

Pedal Power

The newsletter of Greenwich Cyclists

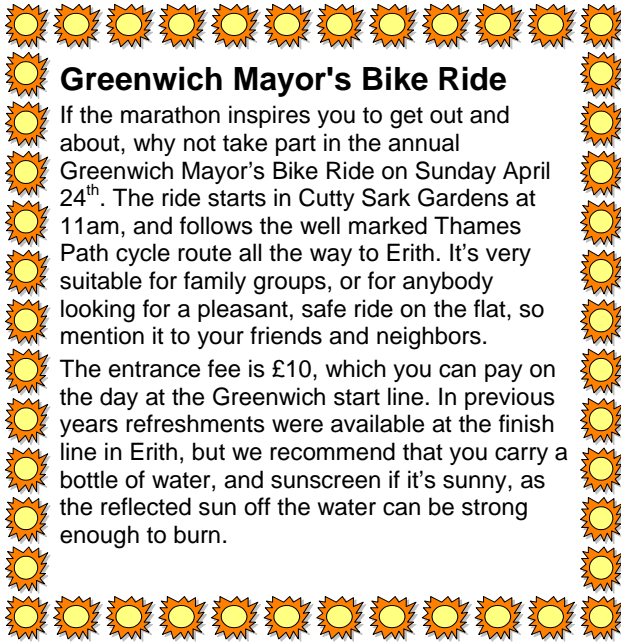
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Bike Radio



Resonance FM's (104.4 FM) "The Bike Show" has gained a following among Greenwich Cyclists members. The show goes out Mondays 1:30-2pm, and is "a weekly show delving into the art, science, politics and transcendental pleasure of cycling, in London and beyond. From the Tour de France to Critical Mass, from cycle commuting to Kraftwerk. If it's got wheels, pedals, handlebars and a bell, it's here."

If you are on your bike when the show goes out, then you can catch it on the Internet at www.resonancefm.com/audio.htm, and there are plans to setup an audio archive.



Greenwich Mayor's Bike Ride

If the marathon inspires you to get out and about, why not take part in the annual Greenwich Mayor's Bike Ride on Sunday April 24th. The ride starts in Cutty Sark Gardens at 11am, and follows the well marked Thames Path cycle route all the way to Erith. It's very suitable for family groups, or for anybody looking for a pleasant, safe ride on the flat, so mention it to your friends and neighbors.

The entrance fee is £10, which you can pay on the day at the Greenwich start line. In previous years refreshments were available at the finish line in Erith, but we recommend that you carry a bottle of water, and sunscreen if it's sunny, as the reflected sun off the water can be strong enough to burn.

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Security



Bike theft hasn't been too much of a problem at GC meetings, but one of our members had their bike stolen from outside the Forum Centre last year, and a visitor to our meeting last week had her new bicycle stolen. In both cases, the bikes were locked, but not as well as they could be. If somebody really wants to steal your bike, they probably will, but there are a lot of things you can do to discourage them.

Do look at the security rating of any lock you buy. You can find these ratings on the packaging, on the internet, and in recent articles in *Cycling Plus* and *London Cycling*. The ratings usually measure the time it takes to break/cut the lock. Cheap locks can be cut in seconds; expensive ones can take 5 minutes or more: too long for most opportunist thieves.

Do buy a lock that matches the value of your bike: spending £50 on a lock may seem a lot, but not if you've spent £500 or more on your bike. Even if you've spent just £200 on your bike, how much is the inconvenience of a stolen bike worth, and how much will you spend on trains and buses before you replace your bike.

Do lock your bike to something (that can't be cut!). Unless it's in a busy area, locking your bike to another bike isn't a good idea: they'll just take both.

Do use two different locks if you have to leave your bike in a high-risk area. Most bike thefts are opportunistic: if you use a good D-lock and a good cable lock, a thief will have to carry a bottle jack *and* a bolt cutter: rather incriminating if they are stopped. If you commute on your bike, you could consider leaving one lock at work.

Do disguise your bike if you think it's vulnerable. Most thieves go for brands, so taping over the names can camouflage your bike. I'm told that fitting a child seat is one of the biggest turn-offs for thieves, and I'm sure no kid on street would be seen dead on a bike with a basket.

Don't leave your bike in the same place every day: they will come back specially with that bottle jack & bolt cutter.

Don't leave any space in your D-lock: fill it with wheel, frame, lamp-post etc, so that a bottle jack won't fit.

Don't lock you bike up in that dark alley; leave it in the busiest, brightest area you can find.

If you have any more advice on preventing theft, or can recommend locks based on experience, send your comments to the GC email list.

And if you come to one of our meetings at the Armada Centre, bring your bike inside: there's plenty of room.

Rides & Events:

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

All rides leave Cutty Sark Gardens (CSG) unless otherwise noted.

April 2005

Wed 20th: 7-9pm: GC Maintenance class, Armada Centre.

Sat 24th 11am: The **Greenwich Mayor's Bike Ride**. This annual charity ride takes a route along the Thames from Greenwich to Erith. This year's charity is "Homeless in Greenwich". Easy paced ride, good day out. £10 entrance fee.

Wed 27th: 7-9pm: GC Maintenance class, Armada Centre.

May 2005

Wed 4th: GC meeting at Armada centre, 21 MC Millan Street, Deptford, SE12 3EZ (where Evelyn Rd meets Creek Rd: see web-site for map.)

Sun 8th: CTC Anniversary Rail Excursion

The CTC plans to celebrate the Anniversary of Rail Excursions which took place in 1955/56 from London to the Midlands. Any cyclist who is interested in joining this special event should contact Clive Oxx: 020 8647 0766.



June 2005

Wed 8th: 7-9 pm Bike Week Maintenance Class. Armada Centre—see web site for details..

Sat 11th: 12:00 till 17:00 Dr. Bike & Information Stall. Cutty Sark Gardens.

Sat 11th: 15:00 till 17:00. Easygoing Ride. Along the Thames to the Millennium Dome.

Sun 12th : 10:00. Andy's 30K ride to Knockholt.

Sun 12th: 12:00. Family ride along the Thames to the City Farm.

Mon 13th 18:30: Afterworker Ride to the Pilot Pub.

Tue 14th 18:30: Afterworker Ride to the Lea Valley.

Wed 15th 07:00: Ride to Bike Week Breakfast at Globe

Wed 15th 18:30: Afterworker Ride Waterlink Way

Thu 16th 18:30: Afterworker Ride Thames to Erith

Fri 17th. 10:00 London Curiosities Ride. Gently paced day visiting some intriguing historic and more recent sights in London. Starting at Cutty Sark Gardens at 10.00am with second meeting point at the needle on the southern end of London bridge at 10.45am. Tour

includes a sewer ventilating lamp, the entrance to the only privately owned tunnel under the Thames, a kiosk used in the past for measuring tides, a roof garden in Kensington and much more. Bring a packed lunch or stop at an eatery. Returning to Greenwich about 5.00pm.

Sat 18th 10:00: Andy and Teri's Knee Trembler:

Longer ride to the North Downs. Waterlink Way, Beckenham, West Wickham, Coney Hill, Downe (down & up 1 in 4 hill—not cyclable says Andy), Cudham (down and up a 1 in 5, cyclable says Andy), with a lunch stop in Knockholt. Then Shorham, Eynsford, Crockham Hill, St Mary Cray, Chiselhurst and back to Greenwich.

Bike Maintenance



Now winter is over, you should check all the nuts, bolts and little bits on your bike that can work loose, move, or just wear-out. I did this after an ominous creaking from my chainset started during the Thursday after-worker (my multi-tool got me home), and this is what I discovered:

- all five chainring bolts loose (explains why my chain kept coming off – lucky I didn't damage the rings)
- left and right crank bolts loose (source of the creaking)
- rear brake shoes mis-aligned (explains the juddering when braking)
- mirror obstructing the front brake lever (explains why the front brake wasn't stopping me)
- rear tyre tread separating from tyre carcass

Nothing damaged, but this is quite a list for a bike that I thought was well-maintained. So, give your bike a clean, and then check the gears and brakes, ready for the Bike Week rides. If you aren't confident about checking your bike over, enroll for one of the Greenwich Cyclists maintenance classes, which run regularly through the year (details at www.greenwichcyclists.org.uk)

Spring Maintenance Class

The Spring maintenance class will be held on the Wednesdays 7-9pm on the following dates:

Basic: £5 April 20th

Intermediate: £15 April 27th, May 11th & 18th.

See www.greenwichcyclists.org.uk for more information and payment details.

Book early to guarantee your place!

Stop Press! Course Full. But email GC at julian@jadobson.demon.co.uk to book your place on the next course.

Considerate Cycling

Many cyclists reading this will have been cut-up by cars, ignored by buses and walked in front of by pedestrians. But we are all pedestrians, most of us use buses, and many of us own cars. So, GC would like you to be a considerate cyclist, which you can interpret how you wish. And here ends the sermon.

Sat 18th 18:00: Club Barbecue Evening.

Sun 19th 12:00: Offroad ride to Oxleas Woods and Lesnes Abbey.

Sun 19th 19:00: Picnic in Greenwich Park. Join with other cyclists for a fitting end to Bike Week.

