

Pedal Power

Newsletter of Greenwich Cyclists

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What to wear (and where to get it)

John Hearn shares his cycling bargains



"The art of roughing it is smoothing it" as someone once said. But don't worry - you won't have to rough it to enjoy a cycle ride with Greenwich Cyclists. You also won't have to break the bank to get some decent gear.

For your first time on a Greenwich ride, just wear some sports gear. Training shoes, tracksuit bottoms, a top and a fleece are fine. Avoid jeans - they will chafe, and become sodden in even a minor shower. A 'wicking' top is much better than cotton - look out for fabrics such as Coolmax. In cooler weather don't forget a waterproof and some gloves.

When you come to do a few more rides, you'll see other people wearing cycling-specific clothes, which do make you more comfortable and keep you warmer and drier. But don't worry: no-one says you have to kit yourself out in tight lycra like Tour de France riders.

A good source I've found for cycle gear are the German supermarket chains, and the Tchibo coffee shop. They seem to like to promote a sporty lifestyle for their customers, and each week will see a different set of 'specials' brought into the stores, usually on a Wednesday or Thursday. Each week will have a different theme - maybe camping, walking or tennis. A few times a year they have cycling specials. Keep a lookout on the Greenwich email list to hear about these.

The specials aren't limited to clothing - the shops also include things like bags, bells, tools and water

bottles. You do have to be a little selective - some of the clothes can be a bit garishly coloured.

Over the past year I've got myself a waterproof jacket, several tops, shorts and socks. Plus a rucksack, handlebar bag and water bottles. Costs such as cycling tops for £6 and the handlebar bag for £7 make these shops well worth a visit. I think my favourite purchase was a black polo top in Coolmax fabric, sold as a golfing top: Comfortable and nice enough to wear to the pub.

One caution though - cycle locks are sometimes part of the weekly promotions. Cheap locks are really not worth it, especially in London. Use the money you have saved to get a good quality lock from a bike shop. Greenwich Cyclists can advise here.

Locations:

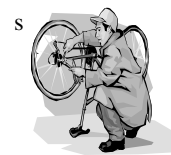
LIDL - Bestwood St, behind McDonalds, at the start of the Surrey Quays one way system. Bike racks outside. Massinger St, just off New Kent Rd. Woolwich branch - off the High St, next to Harry Perrys bike shop. So combine a trip with a browse around HarryPerry.www.lidl.co.uk

TCHIBO - Surrey Quays shopping centre, near the escalators. They also do nice coffee and pastries. Bike racks outside the centre. Mail order available from www.tchibo.co.uk

ALDI - 840 Old Kent Rd, near the Chinese Elvis restaurant.www.aldi.co.uk

Keep Rolling

Tips to keep your bike on the road



Preventing Punctures

⊙ Keep your tyres pumped up to the correct pressure, or slightly higher if you can: the pressures are printed on the tyre wall. Use a pump with a gauge, then remember how hard the tyre should feel.

⊙ Inspect your tyres before and after every ride: you can catch those bits of glass before they work

⊙ Replace your tyres when they are worn down. Tyres with thin, worn-out tread will obviously puncture more easily than a new tyre.

⊙ If you are prone to punctures, and don't want to have to repair them, replace your tyres with Kevlar puncture resistant tyres, designed for the mean city streets. They are more expensive, but many users swear by them, rather than at them.

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

Body Maintenance



Why Stretch?

A stretch...

- ◇ Feels great
- ◇ Helps focus the mind
- ◇ Can reduce the risk of injury
- ◇ Can improve performance
- ◇ Increases blood circulation
- ◇ Keeps the muscles flexible

How long?

A stretch can be as short as 20-30 seconds or as long as you've got. (But don't stretch for long periods unless you are used to doing stretches)

What else?

You can stretch anywhere and at anytime, but some consider warm muscles stretch better. A stretch should be a very gentle movement. Bouncing into the stretch can and probably will damage the muscle..

The 'easy stretch'

The muscle should be eased into the stretch. If you feel pain, you have stretched too far. Stretch only as far as to the point where you feel a mild tension. Hold the stretch for between 20-30 seconds focusing your mind on the muscle being stretched. The feeling of tension should ease off slightly during the stretch.

The 'developmental stretch'

You can improve your muscles' capacity for stretching by doing developmental stretches. After holding the easy stretch for 30 seconds, increase the tension in your muscle by a *fraction* until you feel the tension as before. Hold the tension at this point for a further 30 seconds. When the tension eases again, increase it by another fraction. You should not feel any pain during these stretches. Developmental stretches are better practised when you have time and they should not be rushed.

Ceilidh tickets on sale now

13 th Dec 8 pm - 12 @West Greenwich Arts Centre,
141 Greenwich High Rd, London SE10. Inside bike park.
Advance tickets: £15/£10 unwaged. £20 after 1 Dec.
Contact: Karen Marks at krsmarks@yahoo.com or 07786 332 123.

Rides & Events

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



Fri 7th Nov: River path ride to Erith and back. 25 miles. Meet 10 am CSG. Liz 020 8691 2065
Sun 9 Nov: Folkstone/Dungess/Hastings.

About 25 quickish miles from Folkestone to strange Romney Marsh, the Dungeness shingle and Prospect Cottage. Then pub lunch. Then another 25 to Hastings and its very big hill and the train home. Or from Rye, before that hill. Meet 8.20 am at London Bridge mainline station for the 8.37 Folkestone Central train. Arrives 10.04. Bring lights. Barry 07905 889 005

Sun 16 Nov: Free cycle training. Learn to ride a bike or improve your skills with professional cycle trainers - no previous experience necessary. 10.30-12.30 pm and 2-4 pm. Meet on Thames Path behind Waterfront Leisure Centre, Woolwich. Bring your own bike or borrow one from us. Book in advance by contacting Hilary 07929 722 973 / 020 8769 4661

Thu 20 Nov: Maintenance Class: Get ready for Saturday's Easy Going Ride by learning how to remove wheels and repair punctures. Greenwich West Community and Arts Centre, 141 Greenwich High Rd. (Next to National Tyre), Basement, side access. 7:00 to 9:00 pm, £5.00

Fri 21st Nov: Chelmsford/Braintree ride. See [www](http://www.greenwichcyclists.org.uk) for details.

Sat 22 Nov: Easy Going Ride. Greenwich Market. Ride to Greenwich for a spot of shopping, sightseeing, or coffee, before returning to Eltham. 10 am Eltham Green School, Middle Park Avenue, Eltham. Kate 020 8858 1594

Sun 23 Nov: Beckton Greenway. Meet 10 am Cutty Sark Gardens (CSG). Down the Thames Path, over the Woolwich Ferry, and west along the Greenway to Hackney and lunch. Towpaths back to CSG. Almost no roads. Barry 07905 889 005

Fri 28 Nov: Critical Mass. 6 pm Nat. Film Theatre. South Bank. (Bit political).

Sat 29 Nov: The Dengie Marshes.

A not very planned but quickish explore of the Essex flatlands to include 9th century St Peters and Burnham on Crouch. Around 50 miles. Meet 8 am CSG or 9 am Liverpool St for the 9.15 train to Chelmsford. Arrives 9.46. Barry 07905 889 005

Wed 3 Dec: Greenwich Cyclists monthly meeting 7:30 - 9:00pm The Forum, 177 Trafalgar Rd.

Sat 6 Dec: Easy Going Ride. Christmas Shopping Trip to Borough Market. Ride along the Thames to Borough Market, for shopping, eating and drinking. Ride or train back 10am CSG, Greenwich. Kate 020 8858 1594