

# Pedal Power

The newsletter of Greenwich Cyclists

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## Car Free Day 2004

Greenwich Cyclists are celebrating Car Free Day on Sunday Sep 19th. Two roads near Greenwich Market will be closed, allowing pedestrians and cyclists to take over the streets.

We will be running an information stall, where you can get advice on commuting by bike, pick up free cycle maps, and learn more about Greenwich Cyclists.

At our Dr. Bike session you can have your bike checked over and minor adjustments done for free.

You might even win a bike in our raffle.

Later we will have a social meeting, seeing some of the jazz sessions in the Riverfront Jazz Festival. It is also Open House weekend, and many buildings will be open for visits in Greenwich.

So, come along to our stall to say hello and have a chat: (we're a friendly bunch), and then enjoy some jazz in a car-free Greenwich.

## GC Ceilidh



**We are planning our 3rd GC Ceilidh. Sat Dec 11th, 7pm to midnite at the Greenwich West Community & Arts Centre. The Muckers band will play again. Food, pay bar and bike park available. £15/10 unwaged. £20 at the door. Buy tickets online soon at:**

<http://www.greenwichcyclists.org.uk>  
or e-mail [krsmarks@yahoo.com](mailto:krsmarks@yahoo.com).

### Important: October meeting

The next meeting, on October 6th, will be held at Armada Community Centre, Armada Ct., Creek Rd, SE8, (just past Deptford High St.), not the usual Forum.

## Bala Ride Report

This was the third August Bank Holiday that a few of us have been to Bala in North Wales to do CTC Merseyside's Wild Wales Challenge ride. I had a truly lovely weekend of it, and I think everyone else did too.

Fri 27 Aug: 19 of us met at 11.30am Thrifty Van Hire on Tower Bridge Road to fill a 17 person minibus. (In 2002 we trained it to Ruabon and rode the 25 miles to Bala, but Virgin wrecked that later that year by limiting bikes on trains). We got to Bala about 7pm and 250 miles later.

Saturday: two of us had a wakeup swim in Bala lake before breakfast. Most left at 10am to ride the lane on the south side of the lake and the big big hill up to Bwlch y Groes. It's Wales's highest pass at 545 metres. High moorland with sheep and cattle-grids and wonderful brown peaty streams, waterfalls, sheep and no buildings at all. And then the huge descent to hidden Lake Vyrnwy. The 12 mile road round it is dead flat, the reservoir was dammed in 1890 and is tree-lined gorgeous. We coffee'd at the dam and had a quick look at the Lake Vyrnwy Hotel, built for the dam engineers, its views still tremendous, its glory a tad faded, and I thought of The Shining hotel. At the back there are decayed Edwardian gardens and a lovely little church where the 80 or so expendable labourers who died building the dam rest. We lunched and fed chaffinches at the lonely Lakeview Tearoom...they remembered us from last year. The woods on the way back to Bala drip with lichen. After a huge climb up, the descent back to Bala was massive. A lovely 40 mile circle. Most of us ate well in a bistro place.

Sunday: The 21st Wild Wales Challenge and the longest yet: 89.2 miles. We left together at 9am: a very motley, mostly-untrained, crew.

It was a huge Welsh mix of hills, lanes, moors, woods, cattle-grids, villages, woods, forests, sheep, grassy-asphalt and rain. Within a minute of the start, the westerly was whipping Lake Bala into waves, a technicolour rainbow you could almost touch had both ends in the water. As we headed south down a tiny track on Tremadog Bay the awesome views across to the LLeyn Peninsula were shot-blasted away by vicious horizontal rain that felt and stung like hail.

The lunch control point in seaside Tywyn got moved to the outskirts because of a carnival so there was no tea, coffee, food, loos, nothing. Loads of cyclists then descended on the next open village shop for supplies. And Madam was Grumpy. Queues of bikers scooped up all her bottled water, bread rolls, and watery ham. So did the six I was with. And then she simply shut up shop. And then through the forests; it felt like The Alps: fir trees, cottages, villages below, mountain streams. And

# 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.

## September

**Sun 12<sup>th</sup>: Eric's Early Bird.** Ride to Erith and back. Breakfast/Brunch back in Greenwich by 12 noon, leaving time for DIY, families, football. Meet 8am Cutty Sark Gardens. Eric Gauster 07831520352.

**Sun 12: Green Fair.** Come and join us at the Green Fair in Pepys Park. Help with Dr. Bike stall, hand out cycle maps and generally promote cycling.

**Sat 18<sup>th</sup>: Rainham Marshes** open day. They're fascinating and birded. Meet 9am Southwark Needle, then 10am Cutty Sark Gardens for a slow ride there and general explore of the area, the A13 cycle routes and whatever else is new and/or interesting. Barry 07905 889 005.

**Sun 19<sup>th</sup>: Charity Cycle ride** round the Kentish lanes in aid of Marie Curie Cancer Care starting in Godden Green, Sevenoaks at 9am. Two routes - 50 miles or 88 miles. All riders will be timed and those on the longer route given a target for Bronze, Silver or Gold standard. All riders will enjoy a meal after they have reached the finish. Go to <http://tinyurl.com/5bhob> for more info and to register. For enquiries Derek Williams: 01959 522 148.

**Sun 19th: Car Free Day.** Greenwich Cyclists will be celebrating Car Free day with an information stall and a Dr. Bike session on the roads closed near Greenwich market. Later we will take in some of the Jazz sessions in local pubs in the Riverfront Jazz Festival. So come along a noise and pollution free day, with some jazz. <http://www.greenwich.gov.uk/Greenwich/Travel/CarFreeDay.htm>.

**Sat 25<sup>th</sup>: Eric's Early Bird.** Up the River Lee a bit, west along the Hertford Union Canal (by Victoria Park) back via the famous E Pellicci Cafe (yum) in Bethnal Green Road. Back in Greenwich by 12 noon. Meet 8am Cutty Sark Gardens. Eric Gauster 07831 520352.

**Sat 25<sup>th</sup>: International Cycle Show** Visit the International Cycle show at the Business Design Centre, Islington. John 07941 244076.

**Sun 26<sup>th</sup>: Locks, Docks and One Smoking Ferry.** Again but never the same twice. The big slow all day tour of docklands. Meet 9am Southwark Needle, London Bridge, 10am Cutty Sark Gardens. Barry 07905 889 005.

**Sun 26th: Canterbury.** Meet at CSG 9:30 for a moderate paced (15 mph average) longish ride of around 65 miles to the Cathedral City. We will see a bit of the city before coming back on the train in the afternoon. Stuarts\_lorkin@yahoo.com or 07745 905994.

## October

**Sat 2<sup>nd</sup>: Easy going ride.** 10am for a gentle ride to the Museum in Docklands. Admission charge of £5 for adults, £3 for concessions, free for students and under 16's. All tickets are valid for 1 year and are also valid for exhibitions at the Museum of London. This ride is designed for beginners and families, but all welcome. Hilary 07929 722 973.

**Sun 3<sup>rd</sup>: The Ride of the Falling Leaves.** has established itself as a Classic late summer event. 9 am start. The ride starts and finishes in the historic Herne Hill Velodrome and takes in some great roads in Kent and Surrey. Expect some climbing, some descending and plenty of banter from your fellow riders!

[www.mosquite-bikes.co.uk/htdocs/events.php](http://www.mosquite-bikes.co.uk/htdocs/events.php).

**Wed 6th: GC meeting at Armada centre, Armada Ct., Creek Rd.**

**Sun 10th: A Ride to the Olympics.** Well, not quite. Explore the Olympics sites planned for the Lea Valley, and have lunch at the Springfield Lock riverside cafe.

## Maintenance Class



Get your bike into shape for Autumn

In October, Greenwich Cyclists are repeating their popular cycle maintenance course.

The first class is aimed at beginners, and covers how to correctly remove and replace wheels and tyres, and how to repair a puncture.

The next three classes cover adjusting and servicing brakes and gears, and general care, maintenance and lubrication of your bike.

Oct 7th "Basic" £5  
Oct 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> "Intermediate": £15 for three classes

If you wish, you can enrol for both the basic and intermediate classes.

Time: Thursday 7:00 - 9:00pm

Place: Greenwich West Community & Arts Centre, 141 Greenwich High Rd, SE10.

For booking/payment details, go to our website at: [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk)

Cont. from Bala

there it was....the huge valley view at the back of that 545 metre pass again. We'd done around 75 miles, we hadn't eaten sensibly, my legs had gone, my feet were soaked from the earlier blasting rain, the sight of that endless incline simply drained.

The tacky slate prizes have a pic of Tel-y-Llyn pass and lake on them and are treasures. Poncho Pete and Cathie got the bubbly in and Greenwich Cyclists - for so we were for the day - had silly fun. And all piled back to the hotel's Residents Lounge for takeaway chinese/pizza/f&c and loads of wine.