

# Pedal Power

The Newsletter of Greenwich Cyclists



Issue 61 May/June 2007

## Greenwich Cyclists Summer Maintenance Classes



**Book now for the long-awaited Greenwich Cyclists Summer maintenance class, and get your bike ready for Bike Week.**

### Place:

Armada Centre, 21 McMillan Street, Deptford SE12 3EZ (where Evelyn St meets Creek Rd: see [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk) for map)

### Time:

19:15 to 21:15

**Thur May 24th:** Basic skills - removing wheels and tires, repairing punctures

**Thur May 31st:** Brakes - adjusting, servicing, replacing brake pads and cables etc

**Thur June 14th:** Gears - adjusting, servicing, tuning, replacing chain etc

### Cost:

Basic :1 class: £5  
Brakes and gears: 2 classes: £10  
(you must sign up for both classes)

If there is anything in particular that you want to fit/repair, let me know beforehand, and bring it along. e.g. new brake pads, new chain.

### Payment

1. Pay online:  
<http://www.greenwichcyclists.org.uk/Maintain/maintain.htm>

2. By cheque:

Please make cheques payable to GREENWICH CYCLISTS, and send to Julian Dobson, 66 Eltham Rd, SE12 8UE.

Also, please email Julian Dobson stating that you have sent cheque, and provide a telephone contact.

### Contact:

Julian Dobson:  
[julian@jadobson.demon.co.uk](mailto:julian@jadobson.demon.co.uk)  
020 8463 0801

Please see the 'maintenance classes' page on our website for more details of the classes, and if you know somebody you think will be interested in the class, please let them know.

**Book early: we had to turn people away from the last class!**

## Foot Tunnels



### 240% increase in commuter cycling from Greenwich to London.

While handing our Pedal Power, Greenwich Cyclists have monitored numbers of cyclists travelling towards London from 7.00 - 9.00 am during the past six years.

There has been a massive increase in this time, as a recent count showed when compared to the same times of year in 2001 and 2002.

Numbers travelling north through the Greenwich foot tunnel are now greater than those going west along Creek road, a change in the pattern of 2001/2, and there has been a noticeable growth in women cyclists. Also, since 2000 cycling is up 83% in general, with a six percent rise from March 2006 to March 2007. Estimated cycle trips per day are 480,000 around 30,000 more than a year ago.

	Creek Road	Foot Tunnel	Total
Spring 2001	139	114	254
Spring 2002	150	132	272
Spring 2007	250	382	632
(average)			

## Bike Week 16 - 24 June

**Greenwich Cyclists have a full programme of rides for Bike Week this year.**

We have included rides for families, rides of different lengths in the evenings or at the weekends as well as some rides combined with social events.

Do come and join us and encourage anyone you know who might enjoy a ride.

We would particularly like to see people returning to cycling as well as new riders. Details of our programme are on our website and there is a special leaflet with full details.

Come and enjoy yourselves!

## Tour de France Prologue

**Greenwich Cyclists in conjunction with LCC are heading off to watch the Tour de France Prologue on Saturday July 7.**

Secure bike storage is available and we have access to special seating. There are other events as well (see the Tour de France London website

<http://www.tourdefrancelondon.com/en/>). We are inviting new and returning cyclists to join us in a leisurely and scenic ride to and from Hyde Park for this once in a lifetime event.

We will have various meeting points in Greenwich which will feed into Cutty Sark Gardens for an 11am departure to the event. This ride is for young and old (children need to be accompanied by an adult). The ride is easy and will be taking quiet routes when possible though at times we will have to negotiate some busy streets. If you feel you would like some cycle training for riding on the streets before heading out to the Tour de France turn over for details of our Greenwich Cyclist Training Schemes.



## Rides and Events



All rides and events are free (unless otherwise indicated) and open to all – LCC members and non-members. Please feel free to come along.

### You can help improve Greenwich's cycling facilities

If you want a new cycle path, bike parking, better road access for bicycles, etcetera, please let us know by emailing your suggestions to Greenwich Cyclists' Planning Officer, Anthony Austin

[anthony.austin@reuters.com](mailto:anthony.austin@reuters.com)

## May



**Saturday 26th:** Groombridge.

A ride over and down the North Downs to Groombridge which is half in Kent and half in one bit of Sussex. Suitable for most bikes.

**Distance:** Variable - Pub lunch after 45 miles. Probable maximum 70 miles.

**Details:** Paul 07957 209322 (no texts please).

## June



**Wednesday 6th:** Greenwich Cyclists monthly meeting 7:30pm - 9:00pm

Armada Centre, 21 McMillan Street (where Evelyn St meets Creek Rd, opposite the Post Depot) Deptford SE8 3EZ, 7.30pm - 9pm.

Please ensure that you bring your bicycle into the meeting room with you.



**BIKE WEEK:** See our website or our separate Bike Week leaflet for full details

**Saturday 16th:** Weekend Ride London Curiosities.

(Liz 020 8691 2065 / 07963 761039 No text messages.)

**Saturday 16th:** Family Ride Surrey Docks Farm.

(Julian 020 8463 0801 / 07771 692344 No text messages.)

**Sunday 17th:** Weekend Ride Olympic Route Greenwich to Stratford.

(Ray 07963 349993 No text messages.)

**Sunday 17th:** Family Ride Dulwich Park.

(Liz 020 8691 2065 / 07963 761039 No text messages.)

**Monday 18th:** Evening Ride Riverside Path to Belvedere.

(Stephen 020 8855 1718 / 07982 225131 No text messages.)

**Tuesday 19th:** Evening Ride Waterlink Way to South Norwood Country Park.

(Andy 020 8778 6377 / 07890 215317 No text messages.)

**Wednesday 20th:** Evening Ride Sutcliffe Park.

(Chris LeBreton 020 8853 3431.)

**Thursday 21st:** Evening Ride Riverpath Circuit.

(Anthony 07740 434078 No text messages.)

**Friday 22nd:** Evening Ride Canal Ride North.

(Liz 020 8691 2065 / 07963 761039 No text messages.)

**Saturday 23rd:** Weekend Ride Kent Ride.

(Andy 020 8778 6377 / 07890 215317 No text messages.)

**Saturday 23rd:** Weekend Ride Murder Most Foul.

(John 07017 405153 No text messages.)

**Saturday 23rd:** Weekend Ride. Evening BBQ.

**Sunday 24th:** Weekend Ride Olympic Sites Tour.

(Ray 07963 349993 No text messages.)

**Sunday 24th:** Family Ride Greenwich Cyclists Picnic.

Go to these websites for more ride details:

Greenwich: <http://www.greenwichcyclists.org.uk/events/events.html>

Lewisham: <http://www.lewishamcyclists.net/Events.html>

Southwark: <http://www.southwarkcyclists.org.uk/social.shtml#now>

These websites will list more events and any changes to the rides and events listed.

## Cycle Training

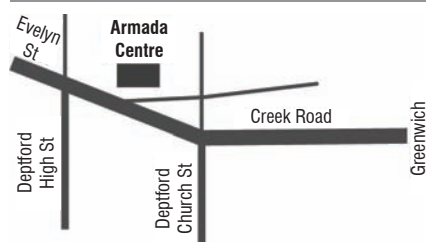
Greenwich Cyclists has two qualified training instructors who can provide low cost training to adults or children using National (or Bikeability) Standards. Training can be for groups or individuals and at a location to suit trainees.

Instructors work on a voluntary basis, payment is to cover insurance.

For more information see our website

<http://www.greenwichcyclists.org.uk/training/training.html>

or contact Liz Delap at [liz.delap@teslaeurope.com](mailto:liz.delap@teslaeurope.com)



### Contact us

We meet on the first Wednesday of every month (next meeting 6th June - open to all) at 19.30 at the Armada Centre, 21 McMillan Street, Deptford.

See our website [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk)

Join our mailing list

<http://groups.yahoo.com/group/greenwichcyclists/>

email us [enquiries@greenwichcyclists.org.uk](mailto:enquiries@greenwichcyclists.org.uk)



Greenwich Cyclists is part of the London Cycling Campaign (LCC)

LCC is the only organisation exclusively representing and lobbying to ensure the best possible routes, facilities and services for people who cycle in London. Membership benefits include: ● Free *London Cyclist* magazine ● Free third party insurance ● Up to 10% off bike gear at many London bike shops ● Free legal advice ● A special deal on theft insurance.

Join up today at [www.lcc.org.uk](http://www.lcc.org.uk) and help make London a world class cycling city. Phone: 020 7234 9310.