

# Pedal Power

The newsletter of Greenwich Cyclists

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## The Tour de Greenwich



To mark the end of the Tour de France, Greenwich Cyclists are staging our own Tour de Greenwich on Sunday 25<sup>th</sup> July. Present yourselves in teams of four on Sunday to take part in the premiere cycling event in SE London (well, even the Tour de France must have started small, and who knows, maybe we'll have Lance Armstrong next year).

We'll ride around Greenwich, stopping off at various places for the stage races. The idea is to have a great day, with some light hearted competition. The stages will be fun events (for example, a slowest-to-finish race).

The prizes include:

- ⊗ 2 coil locks
- ⊗ 1 bike lubrication set (get ready for winter)
- ⊗ 1 500 ml Decathlon water bottle
- ⊗ 1 Halfords cycle pump
- ⊗ 3 Halogen cycle light sets

At the close of play we will ride to the 'Kings of Pain' exhibition to watch the finish of the Tour de France in Paris on the big screen, and to see how the professionals do it.

**Warning:** the use of any artificial stimulant except alcohol and tobacco will result in riders and teams being expelled from the tour.

## London Cycling Awards

Preparations are underway for the launch of the London Cycling Awards 2004, which this year includes an exciting new category: London Cycling Personality of the Year! Three other categories will be retained from last year: Best Cycling Facility; Best Community Cycling Initiative; and Best Cycling Initiative for Children.

Greenwich Cyclists will be inviting nominations at the next GC meeting, on Wednesday, August 4<sup>th</sup>, so start thinking now, and email your nominations to our email list: [greenwichcyclists@yahoo.com](mailto:greenwichcyclists@yahoo.com), putting "Cycling Award Nomination" in the subject. Or better still; come to the meeting to nominate in person.

We will sort the nominations, and forward them on to the London Cycling Campaign (LCC). The deadline for nominations is 17<sup>th</sup> September 2004, and the awards will be presented at the LCC AGM, which this year will be on Wednesday 13<sup>th</sup> October (7pm to 9.15pm). To enable more people to attend the AGM, it is being held on a weekday. Plans are afoot to make the meeting an entertaining, as well as an informative, evening.

## Cycle Maintenance

Got those annoying clicks from your gears that just don't change like they used to?



Brakes give out that high pitched squeal, but don't stop you when they should?

Greenwich Cyclists runs maintenance classes, covering these problems and more. Cheaper than getting a puncture repaired (the last class was £4 a session) you'll save money, and have the confidence to cycle further afield.

The next series of classes is pencilled in for October but we need to have at least 10 people for the class to run. April's class sold out, so if you are interested, email me, Julian Dobson (details below) and I will put you on the mailing list for the next class.

And if anybody is interested in helping or leading a maintenance session, please get in touch with myself or Andy Braben. Our last regular assistant, Jason Joyce, is leaving us, his job, and England to go travelling round the world with Lou, who he met on a GC maintenance class! Jason also organised Bike Week this year, so he is going to be missed by GC.

Find Greenwich Cyclists at: The Forum, 177 Trafalgar Road, Greenwich.  
[www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk)

# Rides & Events:

See [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk) for up-to-date information.  
All rides leave Cutty Sark Gardens (CSG) unless otherwise noted.

## July

**Sun 25th: Tour de Greenwich.** See front page for details.

**Fri 30th: Critical Mass.** 6pm National Film Theatre. South Bank. (bit political).

**Sat 31st: The Dunwich Dynamo # 12.** Not a Greenwich Cyclists ride as such. There's no formal entry procedure, and it's free. It's an unsupported overnight (yes, really) ride to Dunwich Beach in Suffolk along, once out of London, surprisingly deserted lanes. 120 miles. Then swim. Or not. Coach back tickets will cost £13 in advance, more on the day. Trains back from Manningtree 50 miles away. Meet 7pm CSG for the 4 mile ride to the 9pm start at the Pub on the Park, London Fields, Hackney or go straight there. The Dunwich Dynamo FAQ is essential reading.

Barry 07905 889 005.

## August

**Wed 4th: Greenwich Cyclists Monthly Meeting**  
7:30pm - 9:00pm The Forum, 177 Trafalgar Road. All welcome. Chance to suggest new rides, participate in activities, and push to improve cycling facilities in Greenwich.

**Sat 7th: A Ride to the Olympics!** Well not quite. Easy paced ride through the Isle of Dogs and up to the Lea Valley to see the proposed sites for London's Olympic bid. Well worth seeing this area before it is developed.  
10am CSG John 07941 244076

**Sat 22nd: Surrey's Prettiest Villages:** Cranleigh, Gomshall and Chiddingfold - A ride through some of Surrey's prettiest villages. One or two hills but all manageable and as always we'll wait for everyone at the top. 50 miles with stop for pub lunch. Meet 9.15am prompt at CSG for ride to Waterloo or 10am outside the ticket office on Waterloo station to catch 10.23 train to Godalming.  
Hilary 07929 722 973

**Fri 27th: The Wild Wales Weekend.** To Bala for a thrill-packed long weekend based around the 500 rider Wild Wales Challenge in the big, big hills of Snowdonia. Join us for as long as you like...it's all optional, but bookings for accommodation are involved. See web site for FAQ.

**Friday 27 August: Critical Mass.** 6pm National Film Theatre. South Bank. (bit political).

## Ride Report: Greenwich to Brighton July 17th

Overall quite a good day, managing to avoid the rain despite the thunder & lightening. The London cycle maps call it Route 21 from Greenwich to just before Croydon. Then the A23 to Coulsdon. So mainly off the major roads. Tried to stop for tea just after Coulsdon after the climb to Farthing Downs. The tea wagon was not there: disappointed. Looked very threatening: thunder and hints of rain. Pressed on down towards Outwood. Had to stop early at a pub to repair a bike and one rider who had some serious road rash. Lunch at The Bell pub next to the windmill. The bar service was terrible - reminded me of Faulty Towers. Some of us were told we had to wait 15 minutes before we could order as the kitchen was swamped. The pub was not packed & no one else seemed to have been told this: when we went back to order there were others ordering!!! Then, when we did order, the fellow taking our order would let out a big sigh. The food came quickly: good portions and kudos to the kitchen staff who offered their first aid kit to cover the road rash. Have no idea what this fellow at the till was on about!!! He might have been upset that we did not reserve or call ahead.

Just after Turners Hill we took a left to Sharpthorne then headed south, passing Horsted Keynes. At North Common turned back right and angled our way to Ditchling and the beacon. A bit bumpier than expected but we managed to keep off of the A and B roads for the most part. Very scenic and avoided Haywards Heath. The Beacon was cool with a sea fog coming up from Brighton and a brisk wind. Some of the women were warmed by the groups of four male runners passing by in their shorts and t-shirts every 2 to 4 minutes heading off down the trail. The first group of 4 men seemed to be the best looking by their account. 10 started the ride and 10 arrived at Brighton after 60.25 miles. Arrived at 6:17. We could see the sun behind the sea mist but it just wouldn't break through. Despite this the hardier of our group, 3 ladies of course, went into the water. 2 managed to enjoy the swim and stayed in for longer than others thought they would. Had our fish and chips or flapjack and headed for the train around 7:30. Some headed to London Bridge and 4 of us got off at East Croydon about 8:15. Amazingly fast ride from East Croydon back to Blackheath. We were at Blackheath at 9:07 and I got home just after 9:30. Great ride and we all seemed to

## Come to a GC Meeting

Have you thought about coming to one of our meetings but weren't sure what it would be like? We always welcome new faces and fresh ideas. It's not a formal meeting, and it's open to anyone. In the meetings we discuss past and future rides, commuter routes, events and projects, and other issues that are important to you....And then we go to the pub.

So, maybe see you at our next meeting. We meet the first Wednesday of every month, in the Forum, Greenwich. See **Rides and Events** for details.

## Join the LCC, and help GC

Did you know that Greenwich Cyclists receives 50p for every LCC member who is a resident of Greenwich. Joining LCC costs £27.50 per year, or £12 concession. for which you get a very readable magazine, and a discount at many bicycle shops in London. The money you save can sometimes pay for the membership fee, but more importantly for us, that 50p helps GC stay a free, voluntary group.