

Pedal Power

The newsletter of Greenwich Cyclists

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LCC wins Liveable City award

The London Cycling Campaign has won the Liveable City Highly Commended Award in recognition of its outstanding contribution to Traffic Reduction and Transport Management.

Presenting the award on behalf of the Corporation of London, Jonathan Porritt, chairman of the Sustainable Development Commission for the United Kingdom said: "Amongst LCC's achievements are the publication of maps showing cycle routes (produced in partnership with Transport for London), as well as leaflets giving advice on buying a bicycle and riding safely. LCC also work closely with major employers such as NHS trusts and the BBC in order to help employees cycle to work.

LCC have not only contributed to a reduction in the amount of traffic in London, but have also contributed to the health and well-being of Londoners by encouraging a healthy form of exercise."

Receiving the award on behalf of LCC, Tom Bogdanowicz, the organisation's Campaigns and Development Manager, said: "The award is a fitting tribute to the 9000 members of LCC, hundreds of whom have provided Londoners who want to cycle with advice, assistance and enjoyable rides for the past 25 years. London Boroughs are leading Britain in cycling growth and we are glad to help make our capital a world class cycling city".

Simon Brammer, LCC's Director, said: "We are delighted to receive this award as it further demonstrates the positive impact that cycling can have, whether that is in tackling climate change, congestion, improving health or enhancing communities"

Other award winners included: Cory Environmental (winner of the Traffic Reduction and Transport Management category), Beacon Press, UBS, Barclays, Seacourt and the London Borough of Enfield.

Ride Report: SE London Parks and Rivers: 4th Feb 2005

Five of us set out on Friday to explore the green spaces of South East London. There was one heron in Sutcliffe park, where I also watched an egret on Thursday. We continued east, past and through Well Hall park and Eltham Park, high above the A2. Turning south, we rode into Avery Hill Park, with its impressive Victorian conservatory, and shortly after, alongside Elmstead Wood and Sundridge Park to Bromley. The going got a bit hilly in this section. Beckenham Place Park had some moderately muddy Green Chain paths, but it feels quite rural and we were more than pleased when we got to the cafe / bar with its striking views over the golf course. After lunch we made our way to the Waterlink way, taking us north and back to Greenwich. 22 miles, and a pleasant ride. One puncture, but a conveniently close railway station allowed David to take a train home and mend it at his leisure.

Velodrome and Velo-park get go-ahead

London mayor Ken Livingstone has confirmed that the proposed £22m velodrome and velo-park mooted for the Lee Valley Park will be built with or without London being successful in its bid to host the 2012 Olympics. The redevelopment of the Eastway site will be part of London's 'pre-build' for the Olympics. British Cycling is jubilant that the velodrome is a guaranteed construction project. For British Cycling, today's announcement by Ken Livingstone and the Organisers of London's Olympic bid, represents a highly successful outcome to almost 18 months of hard work alongside the Lee Valley Regional Park Authority, Sport England, London Development Agency and other parties.

The Velodrome is expected to be the centre-piece of a "Velo-park", incorporating a BMX track, closed road circuit and cycle speedway track.

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Bike Week Planning Underway

Bike Week 2005 starts on June 11th, and Greenwich Cyclists are now putting together the plans for this exciting week. If you have ideas for a ride or event, or would like to help, please contact the Bike Week planning committee c/o: john.hearn@streamline-computing.com

Find Greenwich Cyclists at: www.greenwichcyclists.org.uk
Editor: Julian Dobson julian@jadobson.demon.co.uk

Rides & Events:

See www.greenwichcyclists.org.uk for up-to-date information.

All rides leave Cutty Sark Gardens (CSG) unless otherwise noted.

March 2005

Wed 2: Greenwich Cyclists monthly meeting:

7:30pm—9:00pm Armada Centre, 21 McMillan Road, Deptford SE8 3EZ. [Map](#).

Sun 5th March: Parks & Canals Ride Meet at Southwark Needle, London Bridge at 12.00; Cutty Sark, Greenwich at 13.00 and then under the river, through the Isle of Dogs before taking the canal from Victoria Park to Camden. After that it's a nice ride through Primrose Hill, Regents Park, Hyde Park and down to the river to finish back at London Bridge. Best to bring lights as it'll probably be getting dim towards the end. Andrew 07729 844904.

Sat 12th: Grand Union Canal to Watford. Join a leisurely 40 mile ride which follows the 18th Century Grand Union Canal out of London through the picturesque Colne Valley to Watford. This will be a totally flat ride with lots of jumping off points if you really have to get home (we are close to a tube station at every stage of the ride). The first ten miles will be a ride through central London to Paddington to join the canal. Meet Cutty Sark Gardens at 10:00. (Lewisham Cyclists, Ian 07986 872 205.)

Fri 25: Critical Mass. Meet at the National Film Theatre under Waterloo Bridge for a slow meander around Central London. (Bit political.)



The 21st Isle of Wight Randonnee will be held on Sunday 1st May (May Bank Holiday). There are courses of 30km, 55km and 100km, so everyone in the club should be capable of doing one of the routes. John Hearn, GC rides coordinator, is planning a cycling weekend on the Isle of Wight to include the Randonnee. If you are interested in taking part, please email John at john.hearns@streamline-computing.com. John would also like to hear from you if you can recommend any accommodation.

See <http://www.cycleisland.co.uk> for details.

May Sun 8th: CTC Anniversary Rail Excursion

The CTC plans to celebrate the Anniversary of Rail Excursions which took place in 1955/56 from London to the Midlands.

On Sunday 8th May, a specially chartered train (unfortunately not a steam loco) will take up to 400 passengers and bicycles from Clapham Junction via Watford Junction to Rugby. Rides in the area will then be led by local CTC members. Cost will be around £30 a ticket: a food pack can be ordered (in advance).

Any cyclist who is interested in joining this special event should contact Clive Oxx: 020 8647 0766.

Spring Maintenance Class



The GC Winter maintenance class has just finished. Ten students learnt how to: remove their wheels and tyres, stop their brakes squealing, and get their gears changing smoothly.

The Spring maintenance class will be held on the Wednesdays 7-9pm on the following dates:

Basic: £5 April 20th

Intermediate: £15 April 27th, May 11th & 18th.

See www.greenwichcyclists.org.uk for more information and payment details.

Book early to guarantee your place!

Where can I ride in SE?

In response to an enquiry about rides SE of London, Mark Dawson offers this summary of the London CTC rides, and also his own suggestion for a 25 mile ride around Leamington Spa.

I did a very nice train-assisted CTC ride yesterday around the countryside near Farnham. There is no requirement to join the CTC and rides are measured in stars, which reflect the speed and distance covered.

A one-star is very slow, often only 25 miles long, and goes at the speed of the slowest person in the group. Expect to be cycling with people drawing their pension and displaying cycling fashions from the 1930s! That said, they are very good company and offer excellent local knowledge of the areas the rides cover. I can attribute most of my local knowledge to cycling with CTC one star rides! All rides stop off at a pub for lunch.

A two-star ride will cover up to 40-50 miles with an average speed of around 11-12 mph. The group waits at major junctions for the back marker to catch up. You are more likely to find younger people out on a two star ride.

Three-star rides are apparently heads down and bums up racing excursions but I've never actually been on one so I can't comment.

There are also some good books with cycle routes in. Nick Cotton has authored many cycle route books including a couple concentrating on routes South or South East of London.

Here's a personal suggestion for a route - get a train to Tunbridge Wells, cycle through the lanes to Groombridge (taking in the High Rocks), get on the Forest Way off road trail (a former railway line). At the end, ride through a couple of streets in East Grinstead to pick up the Worth Way (another former railway line) and ride that out to Three Bridges where you can either turn round and go back or catch a train back up to London. About 25 miles and plenty of fresh air, wildlife and countryside.

Central London CTC offer many rides out of London.

See their website at: <http://www.centrallondonctc.org.uk/> Mark Dawson

Friday Rides

4th Mar: Galleries and Museums

18th Mar: Sussex Countryside North of Gatwick.
website for details, call Liz on 02086912065)

