

# *Pedal Power*

**Newsletter of Greenwich Cyclists**

**Issue 34  
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## **Royal Arsenal Bike Parking – a result. Nearly.** Barry Mason

On 10 Dec 2003, after periodically pushing politely for 30 months, Greenwich Cyclists wrote to the three local Greenwich Councillors asking why Greenwich Council was not asking the Royal Artillery Firepower Museum at Woolwich Arsenal to install bike parking. We said we wanted to take this issue to the next meeting of full Council - to be held on 28 January 2004.

In 1999 Greenwich Council gave planning permission for the new £12m museum, subject to bike parking being there before the museum opened. The museum opened in April 2001...without any bike parking. The museum told Greenwich Cyclists that it couldn't afford to provide any such parking. The museum is indeed a charity but as the Royal Artillery's regimental museum it has the mighty budgets of the Ministry of Defence behind it.

Anyway, the thought of this being taken to a public meeting of Greenwich Council got things moving. Greenwich's Planning Department had archived the file and thought the issue had died but our digging got the papers out of the basement and back into in-trays. And as if by magic, in mid-December last, 6 bike racks appeared by the river 50 metres away. But they haven't been provided by Firepower...but by the London Development Agency, shadowy owner/ landlord of the whole Arsenal site.

But we'll keep onto this...why didn't Firepower obey the original planning condition? Why didn't Greenwich Council ask them to? How many other worthwhile planning conditions are being ignored locally? Why haven't any of the three Councillors replied to us? And do the recently provided racks fulfill the original planning condition anyway?

## **GC fund applicaton success**

Greenwich Cyclists are now the lucky recipients of another £9,250 worth of funding, this time from the Partners in Time Key Fund. This money will be used to run another school cycling project similar to the pilot that we have been running at Eltham Green School. Funding will go towards a high profile launch, cycle training, maintenance classes, an evaluation of the project and marketing. Look out for more details in future issues.

## **Feeling Sluggish?**

Eaten too much over Christmas? Looking to lose the odd pound? Why not get some fresh air and exercise for free by coming out cycling with Greenwich Cyclists or why not fulfil that new year's resolution and start cycling to work

Steady cycling burns approximately 300 calories per hour and a half hour daily cycle trip will burn 11 pounds of fat in a year. Since the activity is daily, the weight is likely to stay off!

Contact Hilary if you're interested in our Cycle Buddy Scheme which aims to help you gain confidence in cycling in London...and look out for our Spring into Action campaign, coming soon, which will help to tempt more people onto bikes.

<http://www.leedscyclists.org.uk/health.htm>

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)

## Keep Rolling: Tips to keep your bike on the road



### Fighting the winter grime & salt

Winter riding can really take it out of your bike. The water and grit combine to make a very effective grinding paste for your rims and chain, while the salt will search out any bits of unprotected steel. These are a few of the obvious things you can do to protect your bicycle this winter.

⊙ Fit a front mudguard: most of the muck on your chain is thrown-up by the front wheel. Get a guard with a mudflap to stop all the water dumping straight into your shoes. You can buy these flaps as accessories.

⊙ Regularly clean and oil your chain. Expensive dry lubricants such as *First Line* do not attract

the dirt, but have to be applied frequently. Cheaper alternatives like *3 in 1* will stay on the chain longer, but can turn into a gritty paste. After a wet/dirty ride, wipe your chain with a rag, then apply fresh oil.

⊙ Inspect and clean your brake blocks: grit and other foreign matter can become embedded in the blocks, turning them into sandpaper. The easiest way is to inspect them is to remove the wheel, or if you have cantilever or V brakes, just release the brake cable.

⊙ Regularly wash your bike to remove grit and salt (if using a pressure washer,

don't aim it directly at bearings.)

⊙ Protect metal surfaces from rust by wiping/spraying with a protector like *WD 40*, or car/bicycle wax (I'm sure bicycle wax is just repackaged car wax). Of course, do NOT spray wheel rims.

⊙ Protect metal-to-metal joints with a film of grease or spray of oil, especially any aluminium/steel joints. The main one is the seat stem: you don't want that seizing up (although it would stop it being stolen).

## Rides & Events

See [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk) for up-to-date information.

### Fri 23 Jan: London Parks.

Southwark Pk, Burgess Pk, Kennington Pk, Battersea Pk, Kensington Gdns, Hyde Pk, Green Pk and back to Greenwich. About 25 miles (or return by train from Central London, about 18 miles). We will ride on a mixture of riverside paths and quiet-as-possible roads in between, with a few main roads. Liz 020 8691 2065

### Sat 17 Jan: Locks, Docks and one smoking ferry.

That circular tour that's always different. Stay all day or drop out at lunchtime. An easy 15 or 30 miles. Meet Cutty Sark Gardens 10am. Barry. 07905 889 005.

### Sat 24 January: Burns Night see box

#### Sunday 1 February:

Meet 9am Cutty Sark Gardens Or 9.45am Liverpool Street station for the 10.04am train to Southend. A quickish 50 mile seaside explore. Barry. 07905 889 005.

## Burns Night Ceilidh

### Another Chance to Dance

Hackney Cyclists are holding their annual Burns Night Ceilidh on Sat 24 Jan. As well as a good three hours of dancing led by The Muckers (the excellent six piece band that came to our ceilidh) the ticket includes a traditional dinner of haggis, neeps, tatties and whiskey with veggie & vegan options.

Tickets are £13 (conc. £8, under-16s accompanied by parent/guardian £4) or £15 after Jan 17

Buy tickets online at <http://www.hackney-cyclists.org.uk/bn04.htm> or by calling Ben on 020 7690 5206.

Greenwich Cyclists have block-booked tickets & will pay on the door but only by prior arrangement Barry. 07905 889 005

Meet at 6pm CSG for a ride there.

Sir Thomas Abney Primary School Hall,  
Fairholt Road, N16  
7-midnight