



2018 Summer Newsletter - No. 97

Read first then get out and RIDE!

Website: www.spokesgroup.org.uk

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



Alban Way to Hatfield House

Join us for a Spokes Ride to welcome Summer!

Check out hot weather cycling tips:

<https://www.cyclinguk.org/article/cycling-guide/cycling-heat>



*Looking north up the Lower High St at Dalton Way – where do you cross?
See Roger’s comments on page 5.*



*SPOKES volunteers in action clearing parts of the Ebury Way – read more on
page 6.*



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CHAT FROM THE CHAIR – ROGER – SUMMER 2018



SPOKES Report

We had our AGM in April. As most of the committee had joined in recent years, it was good to have each member carrying on in their existing roles, keeping continuity. Of course, we will continue to welcome members who are interested in being actively involved, to join the committee.

Our finances are good and we are leading a variety of cycle rides. We would like more members to commit to leading rides, so, if you could do this, please contact Peter our Rides Coordinator.

We have had members and other cyclists contacting us recently about issues in Watford, particularly the lower High Street at the Dalton Way junction, where the existing cycling and pedestrian path has been made difficult to use, causing inconvenience and danger. ***Please see the article on the website for more information.*** It seems the changes were brought about by a developer wanting two lanes for traffic travelling south into Dalton Way, joining a third lane for north bound traffic, but the three lanes at the junction merge into two on Dalton Way. So why was the extra lane required? The influence of developers seems to override the convenience of pedestrians and cyclists. At the time of writing we are waiting on results of a safety audit, hoping that safe access can be provided to the original route. The junction already has traffic lights. (See colour photo on page 2. –Editor)

It is good to have more people taking an active interest in the changes to our roads that affect cyclists. Another long term issue in Watford is cycling in Cassiobury Park down to the canal. This was supposed to have been made legitimate over a year ago, according to a meeting I had with the Project Manager and a councillor, but still nothing has happened.

Now for the good news!!

We hope to see the Watford Cycle Forum reintroduced and are trying to arrange a meeting with Peter Taylor, the recently elected Mayor. This could result in more attention to cyclists' needs, encouraging safer cycling, which is the only way to reduce congestion.

Ebury Way Maintenance

In early March this year members of Sustrans and Spokes spent a morning clearing vegetation from the path at the Rickmansworth end of the Ebury Way. They also cleared litter from the Watford end. (See colour photo on page 2. – Editor)



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 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

From the Rides Coordinator, Peter Jackson:

Joining Spokes Rides with Confidence

At a Ride Leading gathering in March our discussion included "How do we describe our rides?". This reflected the concern of some riders that it was not always clear how challenging or easy the ride may be. I have undertaken to draw up an easily used guide, linked to some form of ride type categorisation. I intend, within the guide, to take account of the categories in Let's Ride.

Meanwhile, we are endeavouring to be more descriptive in our Newsletter, etc, so for example, describing a medium pace ride with steep hills as "medium pace with challenging hills". Or another ride may be described as "slow pace, reasonably flat". On Let's Ride we are including the actual average speed linked to the Spokes speed category, for example, "Spokes slow pace ride, gentle, up to 8 mph average speed".

As the web pages were already published by the time we decided this, not all the rides are described this way yet, but they will be shortly.

There is normally no need for Spokes members to book a ride. There is one exception in this Summer Newsletter, but that is stated in the ride description. However, if you do book on Let's Ride, it is helpful to cancel if you change your mind, in case the ride becomes fully booked and other riders want the chance to join us. I think it is right to describe the ride as accurately as possible, so members can make an informed choice and we will continue to attempt this.

All feedback welcome, as always, to Peter Jackson at rides@spokesgroup.org.uk



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.

Maintaining the Spokes Ride 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 begin compiling the Autumn programme at the start of August.

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 safety and wellbeing 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.



Ride Speed Guide

Slow ----- Gentle up to 8mph

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

Fast ----- Average over 12 mph

PLEASE NOTE

Great, we are into summer! Time to ensure we have sun protection in addition to our normal water and snack, spare inner tube, pump and lights if appropriate (e.g. long day Eastbourne trip).

If the weather is diabolical (rare, but this is an English Summer) or in other exceptional circumstances, the ride may be cancelled or the route shortened to ensure enjoyment 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 our Facebook page.

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



Rides and Events Calendar

Rides may be added to the programme and details will be added to our web sites. **Please turn up at the start location for a ride, ready to leave at the scheduled time.**

JUNE

(Hertfordshire Bike Month and National Bike Week)



Friday 1st 7:00pm

**Pub ride from outside Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

Join Roger at 8pm at the Boot, Sarratt (The Boot, The Green, WD3 6BL) for a social drink. Or ride with him from the Harvester, starting 7.00pm.

18 Miles Medium Suitable for any bike Roger *elided*

**Tuesday 5th 10:00am Tuesday-Colne Valley Ride from outside Harvester,
Baldwins Lane, Croxley Green WD3 3RX**

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

20 Miles Medium, suit Hybrid/Mountain/Touring, Roger *elided*

**Saturday 9th 9:30am  Queens Birthday Ride to Whelpley Hill from
Watford Cycle Hub, Chaffinch Lane, Watford WD18 9QD**

Start National Bike week with a ride out to Whelpley Hill, other hills to enjoy on the route, and a refreshment stop in Chipperfield.

28 miles Medium suitable for any bike Katherine *elided*

JUNE

**Tuesday 12th 10:00am Flourish in National Bike Week - Ride from
Watford Cycle Hub, The Pavilion, Chaffinch
Lane, Watford WD18 9QD**

Out via Ebury Way and Colne Valley Cycle route to Knutsford Playing Fields, then mainly minor Roads to Flourish Craft Bakery North Watford for refreshment. Back via Grove Mill Lane, Cassiobury Estate and Cassiobury Park. Cycle paths and quiet roads as much as possible. We cross two major roads on foot, St Albans Road at pedestrian lights and Hempstead Road across a central island. All good surface, minimal hills, the hills we go up are on minor roads and easily walked if needs be.

11 miles Slow suitable for any bike Peter *elided*

**Saturday 16th 10:00am National Bike Week Day ride from outside the
Harvester, Baldwins Lane, Croxley Green WD3
3RX**

Cycle along lanes and good tracks into the Chilterns. Lunch at Swan Bottom. Return via Amersham.

35 miles Medium Suitable for Road & Touring bikes. Roger *elided*

**Wednesday 20th 9:30am Train to seaside for a Cuckoo Trail Ride
Meet in Watford Junction Station ticket hall for
9:52 train**

Restricted to 6 riders, booking essential.

Email rides@spokesgroup.org.uk to reserve a place. Restricted to Spokes Members until 10 June then made an open ride on Let's Ride if not full.

Train to Eastbourne via East Croydon, then ride on roads, cycleways and well surfaced Cuckoo Trail to Heathfield and return. Snack before leaving Eastbourne and evening meal back in Eastbourne. Train fare up to £32.40 less card or group saver discount equals circa £22. Intending to return on 7.00 pm train reaching Watford at 9.20 pm, hourly service if we miss that one. Times subject to railway timetable changes. No challenging hills.

34 miles suitable for any bike Medium Peter *elided*

JUNE

Saturday 23rd 9:30am Ride to Dunstable Downs from Watford Rugby Club, Radlett Rd, Watford, WD24 4LL

A morning ride to Dunstable Downs Visitor Centre, using country roads, via Potters Crouch, Buncefield Hemel, Gaddesden Row, Studham, with a final climb to the Downs. Lovely views at the centre with a good cafe for our break. We should be back early afternoon.

45 miles Fast suitable for road bikes Chris *elided*

Sunday 24th 10:00am Water and Trees Short Ride from the Cha Cafe, 3 Cassiobury Park Ave, Watford WD18 7HY,

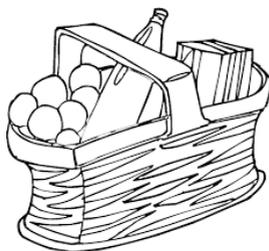
A short, mainly off-road, ride to Hunton Bridge via the canal towpath and Whippendell Woods, returning along the canal towpath to the Cha Cafe and welcome refreshments. A few short hills but off-road so you can walk without being seen! A great opportunity for those looking for shorter, easy, mainly off-road rides.

9 miles Slow Suitable for all bikes Brian *elided*

Thursday 28th 10:00am Destination St Leonards from Dacorum Cycle Hub, Sports Pavilion, Cupid Greens Playing Fields, Redbourn Road, Hemel Hempstead HP2 7BA

We'll cross the Gade and Bulbourne Valleys and head to St Leonards. Then on to Chesham, where we stop for refreshments, before crossing the Gade and returning to the start via Leverstock Green. A few challenging hills, but lots of nice views, flat roads and downhill. 1800' of ascent in total.

40 mile Medium suitable for any bike Brian *elided*



JULY

Sunday 15th 10:00am **Leafy Lanes to Latimer and Beyond from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX**

We head to Flaunden and Ley Hill and meander around some quiet lanes before heading back to Chipperfield and refreshments at Blackwell's.

Then back to the start via Chandlers Cross. A steady ride and some hills (1100' of ascent) but plenty of time to recover!

27 miles Medium suitable for any bike Brian *elided*

Monday 16th 10:00am **Herts and Bucks Loop from The Cafe in The Park, Aquadrome Frogmoor Lane, Rickmansworth WD3 1NB**

Out via Chorleywood, Flaunden, Ley Hill, Ballinger and Amersham to Penn Street for a pub lunch, probably at the Hit or Miss Inn. Easier ride back via Chalfont St Giles and Maple Cross. 2442 feet of climbing, including some challenging hills. On road apart from cycle path at the Aquadrome.

47 miles Medium suitable for any bike Peter *elided*

Sunday 22nd 10:00am **Ride to the De Havilland Aircraft Museum from outside Garston medical Centre, 6A North Western Avenue, Watford WD25 9GP**

Ride to visit the De Havilland Museum at Salisbury Hall. Admission charge £12 (£10 concessions). Refreshment stop at Orchard Cafe at Shenley Park. Return via Bricket Wood. Part of the ride is off road. Mountain bikes are not necessary but this part of the route may not be suitable for bikes with skinny tyres or small wheels. There is an alternative route on tarmacked B roads.

For further information on the destination see:
<https://www.dehavillandmuseum.co.uk/>

20-25 miles Slow/medium. Suitable for Touring/Hybrid/Mountain bikes
Charles *elided* in advance; *elided* on the day.



JULY

Monday 30th 10:00am **Ride to Hendon RAF Museum from outside the Post Office, 97 Eastbury Road Watford, WD19 4JP**

Out via Stanmore and Burnt Oak to Hendon RAF Museum for refreshment and to view. Spending up to 2 hours there. Return via Burnt Oak and Wealdstone back streets. Hills minimised and fairly short so we can do any of them at walking pace if needs be. Museum entry free, with pay for extras available if wanted.

More museum detail at <https://www.rafmuseum.org.uk/london/>
22 miles Slow suitable for any bike Peter *elided*

AUGUST

Monday 6th 7.30pm **Committee Meeting - Open to all at Watford Cycle Hub, Holywell Community Centre (small pavilion), Tolpits Lane, Watford WD18 9QD**

Arranging how things are done in SPOKES, Do you have suggestions?

Roger *elided*

Tuesday 7th 10:00am **Tuesday Morning Ride from the 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*

Monday 13th 10:00am **The Scenic Chilterns from Cassiobury Park Car Park, Gade Avenue, Watford WD18 7LG**

Out, skirting Bovington, to Studham and Kensworth, back via Markyate and Flamsted for refreshment at Redbourn Cycle Hub. Return to Watford via St Albans (Gorhambury Estate if open) and Bricket Wood. 2183 feet of climbing with challenging hills. Mainly on road apart from Cassiobury Park and Gorhambury Estate.

44 miles Medium suitable for any bike Peter *elided*

AUGUST

Wednesday 22nd 10:00am Bluebell Ride from Dacorum Cycle Hub, Sports Pavilion, Cupid Greens Playing Fields, Redbourn Road, Hemel Hempstead HP2 7BA

We head to Berkhamsted and into the Chilterns. Passing Hastoe then downhill into Tring and onto Marsworth and refreshments at the Bluebell Tearooms. Refreshed we head through Pitstone and Ivinghoe and upwards to pass the Ivinghoe Beacon and head back to the start. There are a few steepish hills but we'll wait! For the most part a steady ride, 1800' of ascent.

33 miles Medium suitable for any bike Brian *elided*

Friday 24th 7:00pm Pub ride from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX

Ride with Roger from the Harvester, starting 7.00pm, to the Windmill Pub Chipperfield (The Common, Chipperfield WD4 9BU) for a social drink. Or join Roger at 8pm at the Windmill.

12 miles Medium suitable for any bike Roger *elided*



FACEBOOK FOCUS

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, we feature what's happening, with Facebook Focus:

Peter Jackson, Rides Coordinator: "My reconnoitre of the Eastbourne ride yesterday was "eventful". The ride from Uckfield to Eastbourne is great, scenic and the 13 mile Cuckoo Trail section is excellent. Mostly converted railway line including riding along Horam station platform, traffic lights where it crosses roads. Well surfaced, interesting artefacts and beautiful views. I would love to have lingered but time did not permit (read train saga below).

National Cycle route 21 then continued right to Eastbourne seafront. Great except for the puzzling Eastbourne sections where NCR route 21 signs shared posts with cycling prohibited signs! With a few tweaks, to avoid cycling where it could attract a £500 fine, the planned route is good. Provisional diary date Wednesday 20 June.

The train journey from Watford Junction to Uckfield was difficult. There were problems exacerbated by no information, conflicting information and out of date information. I think, in total, the route suffered 5 separate incidents during the day. Having left home at 9:10, my train left Watford Junction on time, but I reached Uckfield at 14:45 instead of the scheduled 12:31. It included an announcement (no staff apparent) at Oxted to wait "at the front of the station" for a bus replacement service. Here I met a delightful 90 year old lady, who I shared most of the rest of the journey with. After some time we found we were at the back of the station and had missed the bus. We were advised to wait 45 minutes for a train to Uckfield, that became an hour and the train only went as far as Corbridge for a replacement bus service to Oxted and Uckfield.

The brilliant bus driver who greeted us directed foot passengers to a coach and me, with bike, to his bus. He then drove me direct to Uckfield.

I stuck to my plan to ride back to Uckfield so, just a quick snack in Eastbourne, then a speedy ride back, knowing I would miss my 19:00 train, but arrived in good time for the 20:00. But still rail problems meaning several train changes and including very busy trains with a few fellow passengers not happy to share with a cyclist. I arrived home at 22:50, so not such a bad travel time home.

I look forward to the Spokes ride in June. Should be very good."

Thanks Peter, Spokes appreciates the effort you and other rides leaders make to reconnoitre the best possible routes for members. – Editor.



HAVE BICYCLE, WILL TRAVEL

SPOKES members narrate their experiences on two wheels

1st April "Chiltern Heights" ride (led by Clive Jones, written up ditto)

This ride was listed in the Newsletter as "fast-paced" and entitled "To the Chiltern Summit". The implication was a brisk ride with a lot of climbing but somehow it didn't seem too bad. Indeed, I was very impressed with the fitness of all those who came out: Paul, Chris, Samir, Esteban, Ben (new to Spokes but not new to cycling) and me. The weather was overcast but dry.

The meet was at Two Bridges at the bottom of Baldwins Lane and as anyone who knows it, this lane gains height steadily to that lovely spot at the top end of Croxley Green, where it joins Sarratt Lane, which we took. More height steadily gained, thankfully without losing any in descents. Moving swiftly, the group assumed single file, which was how it was for much of our cycling that day. In fact, the ride had a 'training ride' feel about it at times! Through Ley Hill, we descended the steep White Hill into Chesham and it wasn't even nearly mid-day. We had Brown Sugar Café to ourselves for a while until the "Uxbridge Loiterers" (- a very nice cycling club! -) arrived. They had done quite a few more miles than we had and this was their lunch stop. As for us, we were just snatching 'tea and toast' and thanks to Naz's rapid service, were soon out of Brown Sugar and making our way up into the hills. Leaving Chesham by way of Bellingdon, the air was cool and there was a slight mist. The traffic was very sparse as we passed horse-riders, hedgerows and flint barns and admired the views towards the woods of Berkhamsted Common to the north, and Frith Hill to the south west. And still we were climbing, with no hint of anyone wanting to slacken, as far as I could tell. As we approached St Leonards, Samir asked me "Why would anyone want to live up here? It's so far from anywhere." It's true; I don't think there is a shop within five miles. But what a gorgeous 'unspoilt' spot St Leonards is. It must be one of the highest villages in the South East, at about 200 metres above sea-level.

On the way into St Leonards, the road curved round gracefully, and we came to a

junction. A quick look at the OS map and we chose a narrow road out of the village that climbed for another two miles past woodland. Then, at last, the gradient eased. A brief flat stretch and we were starting a long, long descent with amazing views of Aldbury Common and Tom's Hill way over to our right. "Somewhere back there must have been the Chiltern Summit" I thought. Checking the map afterwards, indeed it was, at 261 metres. Now we were losing our hard-won metres by the bucket-load and were on the road to Halton and the Aylesbury Vale. Thanks to Chris, who knew the ground better than me, we didn't quite miss our turn, though we over-shot it going at about 30mph. This was the turn for the tea place in Wendover Woods, so it was not one to miss with a group of hungry cyclists. In any case, I don't think there's a café in Halton.

The café at Wendover Woods soon had us refreshed, and we found our way out of the woods only for the leader (ie me) to be unsure of which road we were on. Chris put us on the right track again.

The return leg was, to sum it up, a lot of easy but brisk riding on favourable gradients: through The Lee without a stop, past the Admiral Howe ship figurehead, now with a little roof to protect it from the elements, and keeping on the high ground, we kept to the west of Chesham, skirted Amersham, and got down to the Chess Valley via Chesham Bois, only to climb out of the valley almost straight away in order to avoid the relatively busy Latimer Road. Through Sarratt again, we finished off retracing the outward route for the last few miles to bring us back to the bottom of Baldwins Lane at 3.30pm and having climbed a lot of metres.

Spokes is not a speedy sort of club, but that day was the exception.

NEW FEATURE: MY BIKE AND WHY I RIDE IT

I learned to ride a bicycle when I was 7 years old, living in Canada. In those days, there weren't as many child-size bikes as there are now, so I learned to ride on an adult bike. That meant that I never actually sat on the bicycle, so stood up and pedalled. I remember going up and down the hilly sidewalk (pavement) on our street. I have loved bicycles ever since.

When we moved from Canada to the UK 20 years ago, we lived in Cambridge. Bicycles everywhere – watch out! I soon learned that, actually, cycling was the best way to get round, but you had to be mindful of thieves. My children had numerous bicycles (and bicycle parts) stolen. I purchased a ladies' Raleigh, which was excellent transportation in compact Cambridge. Twenty years on, I maintain

and use that Raleigh to get me to and from the shops in Rickmansworth and for recreational riding in the Aquadrome and along the Ebury Way.

Twelve years ago, we spent six years in the Middle East. I purchased a red second hand Trex mountain bike from another ex-pat, and frequently rode round the sand and tarmacked roads of Bahrain and Qatar, again using this bicycle as transportation to get to and from local 'cold stores' for groceries and household goods. The Trex returned with me when we repatriated from the Middle East six years ago. I love riding it on gravelly paths.

I joined Spokes five years ago when we settled in Rickmansworth. I was apprehensive about joining rides as they seemed too far and too fast. Easier to contribute by being newsletter editor! With the best will in the world, I knew I couldn't manage hills, but I was determined to get out on a Spokes ride. In May 2017, I hired an e-bike in Vancouver and experienced the thrill of cycling up a scenic coastal road to the University of British Columbia. I was hooked.

In November 2017, after much research, I purchased a Volt Kensington e-bike. It is baby blue, and very pretty. It looks out of place on Spokes cycle rides, but handles the road and hills well. It means that I can participate in rides that I normally would not even be able to consider. The battery lasts 40 or 50 miles, depending upon how many hills I have to go up! As it is not a dynamic battery, going downhill does not recharge it.

Before taking my Volt on a scheduled ride, I spoke to Jason at the cycle shop where I bought it. I told him of my concerns using an e-bike on scheduled rides. He said, "The best piece of advice I can give you is not to talk to riders cycling uphill when you are whizzing past them." Very good advice.

In February 2018 I had my first ride, medium , with 3 other riders who were very patient with me and my e-bike. We survived the cold, the wind, the rain and roundabouts, meaning that I lived to tell the tale of my first Spokes ride. Since then I have joined one other Spokes ride and two ladies' Breeze rides. I have enjoyed the company of the riders, and the places I can go when I have the confidence to make it up a hill.

-Nan Millette



Nan Millette's bicycles

Did you know that **69% of adults** in the UK **never cycle** (this equates to **35 million people**)? -Reported by www.cyclinguk.org

June 2018 is Bike Month – can you encourage someone to get on a bike?





**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>SPOKES SW HERTS CYCLING GROUP</p> <p>Men on Bikes: see page 18 for Clive’s review of his 1st April (no joke!) Chiltern Heights ride.</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

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 (sharp) 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



**WATFORD
BOROUGH
COUNCIL**

