsletter@spokesgroup.org.uk** if you would like to discuss what is involved.

Summer Evening Social Rides

by Steve

Following the success of last years' summer rides, Steve is joined by Roger this year in encouraging members out to enjoy the balmy summer evening rides. In the program this quarter, there will be 5 evening rides, on Tuesdays lead by Steve and Fridays lead by Roger. All at a medium pace covering circa 15 and 20 miles, each ride will without doubt stumble upon an inviting hostelry for the more social side of our riding. Lights and high viz are recommended in case of late return.

Having kicked off with the first Tuesday evening ride in May, ridden by 2 hardy Spokes members in torrential rain, Steve assures me that the rides can only be warmer and drier than his first. Starting out from Deacons Hill, Steve admits he was hoping no-one would turn up, as the weather forecast was awful. Wet already, the ride set out towards Sarratt, taking in the stunning but soggy bluebell woods through to the Clarendon Arms. Steve writes 'We should have stopped there but better pubs beckoned so, continuing towards Sarratt, we dripped our way into The Boot, for a welcome pint and thaw! We did get somewhat surprised looks from the much dryer locals. By the time we were returning via Sarratt and Loudwater Lanes, roadsides were awash and flowing, hiding the omnipresent potholes, but we survived and thoroughly enjoyed the ride. Well done to Sam', aka 'Nutter', who turned up and faced 15 sodden miles with a smile on her face and water in her shoes!

Great ride... Such a shame we were both drowned in the process! Hope to see you all on a much dryer and warmer evening ride soon'.

Local SkyRides

Some of the local rides you can **book** yourself on this summer...

Visit **www.goskyride.com** then click on Find a Ride...

Sunday 2 June	10am	Cassiobury Cycle Special	Slow (6 mph)
Sunday 2 June	10am	North West Watford Countryside Ramble	Speedy
Sunday 9 June	2pm	Meriden Meander Thru the Woods	Leisurely
Sunday 16 June	10am	Whelpley Hill	Speedy (11-12 mph)
Sunday 16 June	2pm	Easy Ebury	Slow
Sunday 23 June	2pm	Award Winning Woodside Wanderer	Leisurely
Sunday 30 June	10am	ABC Ride: Aldenham Brookman Colney	Speedy
Sunday 7 July	10am	North West Watford Wanderer	Brisk (9-10 mph)
Sunday 7 July	10am	Cassiobury Cycle Special	Slow
Sunday 14 July	2pm	Ebury and Aquadrome	Leisurely (7-8 mph)
Sunday 21 July	10am	Aerodrome, Aldenham & Ancient Woodland	Brisk
Sunday 28 July	10am	Easy Ebury	Slow
Sunday 4 August	2pm	Colne Valley Road, Track and Towpath	Leisurely
Sunday 4 August	2pm	Award Winning Woodside Wanderer	Leisurely
Sunday 11 August	2pm	Easy Ebury	Slow
Sunday 18 August	2pm	Meriden Meander Thru the Woods	Leisurely
Sunday 4 August	2pm	Easy Ebury	Slow
Sunday 1 Sept	10am	Colne Valley Road, Track and Towpath	Leisurely
Sunday 1 Sept	2pm	Ebury and Aquadrome	Leisurely
Sunday 8 Sept	10am	Cassiobury Cycle Special	Slow
Sunday 8 Sept	10am	North West Watford Countryside Ramble	Speedy

SPOKES RIDES & EVENTS

JUNE / JULY / AUGUST 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

SLOW

a gentle pace up to **8 mph**

MEDIUM

average pace between **9** and **12 mph**

FAST

faster than **12 mph...**

JUNE 2013

Tuesday 4 June

10:00

Tuesday Morning Ride

Harvester, Baldwins Lane, Croxley Green
tracks. Medium 18 miles Roger

A ride on local lanes and

Thursday 6 June

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 8 June 10:30 Dumb Bell Exercise Ride

Bushey Railway Station Gentle ride along Ebury way to the Dumb Bell at Horn Hill for lunch, returning via Chandlers Cross and Whippendell Wood. Some hilly off road sections. The Dumb Bell offers a super platter of cheeses and meats and for those with aching limbs there is the Massage chair. Medium 18 miles David

Saturday 8 June 15:00 London World Naked Bike Ride

Regents Park/Marble Arch etc. For details of where over 1000 cyclists are meeting check out
<http://wiki.worldnakedbikeride.org/wiki/London>
No planned Spokes ride.

Tuesday 11 June 18:00 Steve's Tuesday Evening Rides

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

Wednesday 12 June 10:00 Chiltern Lanes

Harvester, Baldwins Lane, Croxley Green An easy ride along our local lanes. Stop for refreshments in Chipperfield on way back. Return by 1.00pm. Medium 15 miles John

Bike Week is 15 - 23 June 2013

The UK's biggest mass participation cycling event will take place between 15 - 23 June. Bike Week events offer something for everyone; from families, schools and companies, to seasoned cyclists and those who have never cycled before. There are many other events in the area and full details are available on <http://www.bikeweek.org.uk/>

Saturday 15 June 10:30 Bike Week - Family Ride

Aquadrome Café, Rickmansworth An easy ride along the Canal path & Ebury way to the Watford Cycle Hub. All off road.
Easy 6 miles Roger

Sunday 16 June

06:30 onwards

London - Brighton Bike Ride

This annual 54 mile event is run by British Heart Foundation (BHF).

For more details visit <http://www.bhf.org.uk/get-involved/events/bike-rides/london-to-brighton/london-to-brighton.aspx>

No planned Spokes ride

Friday 21 June

14:00

Bike Week Ride to Leavesden

Country Park Bandstand, Watford Library Using roads, cycle paths and possibly muddy bridle ways this ride passes the Warner Bros Studios before visiting Leavesden Country Park which used to be the Leavesden Asylum. The ride then heads back down the ridge from Bedmond to the canal and a café stop. 12 miles

David

Saturday 29 June

10:15

Hampton Court & Bushy Park

Bushey Railway Station Rising up the hill along Oxhey Lane, the ride then drops down into London using Grand Union Canal (possible Syon Park coffee stop) and the River Thames to Hampton Court with stop in Bushy Park for picnic lunch amidst the deer. Returning via the actual Time Trial route to Strawberry Vale and the peaceful Osterley Park. Option for train for part of return journey. Anyone interested in this ride must register with the ride leader no less than 24 hours before.

Medium 35 miles David

JULY

Tuesday 2 July

10:00

Tuesday Morning Ride

Harvester, Baldwins Lane, Croxley Green A ride on local lanes & tracks. Medium 18 miles Roger

Tuesday 9 July

18:00

Steve's Tuesday Evening Rides

London Irish Club, Deacons Hill, Watford Slightly faster medium pace ride out towards Chipperfield mainly on tracks, towpaths and minor lanes with beer stop. Bring **lights** but expect to return before dark.

Medium 20 miles Steve



Thursday 11 July 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 13 July 10:00 Day Ride

Watford Metropolitan Station Mainly on lanes though Bedmond, Gorhambury, Alban Way to Sleafshyde for lunch. Return via Shenley & Letchmore Heath. Medium 33 miles Roger

Sunday 14 July 10:30 Aviation History Ride

Garston Medical Centre A ride to places connected with aviation history to the east of Watford, 80 Signals Wing at Radlett, Salisbury Hall, London Colney Airfield, Radlett Airfield. Lunch at the Orchard Café at Shenley Park. Some of the ride is off road. Mountain bikes not needed but it might not be suitable for bikes with thin racing tyres or small wheels.
Medium 26 miles
Charles

19 to 21 July Weekend Inland Waterways Association Festival

Cassiobury Park, Watford This could be a huge new event for Watford so lookout for details as to what Spokes is doing nearer the time

Saturday 20 July 09:30 Steve's Quarterly Challenge

London Irish Club, Deacons Hill, Watford A ride for those wanting more.... An all day ride for strong medium paced riders using lanes to Chesham and continuing through the Chilterns to Wendover. Coffee and lunch stops. Shorter ride if wet. Medium 50 miles Steve

Monday 22 July 19.30 Committee Meeting

Watford Cycle Hub *For more information contact Kate*

Friday 26 July 19:00 Evening Ride

Lower High Street Station, Watford Cycle on lanes & tracks to the east of Watford. Possible refreshment stop. Bring **lights**.
Medium 15 miles Roger

AUGUST

3 to 4 August

Prudential RideLondon FreeCycle

Central London An eight-mile central London route on closed roads for up to 50,000 people. for more details visit

www.PrudentialRideLondon.co.uk 8 miles

No planned Spokes ride

Tuesday 6 August

10:00

Tuesday Morning Ride

Harvester, Baldwins Lane, Croxley Green A ride on local lanes and tracks. Medium 18 miles Roger

Thursday 8 August

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

Friday 9 August

19:00

Evening Ride

Harvester, Baldwins Lane, Croxley Green Cycle on lanes & tracks towards Chipperfield. Possible refreshment stop. Bring **lights**. Medium 15 miles Roger

Tuesday 13 August

18:00

Steve's Tuesday Evening Rides

London Irish Club, Deacons Hill, Watford Medium pace ride out to Harefield direction mainly on tracks, towpaths and minor lanes with beer stop. Bring **lights** but expect to return before dark. Medium 15 miles Steve

Saturday 24 August

10:00

Dunstable Downs - Visitor Centre

Garston Medical Centre Medium paced fairly hilly ride to catch the breeze near the Downs' highest point - nice views - Tea coffee-snacks etc. in the centre - we will use quiet roads and lanes. Medium More than 30 miles Andy

Looking Forwards to the Autumn Programme

Tuesday 3 September 10:00

Tuesday Morning Ride

Harvester, Baldwins Lane, Croxley Green A ride on local lanes & tracks. Medium 18 miles Roger

Thursday 5 September 20.00

Spokes Social Evening

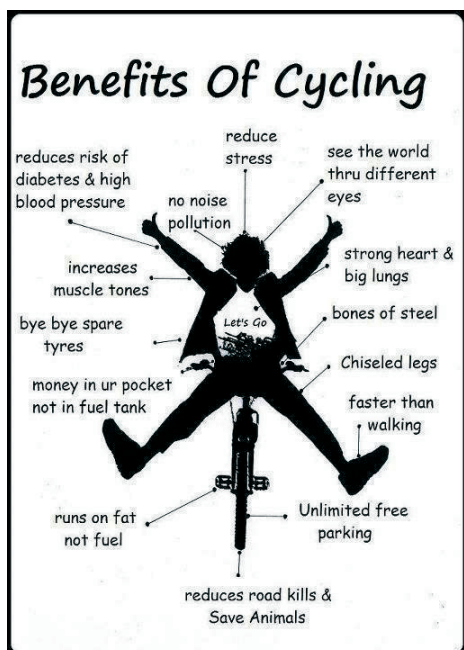
Moon Under Water, High Street, Watford A chance to have a chat while enjoying a curry & drink. We are normally in the rear section of the pub. Diana

Sunday 15 September

London Bikeathon

Royal Hospital Chelsea, London Bikeathon is Leukaemia & Lymphoma Research's range of three routes in and around London. Testing all abilities; 26 miles, 52 miles and for the first time this year an extremely challenging, epic 100 mile route for fit and well-trained cyclists. More details on:

leukaemialymphomaresearch.org.uk/londonbikeathon



Publicity & Promotion Officer Required

We need a member who is able to promote SPOKES activities, draw the interest of people to cycling & aid our campaigning for better cycling facilities.

If you are interested in promoting Spokes please contact the committee:

info@spokesgroup.org.uk

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 Autumn Newsletter
is **11th August 2013**

Please send your contributions to:

Articles / Photos	newsletter@spokesgroup.org.uk
Rides	rides@spokesgroup.org.uk
Web-site	website@spokesgroup.org.uk

*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
 70-78 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

Committee Members

Affiliated to:



www.britishcycling.org.uk



www.ctc.org.uk



www.cyclenation.org.uk

CycleHerts

Hertfordshire Cycling Groups

www.cycleherts.org.uk

SPOKES Weekend Away

The cycling weekend away is likely to be from
4 - 6 October at a Youth Hostel in
either Suffolk or Sussex.

If you are interested in joining us
please let Roger know at

info@spokesgroup.org.uk

Quarterly Quotation

"To possess a bicycle is to be able first to look at it, then to touch it. But touching is revealing as insufficient; what is necessary is to be able to get on the bicycle and take a ride. But this gratuitous ride is likewise insufficient; it would be necessary to use the bicycle to go on some errands. . . Finally, as one could foresee, handing over a bank note is enough to make a bicycle belong to me, but my entire life is needed to realize this possession."

Jean-Paul Sartre