



2016 Winter Newsletter - No. 91

www.spokesgroup.org.uk

<http://www.facebook.com/pages/Spokes-Group-South-West-Hertfordshire/131301626965607>



A rest for members after Mick's Breweries Ride

Ebury Way – Part of the Sustrans National Cycle Route 6/61 - A popular cycle route between Watford and Rickmansworth



Have you seen this seat whilst cycling along the Ebury Way?

The seat and tree were provided by SPOKES in memory of John Mann, one of the founder members of SPOKES. The seat was made by Peter Hitchcock, the late husband of Maureen another founder member.



Members relaxing on the Breweries Ride

Chat from the Chair – Winter 2016

Progress in SPOKES

We now have a new **Membership Secretary**. Heather Harris has taken over this vital role. You will see a few changes, as Heather gets familiar with our organisation. Please help her by ensuring your contact information is correct and subscriptions are paid promptly.

We still need other people to help with the following roles:

Web Manager – Our website uses Wordpress. We need to keep it up to date and looking fresh. Help will be given.

Publicity Officer – We need someone to promote SPOKES and our activities to others. Ideal for someone familiar with Facebook.

Newsletter Editor – To produce this Newsletter four times a year.

Most of the information is provided by others, we need someone to put it together, then present it to the printer.

These roles will allow you to develop your skills and use your creative talents. Please contact Roger at info@spokesgroup.org.uk or *removed* if you are able to support Spokes in these important roles.

SPOKES is now 20 years old – How about the future?

What do you want from SPOKES? Yes, we will organise rides as long as we have members to lead them. We are gradually moving to a situation where some rides will be in the newsletter, but others will be arranged at short notice. These will be emailed, put on the website and on Facebook.

We also campaign for better cycling routes.

Over the last year there have been a number of changes to cycling routes in Watford, mainly improvements, but sometimes the changes are not always as good as they could be.

In Watford the new access and link road to the hospital should be open with a shared use path alongside. There are other changes to the High St and Clarendon Road. Major changes are taking place in Cassiobury Park,

but to date I have not seen or heard about the cycle routes being extended to the bridges over the canal and river.

We are consulted on many of these issues, but need your views as to how we respond.

Membership Renewal

Save a cheque, an envelope and a stamp!!

You can now pay your Spokes membership subscription renewals by Bank Transfer!!

If you use electronic/internet banking, just go on to your account and go on to 'Payments and Transfers' (or whatever your bank calls them) and set up a payment to a 'New Payee'.

The details you will need are :-

1. Name of Payee – SPOKES SW Herts Cycling Group
2. Sort Code – 20-91-79
3. Account Number – *removed*

AND MOST IMPORTANTLY

4. A Payee Reference – This is your Spokes Membership Number

If you omit your Spokes Membership Number, the Membership Secretary will not know you have paid, you will not get your new Membership Card and your payment may be treated as a donation!

To avoid this situation, please email the Membership Secretary (address below) as soon as you have paid to confirm payment.

If you have any questions or problems, please email the Membership Secretary at membership@spokesgroup.org.uk

PS You can also go into any branch and pay using the same details, but remember to add your Spokes Membership Number in the Payee Reference!!

Spokes and Cycling UK – by Pam Mann

Spokes has been affiliated to the CTC, (as well as British Cycling and Cyclenation) for a number of years. In April this year the CTC (Cyclists' Touring Club) rebranded itself as Cycling UK, in order to appeal to a wider range of cyclists, not just those interested in touring.

The aims of Cycling UK are to encourage more people to cycle and to campaign to make cycling safer and more popular by creating the conditions where anyone can cycle anywhere.

The cost of our affiliation to Cycling UK is £75.00 per year. The main reason we took out the affiliation originally was to support the work of the CTC, as the foremost cycling organisation in the UK. A second reason was the Public Liability Insurance offered by the CTC, which we considered necessary because of the programme of rides we organise for members and also non-members of Spokes.

An additional benefit of our affiliation to Cycling UK is that members of Spokes can become individual affiliated Cycling UK members for only £24.00 per year. The main benefits of individual affiliated membership are as follows:

- Third Party Liability cover for the member should they cause any damage or injury while cycling.
- Discounts offered by a range of retailers including Cotswold Outdoor and YHA.
- An entertaining weekly e-newsletter, CycleClips, full of all the latest cycling news.

Full adult membership costs £43.00, so at £24.00 the individual affiliated membership represents a significant saving, though it should be pointed out that full membership provides additional benefits, such as the free legal advice claims service.

If you are interested in taking out individual affiliated membership, you can do so online. Go to www.cyclinguk.org, then the tab 'Support Us' and then 'Club or Group Membership'.

If you have any further questions, please email me at pammann@btinternet.com.

The Devon – Coast to Coast Route by Roger Bangs

There are now several Coast to Coast Cycle Routes across the country. In October my wife, Iris, and I decided to tackle the Devon Coast to Coast route (Sustrans-NCR27). The route is 99 miles from Plymouth to Ilfracombe, mainly on what used to be railway routes. I bought maps for the route from Sustrans, then planned a circular route using Cyclescape.

We decided to take our bikes on the back of the car to Brixham, where we could stay with friends. This was where we started and finished our cycle ride. However, Brixham was around fifteen miles from the Coast to Coast Route, so how were we going to devise a route with only five cycling days? We decided to omit the first and last parts of the official route and booked B&B accommodation for three nights.

Our first day's ride on Monday was 37 miles on road to Yelveton, climbing the Devon hills through Totnes and Ivybridge and then along the west side of Dartmoor. The next day we joined the route on Drakes Trail, a good tarmac path that took us over the Gem Bridge, then through the well lit Grenofen Tunnel to Tavestock. Then we had to cycle a series of hilly but scenic roads, before joining the Granite Trail through Okehampton and on to Hatherleigh for the night.

On Wednesday we had to tackle more hills before we reached the Tarka Trail, which offered a good ride by the River Torridge to the ancient port of Bideford, then onto the Heritage Port of Fremington near Barnstaple. In the late afternoon we returned to Bideford for our night's accommodation.

On Thursday, whilst the mist was over the river, we cycled back along the Tarka Trail towards Okehampton, then climbed the eastern side of Dartmoor for our night in a hotel at Chagford. This turned out to be Sea Shanty Night by the local Mariners group, so lively entertainment and a late night before cycling on Friday over Dartmoor and more hills back to Brixham.

SPOKES – Winter Lunch or late Festive Meal

Linden will be organising our Winter Lunch, to be held in Watford on Sunday January 29th. A chance to socialise with other members. If you would like to join us contact Linden before Christmas on *removed* or mail@lindensharpe.com

The 2016 SPOKES Committee

Chair

Roger Bangs *removed* info@spokesgroup.org.uk

Treasurer & President

Pam Mann *removed* treasurer@spokesgroup.org.uk

Meetings Secretary

Linden Sharp *removed* mail@lindensharpe.com

Membership Secretary

Heather Harris *removed* membership@spokesgroup.org.uk

Rides Co-ordinator

Brian Johnson *removed* rides@spokesgroup.org.uk

Newsletter Editor Vacant

Web Master Vacant

Publicity Vacant

Campaigning

Peter Loader *removed*

Clive Jones *removed*

If interested in helping to run SPOKES please contact a committee member.

Staying In Touch With Spokes - Brian's advice:

Social Evenings

Diana organises a monthly get together for Spokes members and other cyclists. This is held at the Moon Under Water, 44 High St, Watford WD17 2BS. It's a great opportunity to enjoy a good beer and, if you are so inclined, a Wetherspoons Curry, and to chat to others about things cycling and things not cycling.

Attendance has become a bit erratic recently, so please support Diana's events and take the opportunity to get to know other group members and potential cycling buddies.

If you have any suggestions for making the social meetings even better, then give Diana a ring.

Spokes' Website

Our web site can be found at: www.spokesgroup.org.uk

Here you'll find details of our ride programme, campaigning news and links to other information. It's had a number of 'makeovers' and currently needs another one, so if you are interested in helping with updating the site, or have any website design skills or any suggestions for improving it, please contact Roger Bangs.

Currently this is one way communication – from the club to you – but it has been suggested, that a means whereby members could add information, such as their own rides, would be a useful feature.

What do you think?

Spokes' Facebook Page

Our Facebook page allows us to share news with members, but also allows you to share news, information and photos with other members.

You can find our page on www.facebook.com/www.spokesgroup.org.uk or search for our page on Facebook using Spokes Cycling Group - South West Hertfordshire. Find our page and 'Like' us.

Not only will you get reminders of the rides from the published programme but you'll also find out about Buddy rides that have been arranged by other members and that you're invited to join. There are photos and news from the rides our members have completed and other items of news of interest to cyclists. You can also post to our Facebook

page and share details of a ride you've planned, news of rides you've been on or information likely to be of interest to the group.

Spokes' Strava Club

Our most recent addition to the communications options, and one likely to appeal to the more committed cyclists amongst you, is Strava. You'll need to register and you can find our club page on:

www.strava.com
select Clubs under Explore
enter "Spokes Cycling Group - South West Hertfordshire"
under club name and search

Strava seems to be **the** site to be a member of if you're a keen cyclist. Your rides can be uploaded – automatically from a Garmin GPS or the Strava app, you can see what routes other members of the group have ridden, you can exchange messages with other members of the group and you can start and take part in discussions. If you're planning a ride you can add it as a Group Event for others to join (contact rides@spokesgroup.org.uk if you want administrator access to add events). For the more competitive, you can see how your performance compares with other riders who have ridden parts of your route.

Spokes' Sky Ride Group

This web site is run by British Cycling in partnership with Sky to promote cycling, by allowing you to find and sign up to rides organised by British Cycling, clubs and individuals. Sky are handing the sponsorship baton to HSBC so expect the name and branding of this web site to change. You can find Sky Rides on:

www.goskyride.com

The Spokes' rides are published under SPOKES SOCIAL RIDES, to emphasise that our rides are not bike races, they are as much a social event

as they are a cycling event. Once signed up to Sky Ride, you can explore the various rides available in an area and sign up to join those of interest. By joining our group you'll be able to see the upcoming Spokes' rides and some rides may be limited to members of the Spokes' group. We're called SPOKES - Watford and you can join by selecting Groups, Find a Group and setting the location to Watford. You'll see us in the list of clubs returned from the search.

Spokes' rides are usually also published on the Sky Ride website to encourage cycling and the involvement of as wide a group of cyclists as possible.

Spokes' Newsletter

The quarterly newsletter will keep you up to date with news about Spokes, as well as the planned events for the next quarter. It includes articles by Spokes' members, so if you have had an interesting cycling holiday or trip or have some campaigning issue that you want to share with others, please let us have it.

Rides and Events Programme

As well as the list of rides in this newsletter, Spokes' rides are published on the following websites:

- Spokes - www.spokesgroup.org.uk
- Sky Ride - www.goskyride.com - we are the SPOKES – Watford group
- Facebook - www.facebook.com/www.spokesgroup.org.uk - like our page

Rides may be added to the programme and details will be added to these websites. In exceptional circumstances a ride may be changed or cancelled. Unless the change happens at the very last minute, notice of the change or

cancellation will be posted on our web site, our Facebook page and emailed to those in the group who have provided an email address.

Spokes Buddy Rides

If you are planning to go out for a ride why not invite other Spokes members. Email rides@spokesgroup.org.uk with the details of your ride. These will be emailed to Spokes' members and posted on the Spokes' web pages.

Please provide:

- Contact details, so that participants can contact you about the ride and on the day
- Start date, location and time
- Approximate distance
- Information that will allow potential riders to decide whether the ride is suitable for them or not:
 - Where you will be riding and whether the route is particularly hilly or flat
 - Type of ride and bike advised (on road, off-road, suitable for mountain bike, road bike or any)
 - Pace (slow 8mph, medium 10mph, fast 12mph)



Resting on Brian's ride on 16 Oct. to Black Park

Spokes Rides and Events Programme

As well as the list of rides in this newsletter, Spokes' rides are published on the following web sites:

- Spokes - www.spokesgroup.org.uk
- Sky Ride - www.goskyride.com - we are the SPOKES – Watford group
- Facebook - www.facebook.com/www.spokesgroup.org.uk - like our page

Rides may be added, changed or cancelled and details will be emailed to those in the group who have provided email addresses and posted on Facebook.

Remember to Bring

Water and snack; spare inner tube; pump; appropriate clothing for the forecast weather and road conditions – reflective, waterproof and warm; and lights if appropriate.

Disclaimer

As a participant of Spokes' rides you must be over 16 unless accompanied by a parent or guardian. Insurance is your responsibility. Spokes cannot accept liability for you or your possessions. Your well being is your responsibility and it is your responsibility to follow the Highway Code at all times. Your participation in the rides is acceptance of these terms.

There are rare occasions when a ride has to be cancelled or changed at the last minute. Therefore please check the web site or contact the organiser before you travel to the start of a ride.

Please make sure you arrive in plenty of time at the start, so rides can leave at the stated time

Ride Speed Guide

Slow ----- Gentle up to 8mph

Medium ----- Average of 9-11 mph

Fast ----- Average over 12 mph

December

Thursday 1st 8.00pm Spokes Social Evening and Curry Night - at Moon Under Water, Watford WD17 2BS

Join Diana for the Spokes Social Night. Enjoy a drink, a meal and a chat with other Spokes members. Share your riding experiences with other cyclists. Wide selection of beers to choose from. Non-members are also very welcome. Parking for bikes is available, but do bring good padlocks.

Diana removed

Sunday 4th 10.00am Day Ride to Aldbury – from outside Harvester, Baldwin Lane WD3 3RX

A ride through Flaunden, Potten End and the Ashridge Estate to Aldbury and lunch at the Greyhound. The return route is through Cholesbury, Ashley Green and Bovington Green. Plenty of attractive scenery and great views to enjoy, with a few hills to exercise the lungs. All on road though some surfaces are rough. Any type of bike should be OK.

42 miles

Medium

Brian removed

Tuesday 6th 10.00am Tuesday Ride - from outside Harvester, Baldwin Lane WD3 3RX

Cycling mainly on lanes into the Chilterns with a refreshment stop at Chipperfield on the return route.

18 miles

Medium

Roger *removed*

Saturday 10th 9.30am Saturday Ride - from outside Watford Junction Station, WD17 IEU

A morning ride to Shenley via Battlers Green, Radlett and then a break at the Cafe in the Orchard, Shenley Park, returning via Bricket Wood, or St Albans, depending on the time. Any type of bike should be suitable.

25 miles Medium

Chris *removed* or *removed*

January

Thursday 5th 8.00pm Spokes Social Evening and Curry Night - at Moon Under Water, 44 High St, Watford WD17 2BS

Join Diana for the Spokes Social Night. Enjoy a drink and meal and chat with other Spokes members. Share your riding experiences with other cyclists. Wide selection of beers to choose from. Thursday nights at the Moon Under Water are Curry Nights. Non-members are also very welcome. Parking for bikes is available, but do bring good padlocks.

Diana *removed*

Sunday 8th 10.00am Emily's Cake the Chilterns Way - from Grovehill Playing fields car park, Redbourn Rd, Hemel Hempstead HP2 7BA

Head north through Flamstead to join the Chilterns Cycleway, through Kings Walden and on to Whitwell and a stop at the world renowned Emily's Cafe. Then down to Harpenden, on to Redbourn and back to the start. Suitable for any bike.

33 miles

Medium

Brian *removed*

Saturday 14th 10.30am Winter Warmer - from outside Harvester, Baldwin Lane WD3 3RX

Cycle mainly on minor roads via Bedmond to St. Albans for coffee in the park, then return on the NCR6.

20 miles

Medium

Roger *removed*

Tuesday 17th 10.00am Up Wendover Way - from outside Harvester, Baldwin Lane WD3 3RX

A lovely ride through some lovely villages to Wendover Woods and refreshments at the Café in the Woods. Our return will take in yet more lovely Chiltern villages. All on road so will suit any bike. You will encounter some hills.

44 miles

Medium

Brian *removed*

Sunday 22nd 10.30am Another Winter Warmer - from outside Cha Café, Cassiobury Park WD18 7HY

A ride out along the lanes to Flaunden via Commonwood and Belsize. Return via Sarratt and Chandler's Cross. A few hills, but lovely countryside and all on road. Tea or coffee stop at the Cha Cafe on our return. Expect to average 10mph. Suitable for any bike.

18 miles

Medium

Pam *removed or removed*

Saturday 28th 10.30am Elstree Experience

Keep an eye on our website or Facebook for final details.

TBA

Medium

David *removed on the day removed*

Sunday 29th 1.00pm Spokes Festive Lunch

Contact Linden on *removed* or by email at mail@lindensharpe.com for further details or keep an eye on our website or Facebook page.

Monday 30th 7.30pm Spokes Committee Meeting - Watford Cycle Hub, Holywell Community Centre, Tolpits Lane WD18 9QD

Open to all members. If you are interested in SPOKES activities come along.

Roger *removed*

February

Saturday 4th 9.30am St Albans Ride - from outside Watford Junction Station, WD17 IEU

A morning ride to St Albans, via Potters Crouch, and the Gorhambury Estate, entering the city from the north, which gives a great view of the Cathedral. After refreshments at a cafe we will head back via Bricket Wood. Any type of bike should do.

25 miles

Medium

Chris *removed* or

removed

Tuesday 7th 10.00am Leafy Lanes to Latimer and Beyond - from outside Harvester, Baldwin Lane WD3 3RX

A leisurely ride to Latimer and on to Ley Hill through many of the local villages. Return is via Bovington Green and Belsize, stopping for refreshments at Blackwells. All on road and suitable for any type of bike.

26 miles

Medium

Brian *removed*

Thursday 9th 8.00pm Spokes Social Evening and Curry Night - at Moon Under Water, Watford WD17 2BS

Join Diana for the Spokes Social Night. Enjoy a drink, a meal and a chat with other Spokes members. Share your riding experiences with other cyclists. Wide selection of beers to choose from. Non-members are also very welcome. Parking for bikes is available, but do bring good padlocks

Diana *removed*

Sunday 12th 11am Leisurely Ride - from Cha Cafe Cassiobury Park WD18 7HY

A slow and mainly flat ride along the canal towpath, leaving it to join an off-road track to Hunton Bridge. Then back onto the towpath to the Grove, where we leave the canal for a detour through the Grove and Whippendell Woods. Back to the canal for a final stretch along the towpath and back to the Cha Cafe.

10 miles

Slow

Brian *removed*

Tuesday 14th 10am Ride to Redbourn - from outside Harvester, Baldwin Lane WD3 3RX

A ride to Redbourn making use of the open countryside around Hemel, but with a few hills to test your lungs. Refreshments in the Cricketers and a shorter return. On road and suitable for any type of bike.

35 miles

Medium

Brian *removed*

Saturday 18th 10.30am Harrow Spire – from Watford High Street Station, Lower High Street, Watford WD17 2NW

Details to be finalised - keep an eye on our website or Facebook for further details.

18 miles Medium David *removed* on the day *removed*

Sunday 26th 10.30am Chiltern Ride - from outside Cha Café, Cassiobury Park WD18 7HY

A ride out into the near Chilterns to Little Chalfont and back. A few hills, but lovely countryside and all on road. Tea or coffee stop at the Cha Cafe on return. A medium paced ride to keep warm, so expect to average 10mph. Suitable for any bike.

18 miles Medium Pam *removed* or *removed*



**Join Spokes today
Only £10 per annum
£2 for an additional family
member at the same address**

You will receive regular details of our cycle rides, social events and other activities. You will also be helping us campaign for improved cycling conditions in the South West Herts area. When joining you agree to become a member of SPOKES and Cyclescape, unless you opt out by ticking the spaces below.

Title		First Name	
Surname			
Address			
Post Code			
Telephone		Mobile	
Member Email			
Second Family Member Name			

Second Member Email			
Other Family Names			
Amount £		Opt out of "Rides" emails	<input type="checkbox"/>
Donation £		Opt out of Cyclescape	<input type="checkbox"/>
Total £			
Signature		Date	

Please also indicate below if would like to contribute to the following SPOKES activities:

Publicity	<input type="checkbox"/>	Campaigning	<input type="checkbox"/>
Assisting at Events	<input type="checkbox"/>	Leading Rides	<input type="checkbox"/>
¹ Get Newsletter by email	<input type="checkbox"/>	¹ Get Newsletter by post	<input type="checkbox"/>

¹ To help in reducing Spokes expenditure

For membership please make cheques payable to SPOKES and send to:

SPOKES Membership,
120 Kenilworth Drive,
Croxley Green, WD3 3NA.

You will receive a Membership Pack, including a SPOKES Membership Card, entitling you to discounts of 10% on repairs and spares at these locations:

<p>Cycles UK 484/486 St. Albans Road Watford, WD24 6QU 01923 243707 www.cyclesuk.com watford@cyclesuk.com</p>	<p>Northwood Cycle Depot 118 Pinner Road Northwood , HA6 1BP 01923 824174 www.northwoodcycles.com northwoodcycles@tiscali.co.uk</p>
<p>Watford Cycle Hub Holywell Community Centre Tolpits Lane, Watford WD18 9QD 01923 223994 www.watfordcyclehub.org.uk</p>	<p>The Bike Shop 66 Queens Road Watford, WD17 2LA 07941 800029 thebikeshop66@outlook.com</p>



Whose bike on Dartmoor ?



Monday	CLOSED
Tuesday	9:00 – 5:00
Wednesday	9:00 – 5:00
Thursday	10:00 – 5:30
Friday	9:00 – 5:00
Saturday	9:00 – 5:00
Sunday	9:00 – 4:00

01923-223994

office@watfordcyclehub.org.uk
www.watfordcyclehub.org.uk

We love and do all things cycling:

- Fix bikes
- Sell fully re-conditioned bikes
- Sell new accessories
- Sell new and recon parts (10% discount for Spokes members)
- Security tag and register bikes
- Teach you about bikes
- Train you to ride bikes and help build confidence
- Guide you on bike rides
- Hire bikes
- Accept your unwanted bikes

- If we can't help direct we'll signpost or introduce you to someone who can!

Regular events *(see the website for details):*

- "Go-Ride" Club every Friday 6-7:30pm for 6 to 16 yrs
- Maintenance Modules – Thursday evenings
- Volunteers Day – last Thursday of the month

Summer Kids courses *(see the website for details):*

- "Learn to Ride"
- "Bikeability"

Lots of free parking, kids playground and welcome guaranteed !



Spokes is the local cycle club for South West Hertfordshire, formed to encourage cycling by organizing rides and campaigning for better and safer cycling routes.



Come on, get on your bike and join us!

If you want to join us on a ride, then just turn up at the stated start point. Look at the up and coming rides. We have rides most weekends, some weekdays and summer evenings. They start at several places around Watford, like the Harvester in Croxley, Morrisons or Watford Cycle Hub.

Visit our web site to catch the latest news and information:

www.spokesgroup.org.uk