

# Pedal Power

The Newsletter of Greenwich Cyclists



October/November 2008

## We accompany hundreds of cyclists to London Freewheel

The sun was shining on our parade of hundreds of cyclists, young and old, ancient and modern vehicles, to the London Freewheel spectacular on September 21. Nobody counted but we 're agreed it was well over 200 people on bikes at the start and probably half as many again by the time we crossed Tower Bridge. There was a loudspeaker welcome for our contingent and after learning the two departure times from Tower of London, everybody made their own way off around the east-west route to Buckingham Palace which had been cleared of motorized traffic for the day.



In St. James 's Park there were food stalls, freebies and on The Mall a display of BMX skills. Our accompanied rides embracing cyclists from the Isle of Dogs, Bexley and Lewisham as well as Greenwich went smoothly thanks to volunteer marshals wearing bright orange vests. We had decided to take the group up on the main road -- Evelyn Street, Lower Road, Jamaica Road -- as much as possible as a single unit, rather than pausing at red lights halfway through the peloton as we did for the Tour de France which allowed motorists in among the cyclists. At Surrey Quays a police car paused as the peloton extending by then 800 metres weaved through the one-way system. One rider said later: "My wife felt a bit nervous crossing junctions against the red light, but the marshals did a good job in holding back the traffic; there were a few irate drivers, but most seemed happy (well, tolerant, at least ) to wait those extra few minutes. "

## Young Lewisham and Greenwich Cyclists

*Young Lewisham and Greenwich Cyclists* was formed to deliver Level 3 Bikeability cycle training to children in the local community. However, it forms a greater purpose than just cycle training. It is a complete cycling service for young people who are already competent cyclists and their families.

*John Ball Cycle Training*, based at John Ball Primary School, delivers Bikeability Level 1 cycle training to pupils from the age of 6 and Bikeability Level 2 cycle training to pupils from the age of 8. Initially this training was only offered to pupils at John Ball primary school, but now reaches out to pupils at four Lewisham schools. By providing bicycles to those children who have no access to a bike of their own, John Ball Cycle Training manages to work with close to 100% of pupils for Level 1 and 2 training. It also gives initial cycle training to children who have not yet learnt to ride a bike. Instructors from John Ball Cycle Training will teach young people more advanced cycling techniques and how to ride safely of some of London 's busier



roads. *Lewisham Cyclists* and *Greenwich Cyclists* organise regular cycle rides for members of the London Cycling Campaign.

Members of these groups will lead families and children on the regular training rides and family cycle rides.

*Young Lewisham and Greenwich Cyclists* brings the three groups together, offering young people the chance to take part in Bikeability Level 3 training, to go on regular training rides and family bike rides. The group is supported by a grant from the London Cycling Campaign and voluntary donations. There is a £5 registration fee to join the group, and modular training is typically £2 for a two hour session.

Find out more on <http://www.britishschoolofcycling.com/lags/>

## Bike club launched at Meridian primary school

With a grant for community projects channelled through the London Cycling Campaign, we purchased four junior and two senior bikes for Meridian primary school near the power station in the centre of Greenwich town. To date we 've taken more than 20 children on rides along the Thames Path, some using their own bikes, accompanied by us and staff members lead by head teacher Dave Suttle. The project ties in with the school 's own travel plan which encourages children to travel to school by bike rather than car, and it 's hoped parents will join the after-school rides too.

## Greenwich Park Barrier

We were bombarded with complaints by the cycling public when a barrier went up without warning at the Maze Hill/Vanburgh Park entrance to Greenwich Park. Police and park authorities had earlier received pleas from pedestrians to do something about cyclists failing to dismount before and after the wall entrance.

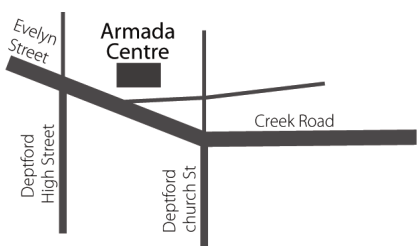
Members of Greenwich Cyclists wrote to Royal Parks authorities saying the barrier design was unnecessarily awkward, not only for us but also for pushers of baby buggies and disabled wheelchairs. We also pointed out that, following the death in the park of a cyclist in collision with a car whose driver was convicted of dangerous driving, the park officials had agreed to consult us on infrastructure to improve cycling. The barrier has now been modified for the



### Rides & Events - Some of the upcoming rides and events. For up to date information on these and others join our yahoo group, details below

♦ Please check your bike before joining a ride. Bring a spare inner tube and water to drink. ♦ All children to be accompanied by an adult. See [www.greenwichcyclists.org.uk](http://www.greenwichcyclists.org.uk) for low-cost cycle training and cycle maintenance. ♦ Bring your own food and drinks for all rides, some rides may stop at a convenient pub and or café for lunch. If you are in any doubt then please check with ride leader beforehand.

Date	Event	Meeting Time & Place	Leader & Contact Details	Notes
Saturday 4th Oct	Bekesbourne Circular	Bromley South Station Forecourt Time 08:30 for the 08:49 Train direct to Bekesbourne - ETA - 10:05	Andrew Fergar: 07717 693 701 no texts please	Overall mileage 41 miles. Ascent and descent will be 2185 feet. Pub lunch stop halfway
Saturday 4th Oct	Young Lewisham & Greenwich Cyclists "North Downs Ride"	Depart 10.30am at John Ball Pri- mary School for the 11.19 train New Cross Gate to Caterham (12.00).	Tom Crispin: 07919 447 316	A hilly ride with one serious climb. 30 miles, 5 hours cycling plus 30 minutes lunch. Return to John Ball at 6.30pm. Train fare £1.70. You must be a registered mem- ber to participate in this ride, see <a href="http://www.britishschoolofcycling.com/lags/">http://www. britishschoolofcycling.com/ lags/</a> for more details
Sunday 5th Oct	Young Lewisham & Greenwich Cyclists "Lee to Lea Family Ride"	Depart from John Ball Primary School at 11am	Tom Crispin: 07919 447 316	20 miles flat and mostly motor traffic free though a short busy road section through Docklands where the Thames Path is closed.
Sunday 5th Oct	Greenwich CarFree Day - now in its seventh year - in Greenwich town centre.	Come along and join the general fun, great day out for all. We will have a stall, come and say hello	The event gets going at 11am through to 4pm	For further details see: <a href="http://www.greenwich.gov.uk/Greenwich/News/LatestNews/RunToTheBeatAtGreenwicCar-FreeDay.htm">http:// www.greenwich.gov.uk/ Greenwich/News/LatestNews/ RunToTheBeatAtGreenwicCar- FreeDay.htm</a>
Saturday 10th Oct	Young Lewisham & Greenwich Cyclists "Locks, Docks & one Smoking Ferry Family Ride"	Depart from John Ball Primary School at 11am	Tom Crispin: 07919 447 316	16 flat miles nearly all off road 4 hours cycling plus an hour lunch.
Sunday 11th Oct	Bunhill Fields Burial Ground	Cutty Sark Gardens 10am	Sarah Ellis 07900 677706 no texts please its good to talk.	Suitable for all bikes 15 miles.



### Contact us

We meet on the first Wednesday of every month (next meeting 1st October & 5th November - 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/groups/greenwichcyclists/](http://groups.yahoo.com/groups/greenwichcyclists/)  
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Greenwich Cyclists is part of the  
London Cycling Campaign (LCC)

LCC is the only organisation exclusively campaigning 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.