

2018 Winter Newsletter - No. 99

**BREAKING
NEWS**

...Lorraine Kennedy goes to Parliament to talk cycling, see Facebook Focus, page 16

****Guided rides by Yves Remedios - see page 15!**

Website: www.spokesgroup.org.uk

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



Cycling along the canal near Apsley



Are you ready for winter? See page 6 for winter rides.....

Where can you go with Spokes?



L to R: Verulamium Park, Colne Valley, Dunstable Downs, Dumb Bell pub, helpful finger posts, Chenies and Latimer ride





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Happy
Holidays!



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***WANTED: NEWSLETTER EDITOR**

Nan Millette took on the role of Spokes Newsletter Editor in 2017. She will be finishing this role in 2019. If you would like to try your hand at editing copy sent in by members for our quarterly newsletter, get in touch: newsletter@spokesgroup.org.uk
There is a brilliant and helpful committee to support you!

CHAT FROM THE CHAIR – WINTER 2018



SPOKES Report

Winter is coming, but I am sure there will be sunny if cold days ahead. If you go out prepared for the weather, you can still have good rides. Do make sure your lights are working. I prefer cycling on quiet lanes, but I do have to keep looking for the potholes.

When changes are made to the public roads we should expect conditions to be made better for all road users, which include pedestrians and cyclists. In Watford we are still waiting to see if changes made to the Lower High Street enable pedestrians and cyclists to travel safely in both directions.

Future changes are likely to be made to the road system around the Watford Junction Station area. Perhaps the issues of how cyclists can cross the town centre will be tackled.

The good news is that a Watford Cycling Forum is to be re-established. Hopefully it will recognise that to get more people cycling we need a network of continuous safe cycling routes. People will cycle if they feel safe. Cycling should be possible on roads, cycle paths and tracks in parks, as well as alongside canals and rivers. If future traffic congestion is to be avoided, more resources need to be put into creating a good cycling and walking environment.

I have been told that Sustrans have undertaken a major review of their network and will, by the time you read this, have produced a plan for their future network. **(See Breaking News, page 16 – Ed.)** We need to support Sustrans, possibly by getting more involved in improving the local routes. If you are interested in participating in this, please contact me, or come along to a campaigning meeting.

We would like more members to contribute to this newsletter. Short articles related to cycling are always welcome. Do you have ideas on improving the website? Please get in touch, we are keen to hear from you. It would also be good to have more Facebook users submitting photographs and raising issues on our group page: <http://bit.ly/2AYtCFR>

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.

Clive Jones notes that Spokes has just made an objection to the Intu Watford (shopping mall) plan to put doors across Queens Road in Watford. This plan would make bike access across central Watford even worse than it currently is! You can make a comment on Intu's plans on the Watford Borough Council website. See: <https://bit.ly/2AQ4V09> Clive also mentions that Rousebarn Lane is threatened by a 500+ dwellings planning application. If members want us to, Spokes will be campaigning against the plans. What's your opinion?

The next **SPOKES campaigning meeting** will be held at the Red House Pub in Croxley Green at 7.30pm on Monday 14 January. 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



SPOKES RIDES AND EVENTS PROGRAMME

Stay In Touch With Spokes

Spokes' Web Site:

www.spokesgroup.org.uk

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

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. Invite others to join you on a ride you are doing.

Spokes' Campaigning Site:

spokesswherts.cyclescape.org

Spokes' campaigning activity for cycling.

Spokes' Letsride 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 join your rides. Spokes Members may, but do not need to, book on Lets Ride. Members can just turn up on the day.

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' members put together a varied programme of social rides. Ride descriptions normally include speed, distance and hills information to help you find rides that suit you. We ride in a group that chats and enjoys a sociable break en route or at the end of the ride. If you are struggling on the day, you will not be left behind. Spokes' rides tend to be smaller sociable group rides. Rides may be added to the programme and details will be added to the web sites and Facebook.

Disclaimer: As a participant of Spokes' rides you must be aged 16 or over, unless accompanied by a parent or guardian. You need to be capable of riding in a group on the highway. 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 come to rides with appropriate clothing for the weather, and with water, snack, spare inner tube and pump. Bring lights if appropriate. Please carry something that gives your name, address and emergency contact details and note the phone number of the ride leader.

If bad weather is forecast or in other exceptional circumstances, the ride may be cancelled or 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. **Therefore, please contact the organiser before you travel to the start of a ride, if the weather looks bad, but try checking Facebook first.**

Canceling your place on a full "Lets Ride" ride

When a ride is full it will not appear in the Lets Ride normal ride search. So, if you have booked and cannot find the ride, but wish to cancel, log in to your Lets Ride account. Go to your dashboard and select Ride Schedule to search for the ride. There will then be a button on the right hand side of the page titled "Cancel My Place".

Please turn up at the start location for a ride, ready to leave at the scheduled time.

DECEMBER

Saturday 1st 10.00am Watford to Shenley Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX.

Out via Wall Hall College to Radlett, heading North towards Colney Street then via Harper Lane and Shenley to Radlett for refreshments. Back to Watford through Battlers Green and Aldenham.

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

Sunday 2nd 10.00am Leafy Lanes to Latimer and Beyond from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX

We'll head out through Sarratt, Belsize and Flaunden to Latimer before climbing to Ley Hill. Another ascent and sharp climb and after meandering through some local lanes we pass through Bovingdon Green before arriving at Chipperfield for refreshments at Blackwells. We'll then head back to Croxley Green. All on road. One short steep climb (you can walk), but otherwise not too hilly.

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

Friday 7th 10.00am Watford St Albans Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX

Ride out through the Meriden Estate and along School Lane to Bricket Wood, then down Drop Lane to Park Street, Chiswell Green and on to St Albans. Then, via Bedmond Lane, to the Three Hammers Pub Chiswell Green for refreshments. Back through Bricket Wood and Garston Park.

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

DECEMBER

- Saturday 8th 10.00am** **Watford Shenley loop from Gandhi Court car park, off Raphael Drive Watford WD24 4GX**
Ride out via Wall Hall College and Radlett heading North to Shenley for refreshments. Back via Radlett and Aldenham to Watford.
19 miles **MEDIUM** Suitable for any bike Alan *elided*
- Sunday 9th 10.00am** **Watford St Albans Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**
Watford to Bricket Wood, Frogmore, Chiswell Green, St Albans, Potters Crouch and back to Chiswell Green for refreshments. Return to Watford.
20 miles **MEDIUM** Suitable for any bike Alan *elided*
- Monday 10th 10.00am** **SW Herts Circular from outside Watford Rugby Club, Radlett Road Watford WD24 4LL (Street parking)**
Out via Bricket Wood, St Albans and Brookmans Park to a refreshment break in Potters Bar. Return via Borehamwood and Elstree. 1384 feet of climbing but nothing too challenging
33 miles **MEDIUM** Suitable for any bike Peter *elided*
- Tuesday 11th 10.00am** **Tuesday ride from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX**
On road via Chipperfield and Bedmond to Leavesden Country Park, visiting the Cycle Hub and Cafe for refreshment.
18 miles **MEDIUM** Suitable for any bike Roger *elided*
- Saturday 15th 10.00am** **Watford to Bovington loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**
Ride via Leavesden and Chipperfield to Bovington for refreshment. Return via Flaunden and Sarratt. 800 feet of climbing, nothing too challenging.
23 miles **MEDIUM** Suitable for any bike Alan *elided*
- Sunday 16th 10.00am** **Watford to High Barnet Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**
Out via Wall Hall College to Aldenham, Radlett, Shenley and Dyrham Park, passing through Hadley Green High Barnet, stopping for lunch at the The Arkley Pub. Return via Rowley Lane, Borehamwood, Elstree, Aldenham Country Park and Pratchett's Green passing the Jewish cemetery to return to Gandhi Court
25 miles **FAST** Suitable for any bike Alan *elided*

DECEMBER

****Saturday 22nd 10.00am Metro-Land from the overflow car park (between swimming pool and play centre), Vale Farm Sports Centre, Watford Road, Wembley, HA0 3HG**

This adventurous route follows in the footsteps of the poet John Betjeman to discover Metro-Land. Starting in Sudbury, close to Betjeman's beloved Brent Valley, the ride ascends Harrow on the Hill (another Betjeman poem), descending into Harrow Weald then out into the countryside up Clamp Hill and along Old Redding, to enjoy views over the Weald and back towards Harrow Hill. Then it's onto Oxhey Woods and Moor Park, you can stop in Northwood for a breather and to see an iconic suburban road at 16.6 miles from '70's sitcom "Heaven"! This route has 1,454 feet of climbs. The pace should average 10 mph over the ride. The starting point is a 4-minute ride from North Wembley station. Car parking at the starting point should be free.

25 miles **MEDIUM** Suits Hybrid (road tyres) and Road bikes *Yves elided*

Sunday 23rd 10.00am Berkhamsted Castle Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX

Out via the Hempstead Road towards Hunton Bridge, Nash Mills to Berkhamsted Castle, then on to Shiey Green and down to the Crown pub for lunch before returning to Watford.

28 miles **FAST** Suitable for any bike *Alan elided*

****Friday 28th 10:30am Post Christmas Ride to Gaddesden from outside The Harvester, meet Baldwins Lane, Croxley Green, WD33D**

A Christmas holiday ride to Hemel Hempstead and Gaddesden including a Dodds Lane and Piper's Hill circuit. We will proceed counter-clockwise on both loops of the route which has 2,079 feet of climbs. Pace should average 10 mph over the route. We will pass Hemel Hempstead station at 10.5 miles and again at 26 miles. At 21 miles there will be a refreshment stop in Frithsden, either at the Vineyard or Alford Arms, whichever is open.

37 miles **MEDIUM** Suits Hybrid (road tyres) and Road bikes *Yves elided*

Saturday 29th 10.00am St Albans Verulamium Park Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX

Heading to the Meriden, then School Lane to Bricket Wood and up to Frogmore, Chiswell Green to the Verulamium Park for refreshments. Back via Bedmond Lane to Bedmond, "The Tin Church", then Abbots Langley, Woodside through Garston Park and the Meriden.

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



HAPPY NEW YEAR 2019!



January

Tuesday 1st 10.00am **New Year's Day Refresher from outside Kings Langley Community Centre, The Nap, Kings Langley WD4 8ET**

Route, mileage and refreshment stop (Katherine will ensure you have access to cake!) to be published on Facebook and the Web, when we know what is open.

20-25 miles **MEDIUM** Suitable for any bike Katherine *elided*

Saturday 5th 10.00am **Watford Shenley Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**

Out via Wall Hall College, Aldenham, Radlett then heading North and skirting the M25 down to Shenley for refreshments. Back via Radlett, Loom Lane, Letchmore Heath and Patchetts Green.

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

Wednesday 9th 10.00am **Denham Airfield Ride from Watford Cycle Hub, The Pavilion, Holywell Community Centre, Tolpits Lane, Watford WD18 9QD**

Out via Mill End, Chorleywood and Chalfont Common to Denham Airfield for refreshment in the "Crew Room" café. Return via West Hyde, Copper Mill Lane and the canal towpath. Only 560 feet of climbing, nothing difficult.

15 miles **SLOW** Suits touring/hybrid/mountain bikes Peter *elided*

Saturday 12th 10.00am **Shenley Country Park Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**

Out via Wall Hall College through Aldenham to Radlett then heading North, skirting the M25, to Downton and Shenley for refreshments. Back via Radlett High Street and then climbing Loom Lane to Letchmore Heath.

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

Monday 14th 7.30pm **Cycling Campaign Meeting in The Red House pub, Watford Road, Croxley Green WD3 3DX (Near Croxley Metropolitan Line Station)**

Join Clive and Roger for friendly discussion about SW Herts Cycle campaign matters, including ideas for influencing how improvements to cycle routes are made. Clive: 07981 924983 Roger: *elided*

January

Tuesday 15th 10.00am Tuesday Ride from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX

A Winter Warmer ride up the lanes to the Cafe at Chipperfield for refreshment.
18 miles **MEDIUM** Suitable for any bike Roger *elided*

Saturday 19th 10.00am Watford Bovington Flaunden Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX

Out through North Watford, Leavesden, Hunton Bridge and Chipperfield to Bovington for refreshments. Return via Flaunden, Sarratt Chandlers Cross, Rousebarn Lane and Cassiobury Park. This ride does include a short gravel track but fine for a road bike.

23 miles **SLOW/MEDIUM** Suitable for any bike Alan *elided*

Sunday 20th 10.00am Watford to Kensworth Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX

Out via the Meriden, Garston Manor, Leavesden Green, Gaddesden Row, Jockey End to Kensworth for refreshments at the Farmers Boy pub Return past Whipsnade down Bison Hill then Dagnall, Berkhamsted, Potten End, Warner End, Hemel Hempstead, Kings Langley and Hunton Bridge.

40 miles **FAST** Suitable for any bike Alan *elided*

Saturday 26th 10.00am Van Hage Garden Centre Round Trip from Gandhi Court car park, off Raphael Drive WD24 4GX

Out by Tesco onto the Ebury Way down to Rickmansworth Mill End, then heading towards the Amersham Road for refreshments at Van Hage Garden Centre. Return through Chorleywood, Loudwater and down Baldwins Lane.

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

Sunday 27th 10.00am Bike to Berko from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX

We head to Berkhamsted for refreshments, along Under the Heavens and through Bovington and Whelpley Hill. We return via Ashley Green, Ley Hill and Sarratt. Some hills but not too challenging. All on road.

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

Monday 28th 7.30pm Spokes Committee Meeting

Open to all members. Contact Roger on *elided* if you have Agenda items.

February

Sunday 3rd 10.00am **Emily's Tea Room Hitchin from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**

Out to Bricket Wood, Chiswell Green, St Albans Townsend, Harpenden past Kimpton to Emily's tea room for refreshments. Back through Ayot St Peter, Stanborough Park, London Colney and Radlett.

42 miles **FAST** Suitable for any bike Alan *elided*

Wednesday 6th 10.00am **Langley Park Cakes Ride from The Cafe in the Park, The Aquadrome, Frogmoor Ln. Rickmansworth WD3 1NB**

Ride out via Mill End, Chalfont Common, Denham and Iver Heath for refreshment at Langley Park Tea Room. Back via Pinewood Studios, Gerrards Cross, Chalfont Peter and Maple Cross. 1328 feet climbing nothing too challenging.

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

Saturday 9th 10.00am **Watford High Barnet Loop from Gandhi Court car park, off Raphael Drive Watford WD24 4GX**

Out towards Wall Hall College then Aldenham, Radlett, Shenley, Hadley Green to High Barnet for refreshment at the Arkley pub. Return via Rowley Lane, Borehamwood, Elstree and Letchworth Heath

25 Miles **MEDIUM** Suitable for any bike Alan *elided*

Sunday 10th 10.00am **Watford to Bovington Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**

Out via Leavesden, Woodside and Kings Langley to Bovington for refreshments. Back through Chipperfield and Croxley Green.

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



February

Saturday 16th 09.30am **Ride to Redbourn Cycle Hub from Garston Medical Centre (next to Sainsbury's) Dome Roundabout, WD25 9GP**

A morning ride to Redbourn Cycle Hub, through Bricket Wood, Potters Crouch, then to Hemel where we pick up the Nicky Line disused railway (unpaved) through to Redbourn for refreshment, coming back a direct route via St Albans, with a magnificent view of the Cathedral.

28 miles **MEDIUM/FAST** Suitable for any bike Chris *elided*

Saturday 23rd 10.00am **Watford To St Albans Loop from Gandhi Court car park, off Raphael Drive, Watford WD24 4GX**

A ride via Aldenham, Radlett, Park Street and Chiswell Green to Verulamium Park for refreshments. Back through Bedmond and Kings Langley

21 miles **MEDIUM** Suitable for any bike Alan *elided*

Sunday 24th 10.00am **Ride to Penn from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX**

The long way round to Penn. We'll head into the Chilterns to St Leonards via Ashley Green and Hawridge. Then a fairly flattish few miles followed by a steep descent to Little Missenden. What goes down must go up so it's a climb to Mop End and then we descend to Chalfont St Giles, via Penn Street, up to Chorleywood and back to Croxley Green. Fairly challenging ride, all on road. Pub stop for refreshments.

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

Tuesday 26th 10.00am **Tuesday ride from outside the Harvester, Baldwins Lane, Croxley Green, WD3 3RX**

Ride mainly on road via Aldenham to Shenley for refreshment, return via Letchmore Heath.

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





EXPERIMENT TO GAIN ADDITIONAL SPOKES RIDES

-Peter Jackson, Rides Coordinator

Yves Remedios is a Spokes member. He rides with Spokes as often as he can but, as he lives in Wembley, restrictions on bikes on trains limit his availability. He is also a Rides Leader for "Guided Rides" with British Cycling. Experimentally he has offered to make some of his rides available to Spokes Members. The fact they are "Guided Rides" need not trouble those wishing to join the rides, Yves, with support from a few Spokes Ride Leaders, will ensure we comply with the requirements of British Cycling.

We have agreed four rides between now and Easter. Two of the rides start from Croxley so will be on familiar territory. But Yves' normal start points are Sudbury and Wembley area, so two rides will be on routes we do not normally experience. They are all already on the Spokes Web site and Lets Ride. Spaces are limited hence this advance notification, in case members wish to book places.

The ride dates, and Lets Ride links, are:-

<https://www.letsride.co.uk/rides/metroland-7> on Saturday 22 December from Vale Farm Sports Centre in Sudbury.

<https://www.letsride.co.uk/rides/xmas-ride-to-gaddesden> on Friday 28 December from the Harvester at Croxley.

<https://www.letsride.co.uk/rides/metroland-5> On Saturday 23 March from Vale Farm Sports Centre in Sudbury.

<https://www.letsride.co.uk/rides/easter-monday-ride-to-gaddesden> on Monday 22 April from the Harvester at Croxley.

Yves' rides are highlighted with double asterisks () in the Rides section (page 10) of this newsletter. -Ed.**

FACEBOOK FOCUS

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

autumn months, including to Verulamium Park, the Colne Valley and Dunstable Downs, with photographic evidence (see page 2).

Pam Mann posted about her epic London to Paris cycle challenge, and provided us with a photo (page 20) and a recap of her journey:

"This October, as many of you know, my sister, Sue, and I took part in the London to Paris Cycle Challenge. Three days of cycling and over 400 kilometers! It was a beautiful ride with a group of wonderful people all riding to raise money for three women's cancer charities: Breast Cancer Care, Jo's Cervical Cancer Trust and Ovarian Cancer Action.

The first day we cycled from London to Portsmouth along mainly minor roads and up over the North Downs and then the South Downs. A couple of hills in the afternoon were particularly brutal! After a night on the ferry from Portsmouth to Caen, we set off in the early morning mist to cycle to Evreux, a distance of about 130 kilometers. The roads were generally quieter than in the UK and in better condition. The third day was a longer ride, but not so hilly, and we approached Paris from the south west via Versailles. The thrill of arriving at the Eiffel Tower to a champagne reception was amazing and totally unforgettable!

Altogether the 3 groups completing the London to Paris Cycle Challenge raised a massive £863,000! Sue and I would like to say a huge thank you to all those, who helped us raise our share of this total, which was over £6000." If anyone would still like to contribute, see: www.justgiving.com/fundraising/pamelamann5



Lorraine Kennedy was invited to the launch of Sustrans Cycle network review at the Houses of Parliament on 12 November. She reports that "the review was interesting in many ways, and may have given Sustrans some surprises, including the fact that more pedestrians used the network than cyclists. The All Party Parliamentary Cycle group is one of the most attended parliamentary committees, with a waiting list of MPs wanting to join. I came away feeling that there was some political will to make things happen - and certainly with groups like Sustrans and Cycling UK, together with the people from The Hubs and Spokes, cycling has a good future ahead of it."

See event publicity here: <https://www.sustrans.org.uk/news/sustrans-announces-plan-first-uk-wide-network-traffic-free-walking-and-cycling-paths-everyone>

and the report "Paths for everyone" here:

https://www.sustrans.org.uk/sites/default/files/file_content_type/ncn_review_report_paths_for_everyone.pdf



WINTER RIDING TIPS (adapted from Bike Radar, <https://bit.ly/2ARoDc2>):

1. **Get motivated.** It is easy to stay in bed, when it is dark and cold. Agree to a 10-minute ride. Typically, once you're out you'll feel good and go on to ride a full session.
2. **Layer up.** Invest in some good-quality winter clothing, because getting cold, wet and uncomfortable on the bike is a good enough reason to leave it in the shed and go swimming. With the proper kit you'll be prepared for nearly all that the winter can throw at you.
3. **Ride safe.** Be seen, avoid hazards, look ahead. Staying visible on dark winter roads is an important safety consideration.
4. **Try out new routes.** Riding the same roads all the time can become something of a chore. Even if you try riding your regular routes in the opposite direction, you'll find it something different. Circuits can be good in the winter months, as you're never far from home, should the weather turn or you run out of juice.
5. **Plan to succeed.** An early winter's evening is the ideal opportunity to put your feet up and, over a steaming cup of cocoa, look back over your summer performance – before looking ahead at your winter's training and the spring and summer to come. Reflect, focus, train, plan, set goals.
6. **Ride strong.** If you haven't built endurance over the summer, winter is a great time to do it. Long and steady training rides – as opposed to hard and fast sprints – will help you build stamina and strength and ride for longer. For novice riders a good starting point is 90 minutes, but riders targeting long sportives should build up to 4-6 hours.
7. **Time out.** Taking some time off the bike can be an ideal way to recharge your batteries and rekindle your love for cycling, although as fitness can start to drop after just two weeks of inactivity – and will take nearly three times as long to recondition – complete rest from exercise isn't a good idea.
8. **Eat well.** Eating well through winter plays a major role in maintaining health and fighting off colds and flu. Many riders worry about weight gain during winter, but being too lean can be counterproductive, and slightly more body fat will make you less prone to the cold.



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.

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

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 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
watford@cyclesuk.com

Northwood Cycle Depot

118 Pinner Road
Northwood, HA6 1BP
01923 824174

www.northwoodcycles.com
northwoodcycles@tiscali.co.uk

Watford Cycle Hub

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

www.watfordcyclehub.org.uk

The Bike Shop

66 Queens Road
Watford, WD17 2LA
07941 800029

thebikeshop66@outlook.com



Read about Pam's epic London to Paris challenge with her sister Sue on page 16.

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

BOSCH Di2 RALEIGH SERVICE CENTRE ACT ACADEMY



For a guide to winter cycling, see page 17.



Get on your bike and join us!

If you want to join us on a ride, look at our programme of rides, and turn up at the stated start point. We have rides most weekends, some weekdays and on summer evenings. Rides start at several places in Hertfordshire. Visit our web site and Facebook page to catch the latest news and rides: www.spokesgroup.org.uk

<https://bit.ly/2AYtCFR> (Facebook)



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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



There are **FOUR** cycle hubs to choose from: **Watford, Dacorum, Leavesden and Stevenage!** See

<https://www.watfordcyclehub.org.uk/> for location and opening times details.



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**

