

Pedal Power

The newsletter of Greenwich Cyclists: issue No. 44, May 2005

Bike Week 2005

Bike Week kicks off on Sat 11th June, and Greenwich Cyclists has a full week of rides and events (see overleaf).

Bike Week is the UK's annual celebration of cycling, first started by cycle campaigners in 1923, and it's one of the main events for GC. The aim of Bike Week is to encourage more people to cycle more often. Starting with a Dr Bike and an easy-going ride on Saturday 11th, our Bike Week events continue with daily after-worker rides, and culminate in a ride and picnic on Sunday 18th. Other LCC groups are running rides all around London, and in total this year there will be over 2000 events, so you should be able to find one ride to suit you, your family, and friends.



Green Lifestyle Show 2005

The London Green Lifestyle Show - the first step towards a more sustainable future for London (but misleadingly headlined as "London Lifestyle Show" by the Greenwich Council paper!), will be hosted at Greenwich Park on 5 June 2005, from 11 to 5 pm. The show is free and will offer children and adults the opportunity to see what is being done now to make London a more attractive and green city, plus an insight into London of the future. Greenwich Cyclists will have a stall there, together with Lewisham and Southwark Cyclists, and the LCC. Other attractions include:

- Green home exhibition
- Children's green circus & carnival
- Workshops and demonstrations
- Vehicle innovations (electric scooters etc)
- Bike doctor (that's us) and supervised bike parking
- Recycling and energy efficiency
- Organic food and drink
- Live bands

The Camden Green Fair and Bike Fest in Regents Park is also on Sunday (www.camdengreenfair.ik.com). As it finishes at 8, you could even go to both.

LCC Corporate Affiliates Scheme

The LCC has a corporate affiliation scheme, which is due to be updated by the end of May. Employees get a 10 % discount discount on LCC membership; employers get advice on becoming a cycle friendly employer, LCC magazines and literature, and a healthy workforce. The LCC affiliates already includes a range of companies and organisations, including the BBC and a multinational pharmaceutical company. If you think your company would be interested in joining the scheme, you can download a corporate affiliates information pack from www.lcc.org.uk.

Tips for cycling

A month ago I put out a request to the Greenwich Cyclists email list, asking members to send their safe cycling tips. The response was very enthusiastic, (although it did get a bit overheated at one stage) and I ended up with a great selection of tips. Some of them are common sense, some of them are obvious road skills, and some of them call for assertive cycling. Here are a selection, in no particular order.

- Wear a helmet and reflective clothing.
- If the road is not wide enough for a vehicle to safely overtake you, take the centre of the lane to ensure nobody does overtake.
- Acknowledge courteous drivers: they'll be courteous to the next cyclist
- Be nice to pedestrians: bullying cyclists increase the risk of violence to other cyclists.
- Anticipate. Expect the unexpected.
- Stop at ALL red lights: (as Zoe Williams pointed out in a great article in the Guardian - you have no choice - you are a vehicle)
- Never undertake or overtake a lorry/bus, unless you know you have time to get past it.
- On the right in the right; Undertake? Meet your maker.
- Look, signal, manoeuvre.
- Relax. Enjoy. Why are you in such a hurry?

The full list will be posted on our website in the next couple of weeks.

Rides & Events:

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

Friday 27 May: Critical Mass. Meet at the National Film Theatre under Waterloo Bridge for a slow meander around Central London. (Bit political.)

June 2005

Wed 1st: Greenwich Cyclists monthly meeting and AGM: 7:30 to 9:00pm, Armada Centre, Deptford. See map below.

Fri 3rd: Thurrock and Brentwood district. About 30 miles past marshes, farms and forts in the pockets between residential and industrial Essex. How much of this will survive as Thames Gateway plans develop? Meet at CSG at 9:30 for 10:35 train from Fenchurch Str to Rainham station. Return from Tilbury station to Fenchurch Street about 16:00. Moderate pace, pub lunch or bring your own. Liz 07963 761039

Wed 8th: 7-9 pm Bike Week Basic Maintenance Class. Get your bike checked and ready for Bike Week. 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: 30 miles to South East London / Kent Borders. A 30 mile ride to Downe, Cudham, Knockholt, Shoreham and Eynsford. Two very steep hills, (we'll wait for you to walk up if you prefer!), but nice local countryside on quiet roads. Meet Cutty Sark Gardens 10:00am. Andy 07890 215317

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

Sunday 12 June: The 2nd North Kent Bikeathon for Leukaemia Research. Catford Rotary Club have joined up with Leukaemia Research this year to organise a new event, the North Kent Bikeathon, through the lanes of North Kent with a choice of 15 or 30 mile routes. Starting and finishing from Norman Park, Bromley, Hayes Lane entrance.

This charity cycle ride is a non-competitive event open to amateur cyclists of all ages. Two routes from Norman Park in Bromley cover either 15 or 30 miles of varied cycling around the north Kent and Surrey borders. From Hayes through Nash, Biggin Hill, Downe, Cudham, Horns Green and along the beautiful and historic Pilgrim's Way, through Tatsfield, Chelsham, and Ficklehole. The route will be marshalled and back up will be provided in the form of refreshments and basic medical and mechanical assistance on route. Progress will be monitored by mobile telephones. This event is being run as part of the Leukaemia Research series of Bikeathon events. For an entry form and map please visit the Rotary Club of Catford website.

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.

Sat 18th 18:00: Club Barbecue Evening.

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

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



Contact Us

We meet on the first Wednesday of every month (next meeting 1st June) at the Armada Centre, 21 Mc Millan St, Deptford. See us at www.Greenwichcyclists.org.uk, or email:

Chairperson: Julian@jadobson.demon.co.uk

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Note: To safeguard your bike, you can bring it inside Armada Centre.

