

# diary dates for July

SUN 4th • **GET MOVING!** • Mile End Park 2.00-5.30pm. Obstacle Course & Wheelers stall.

WED 7th : **EASY • AFTER-WORK RIDE** • Meet 6.30pm on Green Bridge\* Followed by Pub social.

WED 14th : **MONTHLY MEETING** • 7.00-8.30pm. Venue tba. Everyone welcome. Visit to local pub from 9.00pm.

SAT 17th : **EASY • FAVERSHAM/COASTAL RIDE** • visiting seaside towns towards Deal. Pub lunch near beach. Plenty of stations en route if you want to catch an earlier train back to London.

SUN 18th : **SPITALFIELDS COMMUNITY & ECO-FAIR** • Allen Gardens, Buxton Street, E1. 12 midday-6.00pm. Fun bike events; Wheelers stall; Dr Bike stand; police security marking. Come along and say hello or help out - extra volunteers needed. Please contact Owen if you will be available.

WED 21st : **EASY • AFTER-WORK RIDE** • Meet 6.30pm on Green Bridge\*. Followed by Pub social.

SAT 24th : **RIDE • "High and Low Culture"** • 110km ride around the Hertfordshire lanes. Contact Owen for full details.

SUN 25th : • **OFF-ROAD RIDE** • in beechwoods near Ewelme in the Chilterns. 15 miles. Off-road bikes required. Meet Green Bridge\* 9am.

SAT 31st : • **WORKSHOP** • 11.00am-3.00pm at Limehouse Town Hall.

SAT 31st : • **12th DUNWICH DYNAMO • RIDE** • Set off at 9pm - YES, 9 o'clock IN THE EVENING - for an overnight ride of 120 miles to Dunwich on the Suffolk coast. Full details on Dunwich Dynamo FAQ web page, or phone us. Several Wheelers went last year and will again this July. Up for it?

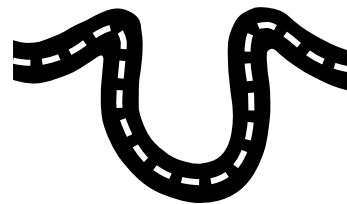
\*The Green Bridge is in Mile End Park; it crosses Mile End Road near the junction with Grove Road and has a yellow underbelly.

Contact Steve Collins for details of rides and socials and Owen Pearson for further details of meetings.

Last minute information about all events, such as venues, ride times and cancellations is also distributed to the email group, which you can join via the website. All contact details on this page.

Internet access is available free of charge at all Tower Hamlets libraries. Phone them and book a session, or just turn up and take your chances on computer availability (closed all day Wednesdays and Sundays). You can get a free email account with many Internet Service Providers (ISPs).

Up-to-date ride and social event details are also available on the Wheelers website : [www.towerhamletswheelers.org.uk](http://www.towerhamletswheelers.org.uk)



## Tower Hamlets Wheelers

34 Vermeer Court  
Rembrandt Close  
London E14 3XA

[wheelers@towerhamletswheelers.org.uk](mailto:wheelers@towerhamletswheelers.org.uk)

### COORDINATOR

Owen Pearson : 020 7515 9905  
[owen@towerhamletswheelers.org.uk](mailto:owen@towerhamletswheelers.org.uk)

### RIDES

Steve Collins : 07974 051 766  
[steve@towerhamletswheelers.org.uk](mailto:steve@towerhamletswheelers.org.uk)

### TREASURER

David Allison

### THW news

#### EDITOR

Carol Gray : 020 7729 6595  
[carol@towerhamletswheelers.org.uk](mailto:carol@towerhamletswheelers.org.uk)

#### DESIGN, PRODUCTION & PRINT

Steve Bradley

[www.towerhamletswheelers.org.uk](http://www.towerhamletswheelers.org.uk)

## Mr Bike's TOP TIP

If you want to cycle to work but there are no showering facilities, then ride there at a moderate pace and freshen up with wet wipes.



# news

JUNE / JULY 2004

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

## BICYCLE IS BEIGEL CHAMPION YET AGAIN!



THE LEGS (AND WHEELS) THAT WON THE BEIGEL RACE

Saturday 5th June wasn't such a different day on the road for Wheelers rides coordinator Steve Collins, whose athletic boy-racer bravado does not condone other pedalled vehicles passing him on his commute. But on this day his speed prowess was celebrated, and motorcyclists who normally pass under the illusion that theirs is the faster London travel mode had to reassess their beliefs as the cyclist crossed the finish line first in our yearly local all-vehicle road race!

11am outside the renowned Brick Lane Beigel Bake (in the area whose notoriety for its Sunday sale of stolen bicycles is rivalled by our local police chiefs' benign tolerance of it) saw the start of the 7th Annual Great Beigel Race. Contestants travelled by bicycle, motorcycle, van and a combination of folding bike and public transport, carrying beigels and, as a new feature to the race, picking up other comestibles en route from the beigel shop all the way to Asda on the Isle of Dogs: Two different itineraries were designed according to whether transport was motor- or pedal-powered, with sweets being collected from Nagina Sweets on Cannon St Road and saveloy or pease pudding from Ivy's café in Chriss Street Market.

"The route variations took into account streets not accessible to motors, and checkpoint questions had to be submitted at the finish as proof that the routes were adhered to," said Wheelers coordinator, Owen.

"The pease pudding option proved too

tempting for the less competitive pedalling entrants, which meant they lost about 10 minutes as they stood and scooped it down. Taking that into account, nearly all got round the 6-mile course in under 45 minutes. Ian, who took the bus and DLR using his Brompton in between, and had a helping of pudding, came in just under the hour to claim the wooden spoon."

"A big thanks to all the shops, cafes and everyone who took part, not forgetting a special hat tip to Keith our events organiser for his meticulous planning."

And the triumphant medallists' vital stats? Steve Collins' winning slalom sprint on Raleigh Tourer took a mere 23 minutes and 27 seconds, narrowly beating Greg and Jackie riding their Yamaha Venture & sidecar, who came in at exactly 25 minutes, with Steve D on Honda Deauville arriving 40 seconds later. One motor contestant even conceded having broken the speed limit - but only slightly.

Watch out for next year's race!

[www.towerhamletswheelers.org.uk](http://www.towerhamletswheelers.org.uk)

FOLD - FOLD

# BARTS AND THE LONDON GREEN TRAVEL PLAN

With initial teething problems regarding security attended to and the good weather well under way, Barts and the London NHS Trust transport liaison team are looking forward to seeing an increased uptake by employees of the schemes they have in place to promote travel by cycle between their sites.

Two schemes are in place: In January the Trust launched their **Bike Pool** scheme. Funding was made available for the purchase of four bikes for the Trust (supplied by Whitechapel Road's *Bicycle Magic*). However, two were stolen shortly after the scheme began; the Trust has been working with their security staff to improve the situation. Meanwhile there has been a list of people wanting to use bicycles made available in this way. No funding is available to replace those stolen because the excess stipulated by the Trust's insurers exceeds such small amounts. An interim solution would be the donation of bicycles!!! Money is available to carry out any repairs necessary to make donated machines fit for the road, so if you have a cycle that you do not want, get in touch with Lisa Howkins on 020 7601 8482 or ...

[lisa.howkins@bartsandthelondon.nhs.uk](mailto:lisa.howkins@bartsandthelondon.nhs.uk)

## interest-free loan of £500 to employees

The Trust's other scheme is the availability of an interest-free loan of £500 to employees wishing to buy themselves a bicycle and the associated wares. A visit to your local cycle shop will reveal that a smart town bike with a lighting system, panniers, two strong locks, and a helmet if desired, is affordable from this sum. The loan is to be repaid through deductions from the employee's salary over a 10-month period, which compares most favourably with the cost of using public transport or private motor transport; journey times might also be considerably less.

If you need a confidence boost to start cycling in London, get in touch with the Wheelers for information about our free cycle training and bike buddying schemes in the area. Statistics suggest that the long-term health benefits of cycling outweigh any drawbacks by a very long way. Look out for more buddying and cycle training news in our next issue.

To join the scheme go to:  
[www.wheelers.org.uk/bikebuddy/](http://www.wheelers.org.uk/bikebuddy/) or phone:  
 020 7515 9905.

# CYCLE TRAINING IN TOWER HAMLETS SCHOOLS

Since December the council has been providing cycle training for the borough's primary school children. The work is contracted out to Youth Action UK, who have a pool of 12 bikes that they take along to each session. Children aged 9 and above are given instruction in bike handling, road sense and awareness and junction procedures. Those that grasp these are given a final lesson on the road.

The council aims to have put 500 children through the scheme by the end of this financial year. They are also aiming to build up a group of local trainers. Some have already been trained by Youth Action UK and are now running the sessions in the schools.

If you would like to urge your child's school to participate or you are interested in becoming a trainer, or if you would like further information, contact Mark Butland : 020 7536 2930 < [markbutland@youthaction.org.uk](mailto:markbutland@youthaction.org.uk) > or Ashraf Ali : 020 7364 6707 < [ashraf.ali@towerhamlets.gov.uk](mailto:ashraf.ali@towerhamlets.gov.uk) >

Owen Pearson

# TECHNICAL SHOWCASE

by **Mr Bike** the bicycle consultant

## HAVE FUN IN THE SUN

Although summer's been here for some time, if your bike's still in hibernation it's not too late to wake it up and service it ready to take advantage of the sunshine and the long summer evenings.

First give the bike a good clean - especially if it has been kept outside - and a polish if you so desire: use metal polish for all the bare metal and a wax-type (car or household polish) for the paintwork, but don't put polish on the wheel rims. Clean the chain with a cloth or toothbrush dipped in a degreaser such as white spirit, and wipe it dry.

Put the bike on a stand or turn it upside down, then check each wheel for loose spokes and revolve the wheels to see if they are straight. Check the tyres are in good condition and that the tread on each has not worn smooth; if it has, it's time to change it. Inflate the tyres to their correct pressure (which is written on their sidewall). Turn the pedals and check that the chain revolves freely and that the gear-change system is working. Oil the chain. Next check that the brakes are not sticking and if necessary adjust them.

Check that your lights, whether battery, or dynamo-operated, are working; you may need them. Finally check that all the bike's nuts and bolts are secure, paying particular attention to the wheel nuts, seatpost and handlebars.

If you lack the confidence or necessary skill to do any of this yourself, bring the bike to one of our maintenance workshops (*last Saturday of the month*) or book a service at your local bike shop.

### Mr Bike replies...

*Thank you for your comments James. For a fast rider, who will be hard on tyres and brakes, I would agree with your recommendation. My article was intended to refer to modern treaded road tyres, which if in good condition and inflated to their correct pressure it's almost impossible to experience a skid or a blow-out, even in wet conditions, and this is the type that most people use for commuting. I have employed this system of exchanging tyres for many years without problems and found it completely safe if you engage in relatively low-speed activities.*

Regards - Mr Bike

LETTERS

THW news

In the Feb/Mar newsletter, Mr Bike recommends swapping front and rear tyres when the rear tyre begins to show signs of wear so that the two tyres can be worn out equally. An alternative view is that the condition of the front tyre is vastly more important than the rear, since a rear skid or blowout can usually be recovered from but a front wheel skid or blowout almost inevitably means a fall. It would make much more sense to buy one new tyre, fit it to the front wheel and move the old front tyre to the back wheel. The rear tyre could be chopped up and reused as emergency tyre boots, although supply is likely to outstrip demand.

James Delap  
SE13

We think of the family and friends of . . .

**SEBASTIAN LUKOMSKI**, who died in an accident involving a truck at the Upper Thames Street junction with Southwark Bridge on the morning of Monday 23rd February

**VICKI MCCREERY**, who died as a result of an accident involving a bus on Blackfriars Bridge in the early evening of Monday 10th May