

# Pedal Power

Newsletter of Greenwich Cyclists

Issue 31.1  
October 2003

## School Cycling Project gets off to a flying start!

Our School Cycling Project got off to a flying start...literally...on European Car Free Day (22<sup>nd</sup> Sept) with a visit from *Team Extreme*, the world's largest show team of BMX riders.

Throughout the day they performed their mini ramp show carrying out stunts such as turning in mid-air

and riding up and over each other much to the excitement of pupils (and teachers!)

Co-ordinator Hilary Samuels said, "This show is really fun to watch and a great way to demonstrate to pupils that cycling can be cool". Pupils also had the opportunity to

participate in cycle trials with talent scouts from the British Cycling Federation and get their bikes fixed at Cycle Training's Dr Bike session.

Cycle Training sessions for year 7 pupils will now take place over the next 10 weeks together with



Team Extreme  
Performance at Eltham Green School

after-school maintenance courses covering topics such as *How to Lock Your Bike*, *Using tools*, *Fixing Punctures* and more besides.

## London could be closed to traffic for the day if Tour is successful

London could be closed for a weekend if we win a bid to host the 2006 Tour de France

The centre of the capital would be closed to traffic for the first leg of the race.

Proposed routes for the first three days of the Tour are published today. A five-mile time-trial on a Saturday in July would include The Mall, Admiralty Arch, Whitehall, Parliament Square,

Buckingham Palace, Hyde Park and the Serpentine.

The following day's 102-mile stage would start in Greenwich at the National Maritime

Museum and loop north into Essex after crossing the river at Tower Bridge and going through Docklands and Canary Wharf.

The next day a 112-mile leg stage would start at Rochester Castle in Kent

and finish in Portsmouth, which hosted the Tour when it came to England in 1994.

Ministers, the royal family and business leaders all support the bid.

Bid coordinator Peter Hendy, of Transport for London, said: "The public spaces and monuments in London would be a stunning backdrop to the opening of the Tour."

London will have to wait for 18 months to see if the bid has won.

The theme is a Tale of Two Tours, after Dickens's *A Tale of Two Cities*, to emphasise the historic link between the two capitals.

Mayor Ken Livingstone hopes it will boost tourism and encourage people to cycle. If successful, the London stage of the Tour will boost our chances of hosting the 2012 Olympics.

Contact Greenwich Cyclists via Hilary Samuels (co-ordinator)  
at [hilary\\_samuels@yahoo.co.uk](mailto:hilary_samuels@yahoo.co.uk) or on 07929 722 973 or write to us at :  
The Forum @Greenwich (177 Trafalgar Road)

## Rides & Events

### Sunday 12 October:

Locks, docks and one smoking ferry. That all-day always changing tour of docklands. Gentle 35 miles. Stay all day or drop out at lunchtime or wherever. Meet 9 am *NFT* or 10 am Cutty Sark Gardens. Barry 07905 889 005

### Saturday 18 October:

Autumn Beach Huts. About 45 flattish miles along the Stour Estuary then through Walton and Frinton-on-Sea. Meet 9 am Cutty Sark Gardens and ride to Liverpool Street station for the 10.15 am Manningtree train. Or at Liverpool Street at 10 am. Train back. Barry. 07905 889 005

### Saturday 18 October:

Easy Going Ride. *Docklands plane-spotting!* Take the Woolwich ferry to docklands to explore the docks and watch the

planes at City Airport 10 am Eltham Green School, Middle Park Avenue, Eltham. Kate 020 8858 1594 or Frances 01322 441979

### Sunday 19 October:

Sustrans Ranger Ride. Meet 10 am at Woolwich Thames Barrier for a ride to Erith and Dartford. Adrian 07941 462082.

### Friday 31 October:

Critical Mass. 6 pm National Film Theatre. South Bank. (Bit political).

### Saturday 1 November:

Easy Going Ride. *The Riverboat one.* A slow paced explore along the river. Arrive at the Tate Modern in Bankside in time for a hot chocolate and a walk across the Wobbly Bridge. We'll give those legs a rest by returning on the fast Thames Clipper Riverbus. 10 am Cutty Sark Gardens, Greenwich. Kate 020 8858 1594 or John 07941 244076

### Sunday 2 November:

Sustrans Ranger Ride. Meet 10 am Cutty Sark Gardens and cover the Thames Path to the Woolwich Flood Barrier. Adrian 07941 462082

### Wednesday 5 November:

Greenwich Cyclists monthly meeting 7:30 pm - 9:00 pm The Forum, 177 Trafalgar Road.

For more information on rides and events check out our website at

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



## Ceilidh tickets on sale now!

**Saturday 13 December:** Our first Ceilidh last year was wonderful, the dance floor was packed. This year's will be even better. We're limiting tickets to 180, so purchase yours soon. There'll be more staff on the pay bar, the buffet moves up-market, and we've booked the brilliant 7 piece Celtic fiddle band, The Muckers. 8 pm till midnight at West Greenwich Arts Centre, 141 Greenwich High Road, London SE10. Inside bike park. Advance tickets selling now: £15 or £10 unwaged. £20 after 1 December. Contact: Karen Marks at [krsmarks@yahoo.com](mailto:krsmarks@yahoo.com) or 07786 332 123. Barry and Hilary will also be selling tickets on the rides.

## Maintenance Classes

Classes take place at West Greenwich Arts Centre, 141 Greenwich High Road, which is very close to Greenwich National Rail and Docklands Light Rail station and cost £5.00 per 2 hour session which is payable on the evening. Each month the class will cover a different topic which will be advertised on the website, so you can pick and choose the classes you want to go to.

### Next Class: Thursday 16 October 7:00 pm - 9:00 pm: Adjusting and servicing bearings

Badly adjusted wheel bearings can slow you down, and will quickly wear out (an expensive replacement). This session will show you how strip, service, lubricate and adjust wheel bearings to ensure that they run freely and cleanly.

**Contact/Booking:** Please email Julian Dobson at [julian@jadobson.demon.co.uk](mailto:julian@jadobson.demon.co.uk) at least one day in advance or phone him on 07771 692344.

## Free Cycle Training

Learn to ride a bike or improve your skills with professional cycle trainers— no previous experience necessary. Borrow a bike from us or bring your own. Next sessions will be scheduled before winter at 10.30 am– 12.30 pm and 2-4 pm. Meet on Thames Path behind the Waterfront Leisure Centre, Woolwich. For more details and to book a place please contact Hillary Samuels on 07929 722 973.

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