

After a hot summer, cooler autumn rides!

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

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

2018 Autumn



The screenshot shows a cycling app interface with a map of Hertfordshire, UK, displaying a red route. On the left, a 'Cue Sheet' lists instructions and distances in miles. At the bottom, a profile view shows elevation in feet and distance in miles.

Instruction	Distance (mi)
Turn left onto Redbourn Rd/B487	0.1
At the roundabout, take the 4th exit onto Three Cherry Trees Ln	0.2
Slight right to stay on The Nickey Line	2.2
Slight right to stay on The Nickey Line	3.5
Continue straight to stay on The Nickey Line	3.7
Slight left towards Ambrose Ln	5.6
Turn left onto Ambrose Ln	5.7
Turn left onto Hollybush Ln	5.9
At the roundabout, take the 1st exit onto Ox Ln	6.0
At the roundabout, take the 1st exit onto Westfield Rd	6.0
Turn left	6.5

Profile View: 34.3 mi / +1458 ft / -1455 ft

Route Details: 34.3 mi, +1458 ft / -1455 ft, Estimated Time: 04:02:59

**Cycling Apps and Tools: what do you use?**

*Check out Facebook Focus (page 16) for details.*

# Where can you go with Spokes?



L to R: Rhubarb Café, RAF Hendon, central London, Cholesbury windmill, helpful finger posts, Chilterns ride





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# CHAT FROM THE CHAIR – AUTUMN 2018



## SPOKES Report

Over the summer period it has been good to have a variety of well-supported SPOKES rides. Our rides are promoted on the **SPOKES website**, our **Facebook page**, as well as on the **Let's Ride website**. These promotions attract other cyclists, who are welcome and often join SPOKES after experiencing the rides.

Earlier this year the north bound cycle and pedestrian routes on **Lower Watford High Street** were diverted, causing dangerous or impossible situations. Recognising that access needs to be available to what previously was the shared use route, a proposal on a trial basis has been made to convert the triangular island at the start of Dalton Way to a crossing point for pedestrians and cyclists, similar to how it was originally. The signage will be modified and barriers removed.

We should give credit to Counsellor S.G. Medhurst for taking up this issue, including organising a meeting with Highways officers and local organisations, where the proposal to reinstate the north bound route was accepted. This work should be completed during this financial year. In the longer term it is hoped that continuous safe cycling and pedestrian routes will be provided for cycling in both directions.

Another local issue is the continuing confusion as to where you can cycle in **Cassiobury Park**. It was accepted two years ago that the existing cycle routes should be extended to the canal path via the bridges over the River Gade and canal. Considering the amount of money that has gone into improving Cassiobury Park, this issue ought to have been sorted out by Watford Council by now, as people should be encouraged to walk or cycle to the park.

Hertfordshire County Council is consulting on the **“South West Hertfordshire Growth and Transport Plan”**. You can view this at [surveys.hertfordshire.gov.uk/s/SWHGTP/](https://surveys.hertfordshire.gov.uk/s/SWHGTP/) The closing date is 16 September. This is your opportunity to influence local transport planning, including cycling issues, over the next 20 years.

The SPOKES committee has reviewed how we keep our data and agreed a **Data Privacy Policy** which can be found below and on the SPOKES website.

-Roger Bangs

## **SPOKES Data Privacy Policy**

SPOKES is an informal cycling club with no legal status. This document explains how SPOKES uses the personal data it collects for the purpose of carrying out its functions as a cycling club.

SPOKES undertakes to:

- Store all personal data securely.
- Pass no membership data to another organisation, unless a member has given us explicit permission to do so.
- Provide a member with details of the data we hold relating to that member within 30 days of a written request to the Membership Secretary.
- Retain members' personal information only for as long as is necessary and consistent with the law.

SPOKES collects information about members, including name, address, email address and phone number, in order to identify the membership, collect and record subscription payments and communicate with the membership.

SPOKES communicates with members by newsletter and occasional emails to inform the members about our organised rides, activities, membership renewal information and other matters of interest.

Members receiving a printed newsletter will also receive a statement showing their personal details and preferences held by SPOKES. To amend this information, please contact the Membership Secretary.

Members can decide to opt in or out of receiving emails from SPOKES. Members should contact the Membership Secretary to update their preferences.

Members should ensure to notify the Membership Secretary of any required changes to their personal data held by SPOKES, who will endeavour to keep such information up to date.

**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. The next **SPOKES campaigning meeting** will be held at the Red House Pub in Croxley Green at 7.30pm on Monday 15 October. We welcome new voices!

## **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](mailto:newsletter@spokesgroup.org.uk)



## **SPOKES RIDES AND EVENTS PROGRAMME**

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### **Stay In Touch With Spokes**

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

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

**Spokes Campaigning Site:** [spokesswherts.cyclescape.org](http://spokesswherts.cyclescape.org)

Spokes campaigning activity for cycling.

**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)

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 whilst 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/](http://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 Winter programme at the start of November.

**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. 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

The Autumn programme offers great rides before winter sets in. Please come to rides prepared for the weather and with water and snack, spare inner tube, pump and lights if appropriate. If the weather is diabolical, or in other exceptional circumstances, a ride may be cancelled or the route changed. 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.

## 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.**

### September

**Saturday 1<sup>st</sup> 10.00am**      **Bricket Wood Radlett Loop from Gandhi Court car park Raphael Drive, Watford WD24 4GX**

Ride to Leavesden Country Park, then on to Bricket Wood and Smug Oak Lane, then down Watling Street to Radlett for a coffee break and back to Watford.

17 Miles    **SLOW**      Suitable for any bike      Alan *elided*

**Sunday 2<sup>nd</sup> 10.00am**      **Water and Trees Short Ride from Cha Café Cassiobury Park, Watford WD18 7HY, UK**

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**    suits Hybrid/Mountain/Touring      Brian *elided*

**Wednesday 5<sup>th</sup> 10.30am**      **Amersham Tring and Great Hampden Ride from the front of Amersham Station, Station Approach, Amersham HP6 5AZ**

(10:08 train from Moor Park arrives 10:24)

Out via Chesham and Tring to a lunch stop at The Firecrest (Vintage Inn) South of Wendover. Return via Great Hampden and Little Missenden. 2385 feet of climbing with challenging hills.

36 miles    **MEDIUM**      Suitable for any bike      Peter *elided*

## September

**Friday 7<sup>th</sup> 10.00am**

**Watford to Rickmansworth Aquadrome Loop from Gandhi Court car park Raphael Drive, Watford WD24 4GX**

Riding the Ebury Way down to the Aquadrome and stop for refreshments returning along the canal towpath into Cassiobury Park and back to the start.

12 miles **SLOW** suits Hybrid/Mountain/Touring bikes Alan *elided*

**Tuesday 11<sup>th</sup> 10.00am**

**Tuesday Morning Ride from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX**

On road and tracks to the cafe at Denham Country park and return.

20 miles **MEDIUM** Suitable for any bike Roger *elided*

**Saturday 15<sup>th</sup> 10.00am**

**Watford St Albans Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

This ride is part road and part track heading to St Albans Verulamium Park for refreshments then back to Watford

18 miles **SLOW** Suitable for any bike Alan *elided*

**Sunday 16<sup>th</sup> 10.00am**

**Emily's for Lunch from Watford Rugby Club, Radlett Rd, Watford WD24 4LL (parking nearby)**

We follow route 6 through Watford and St Albans before heading north through Codicote to Whitwell and refreshments at Emily's. We skirt Wheathampstead on the way back retracing our outbound route from Symondshyde Great Wood. Only 2000' of ascent over the route, some short steep hills. Some off road sections.

50 miles **MEDIUM** suit Hybrid/Mountain/Touring bikes Brian *elided*

**Friday 21<sup>st</sup> 10.00am**

**Watford St Albans Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

We ride to Bricket Wood and Chiswell Green, then into St. Albans for refreshments in the park, returning to Watford via Abbots Langley.

18 miles **SLOW** Suitable for any bike Alan *elided*

**Saturday 22<sup>nd</sup> 9.30am**

**Up to Dunstable Downs Visitor Centre from outside Garston Medical Centre (next to Sainsburys)  
6A North Western Ave, Watford, WD25 9GP**

A morning blast to Dunstable Downs, with a good view and café when we get there. Using country roads we head out through Potters Crouch, Buncefield, Hemel, Gaddesden Row, Studham, with a final climb to the Downs, should be back early afternoon.

45 Miles **FAST**

Suitable for road bikes

Chris *elided*

**Thursday 27<sup>th</sup> 10.00am**

**Flourishing at the Bakery ride from Outside Kings  
Langley Community Centre The Nap Kings Langley  
WD4 8ET**

Circular route via Bedmond, How Wood, Bricket Wood and onto Flourish artisan bakery in North Watford for refreshment. Returning to Kings Langley via Leavesden and Abbots Langley.

20 Miles **MEDIUM/FAST** Suitable for road bikes Katherine *elided*

**Saturday 29<sup>th</sup> 10.00am**

**Potters Crouch Loop from Gandhi Court car park off  
Raphael Drive Watford WD24 4GXA**

We ride to Aldenham, Radlett and How Wood, stopping for refreshments at The Three Hammers pub, Chiswell Green. Then return via Potters Crouch, Bedmond, and Abbots Langley.

19 miles **SLOW**

Suitable for any bike

Alan *elided*

## October

**Saturday 6<sup>th</sup> 10.00am**

**Elstree Aerodrome Loop from the front of Watford  
Junction Station, Station Road, Watford WD17 1EU**

This route does include some tracks, but is fine for road bikes. We will head via Aldenham to Elstree Aerodrome, then return to the junction for refreshment.

12 miles **SLOW** suitable for any bike (not skinny tyres) Alan *elided*

**Sunday 7<sup>th</sup> 10.00am**

**Hub to Hub ride from Leavesden Country Park Car  
Park, College Rd, Abbots Langley WD5 0GN**

A ride from the Leavesden Cycle Hub to the Dacorum Cycle Hub where we'll stop for refreshments. We head across the Bricket Wood Common, then through Potters Crouch and Bedmond into Hemel and up to the Dacorum Cycle Hub (cake!). Back via Chiswell Green and Bricket Wood Common. Not too hilly, only 1000' of ascent. Some off road sections.

25 miles **MEDIUM** suit Hybrid/Mountain/Touring Bikes Brian *elided*



## October

**Saturday 13<sup>th</sup> 10.30am**      **Dumb Bell challenge from Watford High Street Station 182 Watford High Street Watford Hertfordshire WD17 2NW**

Ebury Way start, heading for Chorleywood for a stretch to the Dumb Bell at Maple Cross for lunch. Sharing of platters is recommended. Return via Chandlers Cross and Whippendell Wood. Some hilly off road sections anticipated.

17 Miles **MEDIUM** suit Hybrid/Mountain/Touring bikes David *elided*

**Sunday 14<sup>th</sup> 10.00am**      **Watford Radlett Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

Out to Garston and Leavesden Country Park, then Smug Oak Lane down to Radlett for a coffee break. Back via Aldenham and Wall Hall College.

14 miles **SLOW**      Suitable for any bike      Alan *elided*

**Monday 15<sup>th</sup> 7.30pm**      **Campaigning Meeting in the Red House pub, Croxley Green Watford Road, London WD3 3DX (near Croxley Metropolitan Station)**

Friendly discussion re: improve cycling routes in South West Hertfordshire.

Roger *elided*

**Tuesday 16<sup>th</sup> 10.00am**      **Tuesday Morning Ride from outside the 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 20<sup>th</sup> 10.00am**      **Day ride from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX**

Ride on lanes and tracks via Gorhambury to Harpenden, then along the Nickey Line to Redbourne for lunch. Return via Hemel and possibly the canal tow path.

37 miles **MEDIUM** suitable for any bike (not skinny tyres) Roger *elided*

**Sunday 21<sup>st</sup> 10.00am**      **Watford St Albans Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

We head to Bricket Wood, Chiswell Green and St Albans for coffee in the park then return via Bedmond, Kings Langley and Leavesden

18 miles **SLOW**      Suitable for any bike      Alan *elided*

**Thursday 25<sup>th</sup> 10.00am**      **Autumnal Burnham Beeches from outside the Café in The Park, The Aquadrome, Frogmoor Lane, Rickmansworth, WD3 1NB**

Out via Chorleywood, Beaconsfield and Woburn Green to Burnham Beeches Cafe for refreshment and autumnal beauty. Back via Fulmer, Iver Heath, Colne Valley Country Park and the Grand Union towpath. 1404 feet of climbing, but hills not too challenging.

34 miles    **MEDIUM**      Suitable for any bike      Peter *elided*

**Saturday 27<sup>th</sup> 10.00am**      **Frogmore Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

Riding to Aldenham, then Frogmore for refreshments, return to Watford.

12 miles    **SLOW**      Suitable for any bike      Alan *elided*

## November

**Saturday 3<sup>rd</sup> 10.00am**      **Watford Bovington Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

We head out to Leavesden, Chipperfield, then Bovington, for refreshments. Return via Flaunden and Chandlers Cross.

20 miles    **SLOW**      Suitable for any bike      Alan *elided*

**Sunday 4<sup>th</sup> 10.00am**      **Milton Trail from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX**

The 8th November will be the 344th anniversary of John Milton's death. This ride will take in some of the Milton Trail including passing his house in Chalfont St Giles. The ascent is around 2000' so not too hilly. All on road. Refreshments at the Greyhound Inn.

37 miles    **MEDIUM**      Suitable for any bike      Brian *elided*

**Tuesday 6<sup>th</sup> 10:00am**      **Tuesday Morning Ride from outside the Harvester, Baldwins Lane, Croxley Green WD3 3RX**

Into the Chilterns on roads and tracks. Coffee stop at Chipperfield Cafe.

18 miles    **MEDIUM**      Suitable for any bike      Roger *elided*

**Saturday 10<sup>th</sup> 10.00am**      **Chipperfield Loop from Gandhi Court car park off Raphael Drive Watford WD24 4GXA**

A scenic ride out to Chipperfield for refreshments at Blackwells and return.

14 miles    **SLOW**      Suitable for any bike      Alan *elided*

## November

**Tuesday 13<sup>th</sup> 10.00am**      **Destination Flourish from near the adults outdoor gym Riverside Road Park Watford Hertfordshire WD19 4HY (street parking nearby)**

Out via Ebury Way, Cassiobury Park, North Watford Playing Fields to Flourish Bakery for refreshment (and bread buying if you wish). Back via Knutsford and Radlett Road playing fields using Colne Valley Cycleway, across Lower High Street and back to the start via Oxhey Park. Minimal hills.

10.5 miles    **SLOW**                      Suitable for any bike                      Peter *elided*

**Saturday 17<sup>th</sup> 10.00am**      **Harrow Spire and Views to Oxford from the front of Bushey Railway Station, Pinner Road, Watford WD19 4EA**

Visit Harrow on the Hill and the pop-up Spire Cafe at St. Mary's with some off road tracks, like Oxhey Woods, and some hills.

22 Miles    **SLOW** suits Mountain, Hybrid and Touring bikes David *elided*

**Saturday 24<sup>th</sup> 9.30am**      **Ride to Redbourn from Watford Rugby Club, Radlett Rd, Watford WD24 4LL (parking nearby)**

A morning ride to Redbourn Cycle Hub, for refreshments, heading out through Bricket Wood, Potters Crouch, on to Hemel, where we pick up the Nickey Line disused railway (unpaved) on to Redbourn, coming back a more direct route via St Albans.

28 Miles    **MEDIUM**                      Suitable for any bike                      Chris *elided*

**Wednesday 28<sup>th</sup> 9.30am**      **A Ride to Memory Lane from outside the Post Office, 97 Eastbury Road Watford, WD19 4JP**

A visit to the Museum of Brands to see the packaging from our childhood, and much earlier, and how it has changed or disappeared. Ride out via North Harrow, Alperton, Greenford and canal towpath to Notting Hill. View museum and lunch, up to 2 hours. Return by road via Ladbroke Grove, Kingsbury Green, and Stanmore. 1240 feet of climbing but nothing challenging.

This is an urban route with some busy roads and junctions. Museum entry £9 (£7 seniors). Should be back by 3.30 pm. but need lights in case of delay. For more museum details see their website: <http://www.museumofbrands.com/>.

Prefer to meet us there? Our ETA is 11:30 am, the nearest station is Ladbroke Grove and the museum is at 111-117 Lancaster Road, Notting Hill, London W11 1QT

33 Miles    **SLOW/MEDIUM**                      Suitable for any bike                      Peter *elided*

## Commentary on Spokes history from Peter Jackson, Rides Coordinator:

**E**arly in June I was looking through my bookshelves for a street map of Brighton, which I did not find. What I did find was a Spokes Newsletter for Summer 2000, issue 25. As I only joined Spokes in 2017 I can only assume I picked it up in Cyclepedia then tucked it away for another day, which has taken 18 years to materialise!

It includes a report for 1999/2000 in which it is stated that “We are about to embark on our 5<sup>th</sup> year of existence since the group was established following a meeting of local SUSTRANS supporters in April 1996, ..”. Interesting to note the report quotes paragraphs from supplementary pages on transport in March 2000 *Watford Today*:- “In terms of our future plans for the town centre, and our hopes to reduce traffic congestion, we would like to see an overall network of safe cycle routes. An integrated network of bike routes and lock up facilities are needed to encourage people to see cycling as a serious alternative to car use.” What progress since? Some I guess, but slow.

The AGM that year included “Concern was expressed over the quality of local road surfaces.” Eighteen years on and I suspect the surfaces are much worse.

Pam Mann was then Membership Secretary, now Treasurer. Pam’s 2000 membership update reported 256 members.

Hats off to you for great service to Spokes, Pam.



There has been recent discussion about the nature of our rides, with some members feeling our rides are becoming too challenging. With that in mind the 2000 Summer Rides Programme makes interesting reading. It includes a 70 mile “Watford to Worthing Workout” then a train back, and Pam was leading Spokes contribution to “The Longest Ride”, the plan being for the entire National Network to be ridden with Spokes “trail blazing” rides from St Albans to Sandy, Lee Valley, Leighton Buzzard and Windsor. Starting places for rides then included venues as far afield as Chesham and Great Missenden. The rides include a family ride as an introduction to the Ebury Way.

A number of rides are in the programme with “no leader” and the heading include the initials “TUAG”. Who can tell us how that worked and what TUAG stands for?

How many would be interested if I resurrected the Watford to Worthing Ride next summer?

## FACEBOOK FOCUS

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

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 postings, Facebook Focus provides an overview. We had loads of rides over the summer months, including to the Chilterns, Cholesbury windmill and the Hendon RAF Museum, with photographic evidence (see page 2).

One recent discussion concerned cycling apps. Here are some responses:

"I find a that 1:50,000 OS Landranger can be very useful, and a compass."

"Ride with GPS would be my recommended one for building routes as they have access to maps like OSM Cycle which know about all the bridleways and cycle paths much better than Google."

If you have a favourite app you would like to tell us about, do get in touch!



## MY BIKE AND WHY I RIDE IT – Peter Jackson

I have moved from a hybrid to a road bike, with no scope for panniers or mudguards, to my 2009 treat of a new Specialized Tri-Cross. Why? I was increasingly doing multi day rides and my commute to work included the Ebury Way and Canal towpath. The road bike suited multi day rides when we had van support but not independent touring. It was certainly not good on the Ebury Way or towpath. An important part of the decision process was a low gear ratio available for hills when loaded. At the time, I narrowed it down to the Tri Cross or a Dawes Galaxy. The Galaxy was very tempting, as that year it was a gorgeous green colour. However, the Dawes was heavier and dearer, so in the end functionality and price beat looks.

Over time I have added to my kit: a Garmin touring device, rear and front (fitted when needed) racks and panniers, a hub dynamo with USB Charger and additional bottle cages. I have also changed to Specialized Nimbus Tyres. I like to claim that my addition of bar end rear view mirrors is to aid ride leading but, in truth, the ageing process means my rear observations are not as easy nowadays.

For light touring the bike is ideal, especially as I can spread the load front and back, thereby ensuring stability. The Garmin, linked with the ability to charge it while riding on a long day, is an aid to navigation but, not totally reliable so I still carry a printed route and map. I no longer commute but, the Tri Cross copes reasonably with towpaths, if not too muddy. A small amount of mudguard overlap with my size 12s but, that has not been an issue. The excellent dynamo lights, coupled with additional flashing battery lights, are a boon for the reasonable amount of night riding I do both town and rural.

The tyres give a hard ride as the minimum pressure is 115 psi, (shock horror for at least one of our members). However, compared to my previous Schwalbe Marathon and Continental tyres, they offer less rolling resistance and, more importantly, I can put them on without resorting to tyre leavers. I hope I am not tempting fate, so whisper this quietly, I have not noticed any increase in puncture frequency.

In summary, a bit slower on day rides compared to the previous road bike but as a one bike man it suits all my riding needs with minimal compromise. However, selling the hybrid was an error.





## Join Spokes Today

**Only £12 per annum**  
**£3 for each additional family member at the same address**

You will receive regular details of our cycle rides, social events and other activities in our quarterly Newsletter. You will also be helping us to campaign for improved cycling conditions in the South West Herts area. When joining Spokes you also agree to become a member of Cyclescape which does not incur a membership fee. If you would prefer to receive an electronic rather than posted paper copy of our Newsletter, please inform the Membership Secretary.

<b>Name</b>		
<b>Address</b>		
<b>Post Code</b>		
<b>Telephone</b>		<b>Mobile</b>
<b>Member Email</b>		
<b>Second person Name</b>		
<b>Second person Email</b>		
		You will receive occasional emails from Spokes (for example ride cancellations) unless you opt out by ticking this box: <input type="checkbox"/>
<b>Amount £</b>		
<b>Donation £</b>		
<b>Total £</b>		
<b>Signature</b>		<b>Date</b>

To pay your subscription please either set up an annual standing order or make a bank transfer to sort code 20-91-79, account 63401626 giving your surname as the reference. Please inform the membership secretary by email: [membership@spokesgroup.org.uk](mailto:membership@spokesgroup.org.uk) Alternatively, but least favoured, send a cheque to Spokes Membership Secretary, 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 bike repairs and spares at these locations:

## Cycles UK

484/486 St. Albans Road  
Watford, WD24 6QU  
01923 243707

[www.cyclesuk.com](http://www.cyclesuk.com)  
[watford@cyclesuk.com](mailto:watford@cyclesuk.com)

## Northwood Cycle Depot

118 Pinner Road  
Northwood, HA6 1BP  
01923 824174

[www.northwoodcycles.com](http://www.northwoodcycles.com)  
[northwoodcycles@tiscali.co.uk](mailto:northwoodcycles@tiscali.co.uk)

## Watford Cycle Hub

Holywell Community Centre  
Tolpits Lane, Watford WD18 9QD  
01923 223994

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

## The Bike Shop

66 Queens Road  
Watford, WD17 2LA  
07941 800029

[thebikeshop66@outlook.com](mailto:thebikeshop66@outlook.com)



**GTH CYCLES** **Independent bike shop to suit all!**

**Fully Fitted Service & Repair Centre!**  
**LOOKING FOR A NEW BIKE?**

We sell Orbea, Diamondback & Raleigh bikes with a great range from kids, 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.

97 Old Watford Road, Bricket Wood, St Albans AL2 3UN  
01923 674555





Spokes history: See page 15 for Peter's comments.

## Get on your bike and join us!

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:

[www.spokesgroup.org.uk](http://www.spokesgroup.org.uk)  
<https://www.facebook.com/groups/178161195994290/>





# 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](http://www.watfordcyclehub.org.uk)

01923-223-994

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

