



2018 Spring Newsletter - No. 96

NEW in this issue: Letters and Facebook Focus

Website: www.spokesgroup.org.uk

Facebook: <http://bit.ly/2AYtCFR>



Join us for a Spokes Ride to welcome Spring!

Ashridge Descent and Climb Refreshments



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Notice and Agenda for the Annual General Meeting

7.30pm on Monday 16 April 2018

at the **Watford Cycle Hub**, Pavilion 2 (Small Pavilion), Holywell Community Centre, Chaffinch Lane, (off Tolpits Lane) WD18 9QD.

1. Welcome and Apologies

2. Minutes of AGM 2017

3. Reports for the year up to March 2018

Chairman –

Treasurer –

4. 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 Editor
- Publicity & Promotion
- Information – Web Manager
- Rides co-ordinator
- Campaigning
- Cycle Hub Liaison

5. Affiliations: Cycling UK, British Cycling, CycleNation, CycleHerts

6. Resolutions: To reach the Chair before 1 April 2018

7. Other Business - please notify the Chair at least one week before the meeting.

Informal Discussion – SPOKES Rides and Cycling Infrastructure.

CHAT FROM THE CHAIR – ROGER – SPRING 2017



SPOKES AGM Report

Over the past year Spokes activities have increased due to active committee members filling the various roles and we have been able to lead more rides. Our campaigning, which was lacking, is improving and moving forward.

Brian Johnson has now stepped down as Rides Coordinator, having led and developed our promotion of SPOKES rides through Let's Ride. Peter Jackson has taken over as Rides Coordinator. He is successfully leading and organising rides. We are now able to organise a wide range of rides varying in distance and speed.

Nan Millette, another new member on the committee, is now editing and producing our quarterly Newsletter.

Thanks are due to all ride leaders and committee members, who have been busy ensuring SPOKES is effectively run. We would welcome other members to become actively involved either on the committee or campaigning. We aim to improve safe cycling routes and the supporting infrastructure. We would really appreciate more members leading one or two rides each quarter. If unsure as to what is involved please speak to Peter the Rides Coordinator or another committee member.

We also appreciate our close association with the Watford and Hemel Hempstead Cycle Hubs.

Hertfordshire County Council (HCC) has recently consulted on its ten year Local Transport Plan. HCC recognises that planning for pedestrians and cyclists is vital for the future, if we are to develop healthy life styles, avoid serious congestion and polluted air. It is vital that HCC and District /Local Councils work together to develop their Walking and Cycling Strategies, which will enable them to get support from central government.

Locally we need to identify a possible network of safe cycling routes for short utility journeys and a good range of longer recreational routes.

Peter Taylor, a Watford Councillor, is hopeful that the Cycle Forum will be reformed to identify cycle improvement schemes. This would be a step forward particularly if it could also include Three Rivers.

Some improvements we would like to see:

Watford

1. High Street - Changes continue to be made, discouraging vehicles but improving conditions for pedestrians, whilst maintaining cycling for the full length. We are concerned about the future width by the bus stops and the ongoing problem with market stalls being allowed to block what was supposed to be a wide, free form area.
2. We would like to see shared use established on the path between the High Street Station and Lady's Close.
3. The junction of Bushey Mill Lane and Radlett Road is also crossed by the NCR6. This is dangerous. A new crossing place for pedestrians and cyclists needs to be considered.
4. There is confusion about which paths in Cassiobury Park can be used for cycling. Last year it was confirmed by the Project Manager and Councillor that cycling would be allowed on most of the paths, including from the Cha Café to the canal.
5. SPOKES has long supported a 20mph speed limit on all residential roads. Watford Council supports this, but Hertfordshire County Council does not.

Three Rivers

1. On Baldwins Lane a cycle path should be established from the existing shared use path at Two Bridges to Links Way. There is space for this. As the new Croxley Danes School is to be built, a cycle route should be included.
2. In Mill End some of the barriers to cycling should be removed, allowing access to Long Lane, where the new Reach School is being built.
3. On High Elms Lane by Parmiter's School the existing shared use path should be extended to the shared use paths by the A405.
4. At Maple Cross the existing badly maintained path alongside the A412 between the service Road and the Old Uxbridge Road should be converted into a shared use path.

Hertsmere

A few years ago money was spent on providing a shared use path alongside the Aldenham Road B462 by Queens' School. Unfortunately the shared paths have not joined up with other cycle routes which could provide continuous safe cycling routes.

As a **general comment** we would like to see more shared use marking on the ground. Signs on posts should only be used at the start of a shared path. Markings on the ground are more likely to be observed by both pedestrians and cyclists. In addition, they reduce street-clutter and reduce costs.



CAMPAIGNS: WHAT'S NEW?

You tell us: what is new in your area? We'd love to hear about any campaigns you are involved in, or any burning issues you would like to discuss.

LETTERS AND MEMBER MUSINGS

Burning issues, answers you cannot find on search engines? Ask your committee for help: send your letters, comments or concerns to newsletter@spokesgroup.org.uk

London to Paris Cycle Challenge

In October this year my sister, Sue, and I are taking part in a Cycle Challenge on behalf of Women v Cancer. We will be cycling from London to Paris to raise funds for Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action. We need to raise £1,600 each in sponsorship and it would be great, if you could help us in this by making a donation. It does not matter how small - every little will help towards these very worthwhile causes. The easiest way to make a donation is online. I have set up a Just Giving page at www.justgiving.com/fundraising/pamelamann5, but please email me at pammann@btinternet.com if you would prefer to donate in another way. With many thanks in advance,
Pam Mann

HELLO FROM THE NEW RIDES COORDINATOR

I took over from Brian at the beginning of the winter programme and, thanks to his excellent handover, support and provision of templates etc. it has been the smoothest possible start. Yes, a fair bit to learn and I have made plenty of errors but hopefully as we enter phase 2 (the Spring Programme) we will all benefit from my lessons learned and error rate reduction. Thank you to those who by telephone, email and Facebook welcomed me to the job with some lovely messages.

After cycling until I was 16 years old I moved on via a moped and motor cycles to car driving and cycling was forgotten. Then in 1998 I joined the Epilepsy Society and changed from London commuting to a Watford/Chalfont Common cycling commute. After a painful first week or two I suddenly realised I was enjoying it without discomfort. With a colleague, I soon got involved in organising and riding charity cycle events on site at Chalfont Common and through the Chiltern Lanes. We then discovered that, with much less organising, we could raise more money with smaller groups riding to more distant parts. The downside was it did not involve families enjoying riding safe routes on private land together, but fundraising was our prime objective. That got me into leading longer distance riding including the obligatory Chalfont to Paris and Land's End to John O'Groats. Leading a charity ride from Watford to Brussels introduced me to the pleasures of North Belgium cycling, which I wrote about in the Winter 2017 Newsletter.

I started with a Hybrid, then moved on to a Peugeot steel framed road bike bought in an Epilepsy Society bike jumble. That bicycle would not take panniers so in 2009 I took the plunge, sold all my kayaking gear to buy a new Specialized Tri-Cross. That enabled me to concentrate on cycling rather than dividing free time between the bike and the water. The Tri Cross makes a good light tourer and road bike and puts up with trails and canal towpaths.

I have not given up walking. I enjoy an annual winter hill walking get-together in Snowdonia every February with friends I met when in Scouting. We call it a snow and ice weekend and it looks as if this year will live up to

its name. I promise you snow and ice is much more spectacular and enjoyable than wind and rain.

I am retired, having unintentionally enjoyed what I believe is now called a portfolio career, but I see as unplanned good fortune. I have worked in construction, retail, engineering and the care sector. My last 35 years at work was as a Personnel (Human Resource Manager). This overlapped, as I moved into retirement, with a 7 year period sitting as a Non-Legal Member on Employment Tribunals.

In respect of the Rides Coordinator job, I am enjoying it. The group of friends I was riding with started reducing mileage as they got older. So, I joined Spokes last summer and was an immediate fan, good rides at my pace in good company. Now, as coordinator I very much appreciate the work of the ride leaders enabling a good programme of rides. So far, I think we have only cancelled one ride due to weather and one due to illness in the winter programme, although I did have to modify one of my routes due to icy lanes, so that has been a good winter's cycling. Only one ride (mine) has had no takers but Billy No Mates still enjoyed a day's ride.

It would be great to gain more ride leaders whether for the occasional or regular ride, all are welcome. Email me at rides@spokesgroup.org.uk if you want to know more.

Peter Jackson



SPOKES RIDES AND EVENTS PROGRAMME

Stay In Touch With Spokes

Spokes Web Site: www.spokesgroup.org.uk

Information about Spokes, its ride events and links to its campaigning.

Spokes Campaigning Site: spokesswherts.cyclescape.org

Spokes' campaigning activity for cycling.

Spokes Strava Club: 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

Sign up to Let's Ride and join the Spokes Group. Keep up to date with Spokes rides and invite others to share your rides. Let's Ride will also help you find other local rides that you can join and routes that you download and ride yourself.

Spokes rides are posted to this web site. Some Spokes members use this web site to sign up for the ride and others just turn up on the day. Spokes rides are posted with a limit on the number of riders who can sign up, to avoid the number of riders getting too large. However, as a Spokes member you can just turn up on the day, so don't worry if the ride doesn't show on Let's Ride, as this only means that the Let's Ride limit has been reached.

Spokes Facebook Group:

www.facebook.com/groups/178161195994290/

Keep up to date with what other Spokes members are doing, find details of forthcoming rides, both from the Spokes ride programme and ad hoc rides added by Spokes members, and discuss or share issues you are passionate about.

Winter Rides

I have recently started consulting Ride Leaders on how we operate and one Leader expressed frustration at putting on rides with booked riders not showing and very small groups. I will try and collect some actual figures during the spring programme. This winter, ride numbers have ranged from 1 to 16. My recollection of the Winter Programme so far is that, considering wintry conditions, there has overall been a good level of participation.

Thanks to the effort and expertise of Ride Leaders, we provide a good rides programme, but improvement is always possible. Do we need more slow and fast rides to broaden our appeal? In the Spring Programme, there will be an opportunity (Monday evening 12 March) for current and potential Ride Leaders to get together, share ideas and perhaps enable additional leaders to feel able to provide rides. That could lead to a wider range of rides.

I would love to hear members' views on the type of rides they enjoy, Spokes Rides and their appeal to Members, at the ride leading gathering, in person or rides, on Facebook, through the Newsletter or by email at rides@spokesgroup.org.uk.

Peter Jackson
Rides Coordinator

Maintaining the Spokes Rides Programme

Spokes members put together a varied programme of social rides, where you can find a ride that suits you, where you ride in a group that chats and enjoys a sociable break en route or at the end of the ride and where slower riders don't feel they are a burden. Spokes rides tend to be smaller more sociable group rides. The programme relies on members volunteering to lead these rides. The rides are usually well attended and enjoyed by the participants. Most riders have a favourite route or area they enjoy and where they know at least one route. Offer to share yours with others, either as part of the next programme or by posting an invite on Let's Ride or to our Facebook group. So think about what ride you can share when we start to compile the Summer programme at the start of May.

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: www.spokesgroup.org.uk
Spokes Let's Ride Group: www.letsride.co.uk/groups/spokes-watford
Spokes Facebook Group: www.facebook.com/groups/178161195994290/
Rides additional to those in this newsletter will appear on these web sites.

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 and/or Lets Ride on letsride.co.uk. 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. If you post on letsride.co.uk please mention Spokes in the ride title, e.g. Spokes Social Ride: Up Andover Way, and add it to the Spokes Group as an open ride. You'll then be able to invite other members of the Spokes group.

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 wellbeing is your responsibility. It is also your responsibility to follow the Highway Code at all times. Your participation in the rides is acceptance of these terms.

PLEASE NOTE: Although this is the spring programme it may still be cold so wear appropriate clothing for the forecast weather. Remember there may be periods when you are stationary, for example fixing a puncture. For longer rides lights may still be needed; check with the ride organiser if in doubt. Also make sure you bring water and snack, spare inner tube, pump and lights if appropriate.

If the weather is diabolical, the roads icy or in other exceptional circumstances, the ride may be cancelled or the route shortened to ensure enjoyment and safety of all riders. Unless the change happens at the very last minute, notice of the change or cancellation will be posted on our web site and on our Facebook page.

Therefore, if the weather looks bad, please contact the organiser before you travel to the start of a ride, but try checking Facebook first.



Ride Speed Guide

Slow ----- Gentle up to 8mph

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

Fast ----- Average over 12 mph

Rides and Events Calendar

Rides may be added to the programme and details will be added to the web sites noted above. ***Please make sure you arrive in plenty of time at the start, so rides can leave at the stated time.***

March

**Tuesday 6th 10.00am Tuesday Morning Ride – from outside Harvester, Baldwins Lane
Croxley Green WD3 3RX**

Up Rousebarn Lane into the Chilterns. Coffee stop at Chipperfield. All on mainly good roads.

18 miles Medium Suitable for any bike Roger elided

Sunday 11th 11.00am Ebury Way Maintenance

Further details will be put on the website and Facebook site nearer the time. With SUSTRANS help, we will look after the Ebury Way by joining a Litter Pick or doing other minor maintenance work.

Roger elided

**Monday 12th 8.00pm Ride Leading Gathering at The Red House (Pub)
Watford Road, Croxley Green WD3 3DX**

Join Peter Jackson for a gathering of Spokes Ride Leaders and anyone considering leading a ride but wanting to know more about ride leading. A chance to contribute ideas, ask questions, share experiences and tips, and discuss any concerns you may have. The Red House has its own car park and is near Croxley Met Station.

Peter J elided

March

Tuesday 13th 10.00 am Bike and Train - from Radlett Car Park

Newberries, Watling Street, Radlett WD7 7JH

Passing through Shenley we skirt St Albans and head towards Kimpton. We then follow the B road to Whitwell, where we stop at Emily's Tea Room. We resume by travelling along Lilley Bottom to Lilley village and then over the hill to Streatley. Passing by Sundon and a fast descent brings us to our destination, Harlington, where we get the train back to Radlett. 1600ft of climbing. Car park currently £5.20.

33 miles Medium Suitable for any bike Pete B. *elided*

Wednesday 14th 10.00am Markyate Meander - From Dacorum Cycle

Hub, Redbourn Rd Hemel Hempstead HP2 7BA

We start by crossing the Gade Valley and then drop down to Frithsden before climbing to Little Gaddesden. Then it's back across the Gade Valley to Studham and Markyate on our way back to the start and refreshments at the Dacorum Cycle Hub. Car parking at the Hub.

23 miles Medium Suitable for any bike Brian *elided*

Wednesday 21st 10.00am Royal Standard of England – from Watford

**Cycle Hub, Holywell Community Centre,
Tolpits Lane, Watford WD18 9QD**

Out via Chorleywood and Chalfont St Giles to Forty Green and visit the oldest pub in England for refreshment. Back via Chalfont St Peter and Maple Cross. All on road and good surface cycle way. Car parking at the Hub.

30 miles Medium Suitable for any bike Peter J. *elided*

Sunday 25th 10.00am Ley Hill Loop - from outside Harvester,

Baldwins Lane Croxley Green WD3 3RX

All on road, the ride will head to Ley Hill via Chorleywood and back via Bovingdon, stopping for refreshments at Blackwells in Chipperfield.

22 miles Medium Suitable for any bike Brian *elided*

March

Friday 30th 10.00am Beautiful Aldbury – from outside Kings Langley Community Centre, The Nap WD4 8ET

Out to Aldbury for refreshment at the Greyhound Inn and return.

1800 feet of climbing.

32 miles Medium Suitable for any bike Katherine *elided*

April

Sunday 1st 10.00am To the Chiltern Summit - from outside Harvester, Baldwins Lane WD3 3RX

On-road fast-paced ride with tea and toast stop at Brown Sugar Café in Chesham, then a loop up into Chilterns, back by 3.30pm. We aim to average 14 mph, perhaps quicker on the way back.

40 miles Fast Suitable for road/touring bike. Clive *elided*

Tuesday 3rd 10.00am Tuesday Morning Ride - from outside Harvester, Baldwins Lane, Croxley Green WD3 3RX

On road and tracks to the cafe at Shenley, return via Letchmore Heath.

20 miles Medium Suitable for any bike Roger *elided*

Saturday 7th 10.00am Redbourn Hub Ride – from Watford Rugby Club, Radlett Rd, Watford, WD24 4LL

A morning ride to Redbourn cycle hub, for refreshments, using the Nickey Line from Hemel to Redbourn, and probably coming back the direct route to St Albans and home.

28 miles Medium Best suits Touring/Hybrids Chris *elided*

**“I don’t ride a bike to add days to my life.
I ride a bike to add life to my days.”**

-National Cycling Centre

April

Sunday 15th 10.00am A Knotty Ride - from outside Harvester, Baldwins Lane, Croxley Green WD3 3RX

Out via Loudwater and Chorleywood to Chalfont St Giles. After skirting Chalfont St Peter we head to Beaconsfield and Coleshill and back to Chalfont St Giles before retracing our route back to the start. Refreshments on route.

30 miles Medium Suitable for any bike Brian elided

Wednesday 18th 10.00am Winging It - From Dacorum Cycle Hub, Redbourn Road, Hemel Hempstead HP2 7B

Car parking available at the Hub. We will ride across the valley to Berkhamsted and on through Hastoe, down to Tring and back up to Wing for refreshments. Back to the start past Mentmore and through Pitstone, Ashridge and Great Gaddesden.

51 miles Medium Suitable for any bike Brian elided

Saturday 21st 10.00am A Day Ride to Hatfield House - from outside Harvester, Baldwins Lane WD3 3RX

Cycle on minor roads and tracks including the Alban Way to Hatfield House for refreshment. Return via Colney Heath.

34 miles Medium Suitable for any bike Roger elided

Wednesday 25th 10.00am Black Park - from Watford Cycle Hub, Tolpits Lane, Watford WD18 9QD

Out to Black Park via Gerrards Cross. Refreshment at San Remo, lake side Black Park Café. Return via Beaconsfield, Chorleywood and Loudwater. Car parking at the Hub.

37 miles Medium Suitable for any bike Peter J. elided



May

**Wednesday 2nd 10.00am Whitewell and Ayot St Lawrence Experience
from Dacorum Cycle Hub, Redbourn Road,
Hemel Hempstead HP2 7BA**

Car parking available at the Hub. A chance to see plenty of villages on the way to and from Emily's Tea Room at Whitwell.

37 miles Medium Suitable for any bike Brian *elided*

**Tuesday 8th 10.00am Colne Valley Ride - from outside Harvester,
Baldwins Lane WD3 3RX**

Ride through the Colne Valley to Denham Country Park for coffee. Return on NCR6 tracks

20 miles. Medium Suitable for Hybrid, Mountain or Touring Bikes.
Roger *elided*

**Friday 18th 7.00 pm Evening Ebury Way and Aquadrome ride –
from Watford Cycle Hub, Watford WD18 9QD**

Along the Ebury Way, through the Aquadrome to Maple Cross for refreshment.

12 miles Medium Suitable for any bike Roger *elided*

Saturday 19th and Sunday 20th Rickmansworth Festival Aquadrome

Support SPOKES and SUSTRANS at our promotional stand

Roger *elided*



May

**Wednesday 23rd 10.00am Burnham Beeches in the Spring - from
Watford Cycle Hub, Tolpits Lane,
WD18 9QD**

Out via Loudwater, Chorleywood, Beaconsfield for well-earned refreshment at Burnham Beeches. Return via Hedgerley, Gerrards Cross, Chalfont St Peter, Harefield and Moor Park golf course. Includes some challenging hills, just under 2,000 feet of climbing. Car parking at the Hub.
39 miles Medium Suitable for any bike Peter J *elided*

**Sunday 27th 10.00am Hertfordshire Aviation History Ride from –
outside Garston Medical Centre, 6a North
Western Avenue, Watford WD25 9GP**

A ride round some of the places of interest in Hertfordshire's aviation history. Visit Radlett, home of 80 (Signals) Wing RAF, Salisbury Hall where the De Havilland Mosquito was designed, the site of London Colney airfield (56 Squadron RFC) and Colney Street, site of the Handley Page works and aerodrome. Lunch at the Orchard Café at Shenley Park. Some of the route is off-road. Mountain bikes are not necessary. The ride is suitable for touring or hybrid bikes but may not suit bikes with skinny tyres or small wheels.

30 miles Slow/Medium Suitable for Hybrid/Touring Bikes
Charles *elided* in advance; *elided* on the day

FACEBOOK FOCUS

New year, new feature! Many of you are aware of our public Facebook page, where we share photos, stories, rides and current events. Just in case you missed some of these, here is a round-up of what's been happening, with our Facebook Focus:

1. From Katharine Deaney, posted on 17 Dec 2017:

"This photo (check our Facebook page – Ed) shows the importance of wearing a helmet. Experienced road cyclist out today, hit a pot hole which caused his back wheel to puncture which made him fall off and hit his head on the road. He came to A&E had a CT brain scan and has fractured one of

the bones at the side of his eye. Luckily his brain is ok as the helmet took the impact."

Two things we learned from this: report potholes and look at the evidence for wearing a helmet (or not).

Rona Wightman Can I urge everyone to get in the habit of reporting potholes and road

defects <https://www.hertfordshire.gov.uk/services/highways-roads-and-pavements/report-a-problem/report-a-street-light-or-pothole.aspx>

Clive Jones See the CTC's statement on cycling helmets here: <https://www.cyclinguk.org/campaign/cycle-helmets-evidence>

2. Ride leaders have been conscientious about posting advance notices and an overview of the ride on Facebook. They also post cancellations on the Spokes Facebook page, to keep you up to date as to weather and road conditions.

3. Dennis Dacorum mentioned the Hemel Hillbuster III taking place on Sun 22 April 2018 at Gadebridge Park. With a choice of 100km or 60km rides in the Chiltern hills, it is a great warm up event for the season. Entry is simple, via British Cycling.

<https://www.facebook.com/events/1945302042389116/>



HAVE BICYCLE, WILL TRAVEL

SPOKES members narrate their experiences on two wheels

Katherine Deaney has written about her experience at the National Cycling Centre in Manchester.

"I am doing a university course for work at Salford, so decided to have a go at track cycling whilst I was staying in the city. The velodrome is easy to get to on the tram network and it has its own stop.

I have done two of the ladies only taster sessions, held on a Tuesday evening from 7-8pm. There is a coach to help you get used to the bikes and to learn the ropes! Riding a fixed wheel bike is a very different experience to my normal road bikes. You have to keep the pedals turning at all times as you cannot cruise like you do on the road. Also for added confidence (or not!) there are no gears or brakes. Yikes!

Kathy, our coach was very patient and told me what I needed to know to stay on the bike! At the first session, I was petrified I'd fall off, and spent much energy concentrating on what I'd been told to do and telling myself that I can do this!

You start off against the barrier and have your feet either in cradles or clipped in with their special cleats (different to most road bike cleats, I'm told!) Then you push off and pedal to get going and get your balance. The track is 250 metres long with 2 long straights and semi-circular bends at each end. The bottom lap is flat and you can gradually go up the gradient banking as your speed increases and your confidence lifts.

For my first session, there were only 2 other ladies, so we had plenty of room. I practised stopping and starting and then braved it onto the banked track. Kathy told me to push and accelerate around the corners and you can ease off on the straights. Despite the track being in a loop, you don't need to steer with the handlebars at all! Strange but true!

Tonight I have just done my second session, and I was able to go faster and further up the banking. I also borrowed cycling shoes and rode clipped in for the first time!

The taster sessions are approximately £18 which includes bike hire, shoe hire and tuition for an hour. It is an amazing experience that I'm glad I pushed myself to do. "

For more information visit <http://www.nationalcyclingcentre.com/>

Lorraine Kennedy enjoyed a London ride led by Brian Johnson and reports: "Brian led a small group of us around London in early November. It wasn't a long or arduous ride, but for 3 or 4 hours we were up close and personal with the wonderful sites that London offers. We rode through Regent's Park, through the West End, coming close to St Paul's Cathedral, before heading along to the Thames with the wonderful London Eye and MI5 building, over to Parliament and Westminster Abbey. Brian took us down back lanes and along the many cycling lanes, meaning we were quite safe from the heavy traffic of London. We stopped at the Serpentine Café and had a wonderful lunch. For me, it was the stand out ride of 2017 – great company and wonderful sights. As someone who usually jumps on the tube to get where I am going as quickly as I can, it was a joy to see our wonderful capital in all its glories."



**Join Spokes today
Only £12 per annum
£3 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>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>
 <p>Katherine Deaney at the National Cycling Centre, see page 20 for details.</p>	 <p>CTH CYCLES Independent bike shop to suit all!</p> <p>Fully Fitted Service & Repair Centre! LOOKING FOR A NEW BIKE? We sell Orbea, Diamondback & Raleigh bikes with a great range from kids to youth, adults covering the Leisure, MTB, Road and e-bikes market. We will make sure you go away with the right bike for you! A full range of parts & accessories available.</p> <p>97 Old Watford Road, Bricket Wood, St Albans AL2 3UN 01923 674555</p> <p>     </p>
	<p>Get on your bike and join us!</p> <p>If you want to join us on a ride, just turn up at the stated start point. Look at our programme 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:</p> <p>www.spokesgroup.org.uk https://www.facebook.com/groups/178161195994290/</p>



Watford Cycle Hub

The Pavilion Holywell Community Centre,
King George V Playing Fields, Tolpits Lane, WD18 9QD
Tel: 01923 223 994 Mob: 07818 047 838

We're your local cycle recycle centre and do all things cycling

- Fix Bikes
- Sell new accessories
- Sell new and reconditioned parts
- Security tag and register bikes
- Teach you about bikes
- Train you to ride bikes
- Guide you on bike rides
- Accept your unwanted bikes
- Sell fully reconditioned, warranted bikes
- Hire you a bike



The **BIG BIKE** Revival.



Standard Cycle Hub Opening Times:

	Opening Hours	Regular Bookable Activities
Monday:	CLOSED	
Tuesday:	9:00am – 5:00pm	
Wednesday:	9:00am – 5:00pm	
Thursday:	9:00am – 5:00pm	
Friday:	10:00am – 5:30pm	Kids Go-Ride Club 6pm (<i>sharp</i>) to 7:30pm
Saturday:	9:00am – 5:00pm	
Sunday:	9:30am – 4:00pm	Rides meeting time from 9:30am

www.watfordcyclehub.org.uk

01923-223-994

office@watfordcyclehub.org.uk

