



# 2017 Spring Newsletter - No. 92

[www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)

<https://www.facebook.com/groups/178161195994290/>



**Sunny days will soon be back again.**

## Cassiobury Park

More Bike Parking & better cycle paths required



Would you like town & city cycling routes like this ?



Notice & Agenda for the **Annual General Meeting at 7.30pm on Monday 24 April 2017** at the **Watford Cycle Hub**, Pavilion 2 (Small Pavilion), Holywell Community Centre, Chaffinch Lane, (Off Tolpits Lane) WD18 9QD.

1. **Welcome** - please write name on circulation list
3. **Apologies**
4. **Minutes of AGM 2016**
5. **Reports for the year up to March 2017**  
**Chairman -**  
**Treasurer -**
6. **Election of Future Committee Members**  
**3 Officers: - the roles may vary**
  - **Chairman**
  - **Vice chairman/Secretary**
  - **Treasurer**  
**Up to 9 other committee members: - the roles may vary**
  - **Membership secretary**
  - **Meetings secretary**
  - **Newsletter**
  - **Publicity & Promotion**
  - **Information - Web Manager**
  - **Rides co-ordinator**
  - **Campaigning**
  - **Cycle Hub Liaison**
7. **Affiliations: Cycling UK, British Cycling, CycleNation, CycleHerts.**
8. **Resolutions:**
9. **Other Business** - please notify the Chair at least one week before the meeting.

Informal Discussion – SPOKES Rides & Cycling Infrastructure.

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

# The current SPOKES Committee

## Chair

Roger Bangs [info@spokesgroup.org.uk](mailto:info@spokesgroup.org.uk)

## Treasurer & President

Pam Mann [treasurer@spokesroup.org.uk](mailto:treasurer@spokesroup.org.uk)

## Meetings Secretary

Linden Sharp [mail@lindensharpe.com](mailto:mail@lindensharpe.com)

## Membership Secretary

Heather Harris [membership@spokesgroup.org.uk](mailto:membership@spokesgroup.org.uk)

## Rides Co-ordinator

Brian Johnson [rides@spokesgroup.org.uk](mailto:rides@spokesgroup.org.uk)

Newsletter Editor    Vacant

## Web Master

David Edmondson [dme@dme.org](mailto:dme@dme.org)

## Publicity

Lorrene Kennedy [lorrene@outlook.com](mailto:lorrene@outlook.com)

## Campaigning

Peter Loader [peter.loader@comma-freeware.org.uk](mailto:peter.loader@comma-freeware.org.uk)

Clive Jones

## Cycling Welfare Officer

Our affiliation with British Cycling requires us to have someone designated as Cycling Welfare Officer, to look after the needs of young people and vulnerable adults in our group.

In fact our group has very few members, who fall into either of these categories. We do not organise activities specifically for young people and, if they come on rides, they have to be accompanied by a parent or guardian.

Nevertheless, it is important that we satisfy this requirement and so I have agreed to take on the role, which involves a DBS check and online training.

If you have any questions or concerns relating to the welfare of young people or vulnerable adults in our group, please email me at [pammann@btinternet.com](mailto:pammann@btinternet.com) or phone Pam Mann *removed*.

## **How do we get more people cycling in Watford & Three Rivers.**

People need to feel safe when cycling.

Cyclists feel safe when segregated from traffic or there is very little traffic.  
People cycle for the following reasons:

1. Local Utility journey, to shops, work etc.
2. To keep physically fit & healthy.
3. Recreation
4. As a sport.

Most Utility journeys are less than 5 miles often ideal for cyclists as long as they feel safe.

Cyclists will feel safe on residential roads if vehicle speeds are below 20mph or if cycling on dedicated cycle paths.

People are more likely to cycle if there is a safe & secure place to park a bike.



**We need more parking for bikes at all local stations**

## **Chat from the Chair – Spring 2017**

### **Progress in SPOKES - we are now into our 21<sup>st</sup> year!**

Several members have recently volunteered to help with managing SPOKES. A new **Membership Secretary** - Heather Harris. A new **Publicity Officer** - Lorreine Kennedy and David Edmondson has joined the committee offering to assist with **Web & IT** issues. Lorreine is keen to promote SPOKES on Facebook and in a more general way.

If we are lucky we may also have a new **Newsletter Editor** soon. Watch this space!

All this is good news, as, after a difficult period, SPOKES can now look forward to becoming a more dynamic cycling club. The AGM will decide who runs SPOKES, but we now have some willing volunteers. Do come along to the AGM and influence what we do and how we do things.

For the future we hope to have more rides, often organised at short notice, by using Facebook or the web, but we do need more members to lead the rides. Training can be given if required, so, if you are interested, do speak to one of the committee.

You may wish to be involved in getting improved cycling routes and in particular removing the danger spots where you may cycle on a regular basis. We do need to identify these black spots and lobby the Highways Authority to improve safety.

What are our main current concerns?

### **Potholes**

If you come across potholes in the road, do report them at:

[www.hertfordshire.gov.uk/faultreport](http://www.hertfordshire.gov.uk/faultreport) If they are not reported they will never get repaired.

### **Cassiobury Park**

By the time you read this, we hope to know what improvements will be made, enabling cycling from the existing cycle paths to the bridges and the canal path. We also hope to see the shared use paths widened with a better surface finish.

## **Croxley View Link Path**

We have heard disturbing reports about the removal in Watford of the existing shared use link path from the Ebury Way to Ascot Road.

Apparently, when planned residential accommodation is built and carparks provided, the existing safe continuous route will disappear.

## **Safe Routes to Schools**

Two new secondary schools are planned for Watford and Rickmansworth. It is the policy of government at all levels to encourage cycling over short distances of less than five miles. If new schools are to be built and we wish students to cycle, we must provide safe routes. There is plenty of guidance on how this should be done, but will the Croxley Danes School and Reach Free School be accessed by safe routes. I hope those who are responsible for these developments, will ensure safe cycling can take place, allowing students to cycle rather than be ferried by cars.

## **We also campaign for better cycling routes.**

In Watford the new access and link roads to the hospital are open, with a shared use path alongside the section from Wiggenhall Road into the Hospital. When Cycling on NCR6/61 from Century Park and approaching the new link road, it is hard to see approaching cars or for them to see you. Hopefully this sign and fencing will soon be removed, allowing better sight lines a safer crossing.



Can you see the vehicles ?

## **Campaign News — Peter Loader**

Our campaigning information is now on the Cyclescape website. You can go to <https://www.cyclescape.org/> and create a free account, using the ‘Sign up’ link (top-right). After filling in the quick form, you’ll be asked to check your email and click on a link to confirm. Your account will automatically be added to the Spokes Cyclescape group.

If at any time you forget your password or need your confirmation email to be resent, click on ‘Sign in’, then ‘Forgot your password?’ or ‘Didn’t receive confirmation instructions?’ If your account was not added to the Spokes Cyclescape group automatically, please ask me to do it manually.

## **Campaign Headlines**

### **Cycle route ‘tube map’ from Rickmansworth and Croxley Green into Watford**

I am starting to create a local ‘tube map’. For details, follow (or look at) <https://spokesswherts.cyclescape.org/issues/2446-cycle-route-tube-map-from-rickmansworth-and-croxley-green-into-watford>

### **Barrier into King George V Playing Field, Mill End**

Roger is starting to campaign on this issue. For details, follow (or look at) <https://spokesswherts.cyclescape.org/threads/1460>

### **Improving the maintenance of school cycle routes in Mill End**

I am starting to campaign on this issue using the Cycling UK defect reporting web site. For details, follow (or look at) <https://spokesswherts.cyclescape.org/issues/2447-improving-the-maintenance-of-school-cycle-routes-in-mill-end>

## **Campaign Events**

### **May 2017 Meeting: Space for Cycling in SW Herts**

**When:** 19:30 on Monday 15<sup>th</sup> May, 2017

**Where:** We are trying out a new meeting place

Halfway House, 91 Uxbridge Road, Rickmansworth, WD3 7DQ.

For details of the agenda etc, follow (or look at)

<https://spokesswherts.cyclescape.org/threads/3009>

Or contact Peter Loader

# Stay In Touch With Spokes

**Spokes Web Site:** [www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)

Information about Spokes, its rides, events and links to campaigning

**Spokes Strava Club:** [www.strava.com/clubs/Spokes\\_SW\\_Herts](http://www.strava.com/clubs/Spokes_SW_Herts)

See where other Spokes' members are riding and, if you're competitive, see how your cycling activity compares with theirs.

**Spokes Let's Ride Group:** [www.letsride.co.uk/groups/spokes-watford](http://www.letsride.co.uk/groups/spokes-watford)

Keep up to date with Spokes' rides and invite others to share your rides.

**Spokes Facebook Group:** [www.facebook.com/groups/178161195994290/](http://www.facebook.com/groups/178161195994290/)

Details of forthcoming rides, both from the Spokes' ride programme and ad hoc rides added by Spokes' members and a forum to discuss or share issues you are passionate about.

## Join Spokes New Facebook Group

We've set up a new Facebook Group aimed at encouraging the sharing of information, campaigns, together with details of upcoming rides. We hope to encourage discussion of anything to do with bikes and cycling. The page is 'public' to view, but to post anything on it, you have to join the SPOKES Group on Facebook and be accepted. What you enter, others will see it. Little will be off limits, but it goes without saying that members should not post anything that is likely to offend others.

It is very much a work in progress, we want members to contribute, take part and comment on what we, as ride leaders and the club do well and where we can improve. If it interests you, it is likely to interest other Spokes members.

As well as a place where you can see details of Spokes' events and its ride programme, the new group will allow you to share your ride plans and provide a forum for you to discuss or share issues you are passionate about.

Join our Facebook group and participate using the following link:

[www.facebook.com/groups/178161195994290/](http://www.facebook.com/groups/178161195994290/)

The Group Page address is [SPOKES Cycling Group South West Herts](https://www.facebook.com/groups/178161195994290/). It has PUBLIC group under the name title.

## Let's Ride

A great sentiment and also the name of the new British Cycling rides website. It marks the change of sponsor from Sky, who supported the Goskyride website, to HSBC UK who sponsor the new **Let's Ride** web site and is part of the HSBC UK Ride Social programme.

Let's Ride has also expanded on Goskyride's features to allow you to more easily add your own rides and to invite other members of the Let's Ride Spokes Group to join you.

You will find details of all Spokes' rides on Let's Ride. Let's Ride will also help you find other local rides that you can join or routes that you download and ride yourself.

So sign up to Let's Ride and join the Spokes Group on Let's Ride. You will find interesting rides and be able to share your rides with others.

-----

## Rickmansworth Festival - Environment Marquee.



**Come and help in May at the SPOKES & SUSTRANS stall then  
enjoy the rest of the Canal Festival**

# Spokes Rides and Events Programme

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

---

## Rides and Events Programme

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

Spokes' Web Site:	<a href="http://www.spokesgroup.org.uk">www.spokesgroup.org.uk</a>
Spokes' Letsride Group:	<a href="http://www.letsride.co.uk/groups/spokes-watford">www.letsride.co.uk/groups/spokes-watford</a>
Spokes' Facebook Group:	<a href="http://www.facebook.com/groups/178161195994290/">www.facebook.com/groups/178161195994290/</a>

## Spokes Buddy Rides

If you are planning to go out for a ride why not invite other Spokes members. Post the details to our Facebook Group. Include the start location and time, approximate distance, a description sufficient to allow others to decide whether they will be able to join you and the pace. You can invite anyone interested to reply to your post.

## 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.

## Ride Speed Guide

**Slow** ----- Gentle up to 8mph

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

**Fast** ----- Average over 12 mph

---

## March

**Sunday 5<sup>th</sup> 10am**                      **Spyride – Cha Cafe, Cassiobury Park,  
Watford WD18 7HY**

Visit places and hear about local places connected with real (Burgess and Maclean) and fictional (George Smiley) spies. You'll ride on Rousebarn Lane through Wippendell Wood, then on to Belsize and Flaunden and stopping at the Boot in Sarratt for lunch. Return to Cha Café.

18 miles                                      Slow/Medium

Charles *removed* in advance and *removed* on the day

**Tuesday 7<sup>th</sup> 10am**                      **Tuesday Ride - from outside Harvester,  
Baldwin Lane WD3 3RX**

A morning ride on lanes & road into the Chilterns via Belsize & Flaunden. Coffee stop at Chipperfield.

18 miles                                      Medium                      Roger *removed*

**Thursday 9<sup>th</sup> 8pm**                      **Spokes Social Evening & Curry Night - at  
Moon Under Water, 44 High St, Watford  
WD17 2BS**

Join Diana for the final Spokes Social Night that she'll be hosting. Let's make this occasion special and show our gratitude for Diana's work organising these events over the years. Enjoy a drink and meal and chat with other Spokes members. This is Curry Night at the Moon Under Water. Parking for bikes is available but do bring good padlocks.

Diana *removed*

**Sunday 12<sup>th</sup> 10am**      **A Ride Through Berko - from outside  
Harvester, Baldwin Lane WD3 3RX**

The ride to Berkhamsted takes us through Whelpley Bridge. We descend to Berkhamsted and cross the canal before a steep climb to Little Heath and well earned refreshments at the Little Heath Cafe. We start our return with a fast downhill stretch to the canal and we'll ride parallel to the canal through Hemel Hempstead to Nash Mills where we climb to Chipperfield and back to the start. Lovely scenery, great views and some hills. All on road so suits any bike.

28 miles                                  Medium                                  Brian *removed*

**Sunday 19<sup>th</sup> 10am**      **Maintenance Morning – from Ebury Way by  
Travis Perkins, Rickmansworth**

Help with minor maintenance by cutting back vegetation & tidying up. Bring gloves, secateurs, saws, etc.

Roger *removed*

**Thursday 23<sup>rd</sup> 10am**      **Studham Ride - from outside Harvester,  
Baldwin Lane WD3 3RX**

We head to Berkhamsted via Whelpley Hill and after descending to cross the canal we head through Little Gaddesden to Studham and refreshments at the Red Lion. Then it's on to Dagnell, through Ashridge and down to Northchurch. A climb takes us to Ashley Green and back to Croxley Green via Chandlers Cross. A few steep hills but rewarded by great scenery. All on road so suits any bike.

44 miles                                  Medium                                  Brian *removed*

**Monday 27<sup>th</sup> 2pm**      **Hampermill and Stocker's Lake - from  
Watford Cycle Hub, Holywell Community  
Centre, Tolpits Lane, Watford WD18 9QD**

Using roads and off-road tracks we head out to Moor Park and Harefield dropping down to Stockers Lake and a cuppa at the Cafe in the Park returning via Ebury Way

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



downhill through Maple Cross and back to the canal. After a stop at the Cafe in the Aquadrome we head back to the Watford Cycle Hub using the canal towpath and Ebury Way. Includes off-road sections so suits mountain and hybrid bikes.

27 miles

Medium

Brian *removed*

**Sunday 30<sup>th</sup> 10am Chiltern Ride –  
from outside Watford Met Station Watford WD18 7LE**

A ride out into the Chilterns to Ley Hill, via Chipperfield and Bovington. Back via Chenies and Sarratt. Almost all on road, with a few hills, but lovely countryside to compensate. Pub stop at The Boot in Sarratt on the return.

22 miles

Medium

Pam *removed or removed*

## May

**Thursday 4<sup>th</sup> 10am Open Air Ride**

**Start at Watford Cycle Hub, Tolpits Lane, Watford WD18 9QD**

Out to Chorleywood, past the Open Air Museum and onto the Rowan Garden Centre for refreshments. We'll then enjoy a downhill section with lovely views over the Colne Valley and join the canal towpath and return to the start via the Ebury Way. Off road on towpaths and cycle paths so suits hybrid and mountain bikes.

19 miles

Medium

Brian *removed*

**Tuesday 9<sup>th</sup> 10am Tuesday Ride - from outside Harvester,  
Baldwin Lane WD3 3RX**

Cycle along the Ebury Way, then the west side of the Colne valley to Denham Country Park for coffee. Return along the canal path & NCR6/61

18 miles

Medium

Roger *removed*

**Sunday 14<sup>th</sup> 10am Meander to Chesham - from outside  
Harvester, Baldwin Lane WD3 3RX**

A meander through Flaunden, Ley Hill and Ashley Green into the Chilterns, taking in parts of the Harding Way, eventually reaching Chesham and refreshments at the Queens Head. Continue through Latimer and back to Croxley Green. A few hills to test the lungs but lovely views. All on road or cycle path and suitable for any bike.

33 miles

Medium

Brian *removed*

**Monday 15<sup>th</sup> 7:30pm**      **Space for Cycling in SW Herts - We are trying out a new meeting place: Halfway House, 91 Uxbridge Road, Rickmansworth, WD3 7DQ**

Our regular cycle campaigning meeting.

*Peter removed*

**Friday 19<sup>th</sup> 7pm**      **Evening Fun Ride - from Watford Cycle Hub, Holywell Community Centre, Tolpits Lane, Watford WD18 9QD**

Cycle on road, track & some grass via Oxhey & Harefield then the Aquadrome to Croxley Green for an optional evening drink, arriving around 8.45 at the Coach & Horses, or just come along to the pub. Any robust bike.

14 miles

Medium

*Roger removed*

**Friday 19<sup>th</sup> 8:45pm**      **Social Evening – Coach and Horses, The Green, Croxley Green WD3 3HX**

Join the riders from Roger's Fun Ride and other Spokes' members.

*Roger removed*

**Saturday 20<sup>th</sup>/Sunday 21<sup>st</sup>**      **Rickmansworth Festival – Environment Marquee**

SPOKES shares a stall with SUSTRANS promoting cycling. Help to staff our stall for a couple of hours. Then visit the other events. Contact Roger if you can help.

*Roger removed*

**Saturday 27<sup>th</sup> 10am**      **FA Cup Final Ride - from outside Watford Met Station Watford WD18 7LE**

Inspired by the development of Wembley Stadium, this 12th annual Spokes ride uses roads or trains to Wembley many hours before the match starts when crowds are very small. You will experience an iconic trip up Wembley Way to meet Bobby Moore followed by a late breakfast at the Ace Cafe along with members of the SAAB owners club. The Grand Union canal takes us back through Wembley to Harrow for possible tea stop and Watford.

24 miles

Slow

*David removed or on the day 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			
Second Member Phone			
Amount £		Opt out of printed Newsletter	<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"/>

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



**Why is this bike here ?**



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](mailto:office@watfordcyclehub.org.uk)  
[www.watfordcyclehub.org.uk](http://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.



## **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 our program of rides. We have rides most weekends, some weekdays and summer evenings. They start at several places around Watford.**

**Visit our web site to catch the latest news and rides:**

**[www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)**

**<https://www.facebook.com/groups/178161195994290/>**