

Rides and socials

All of the rides below begin on top of the green bridge, unless specified. rides are being added all the time so contact Steve or take a look at our online diary: www.towerhamletswheelers.org.uk/diary/

May 2005

Saturday, 28th May
Wheelers Bicycle Maintenance Workshop
11.00am-3.00pm at Limehouse Town Hall

June 2005

Wednesday, 1st June
Easy RIDE: Afterworker 6.30pm
Easy after-work ride around the borough's waterways, parks and quiet streets for a couple of hours. Followed by Wheelers Monthly Social 9.00pm onwards at the Palm Tree, Haverfield Road (within Mile End Park).

The rest of June is full of Bikeweek events, see front page

July

Sunday, 17th July
London Bikeathon :
Leukemia Research Fund

One of the starts for this big sponsored ride will, for the first time, be at Mile End Park. We'll be there joining in with all that will be going on.

www.londonbikeathon.co.uk
and, on the same day:

Sunday, 17th July
Spitalfields Community Festival & Eco Fun Fair
12-6pm Allen Gardens, Buxton Street, E1.
We will be there too! With our info stall, Dr Bike stand, obstacle course and more. Contact Owen if you can help out on the day.

Saturday, 23rd July
RIDE: 13th Dunwich Dynamo

Set off at 9pm for an overnight ride of 120 miles to Dunwich on the Suffolk coast. Full details on this Dunwich Dynamo FAQ

page. Several Wheelers took up the challenge in 2004 & 2003 and had a great time. Many will be up for it again - are you?! **For Wheelers SPECIAL MINIBUS transport info back talk to Owen**

Saturday, 30th July
Wheelers Bicycle Maintenance Workshop
as above

August 2005

Wednesday, 10th August
Monthly Wheelers Meeting
Meet at (venue tba) 7.30-9.00pm - everyone welcome. Followed by a visit to a local pub from 9.15pm. Contact Owen.

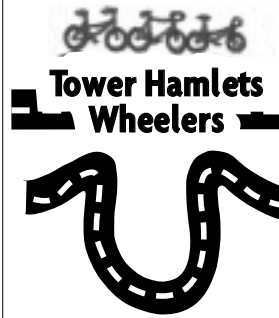
Saturday, 27th August
Wheelers Bicycle Maintenance Workshop
as above

September 2005

Sunday, 4th September
Easy RIDE: Tour of Britain
Gentle paced ride to Westminster to watch the final stage of the Tour of Britain. Meet on top of the Green Bridge at tba.

Anybody interested in off-road riding, or for more details of rides contact Steve
call/text 07951 797845.

The Green Bridge is in Mile End Park; it crosses Mile End Road near the junction with Grove Road and is the one that's yellow underneath. Details of all events: venues, rides meeting times and train times are posted to the email group nearer the event dates. Otherwise phone Owen for further details of meetings and Steve for further details of rides and socials and to check that there have not been any cancellations. All contact details opposite.



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Bikeweek events contact:

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Fire down below continued

and apply an anti-fungal cream such as Canesten.

Before riding again apply some more of the cream and wear clean undies if possible, the next few days could be uncomfortable but 'sit it out', keep applying the cream and the problem should disappear. Then start applying Vaseline petroleum jelly to your nether regions, especially if the weather is warm for a couple of weeks to lubricate and prevent further chafing. This old-fashion preventative measure is still the most effective. If the problem persists or

gets worse then go and see your doctor who may need to prescribe antibiotics especially if you're caught an infection.

If saddle sores have not been a problem but you're going to cycle a distance you're unaccustomed too then apply Vaseline sparingly to your crotch area and at the end of the ride clean yourself with wet wipe if soap and water is not available and change your underwear. If Vaseline is not to your liking then use a propriety chamois cream which has anti-fungal properties, is kinder to specialist clothing and is available at your local bike shop. **Mr Bike**

THW news

JUNE JULY 2005

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

Bike Week 2005 in Tower Hamlets 11-19th June

Its that time of year again! Tower Hamlets Wheelers will be busy during this year's Bike Week. **All of our events are free** and everyone is invited. We particularly welcome **those relatively new to cycling** and have some **easy rides** lined up during the week (and the rest of the summer) to help improve your riding and increase your fitness. **Contact Owen 020 7515 9905** for more details. The numbers following the event information are map references using the **free London Cycle Guide** maps available from Transport for London 020 7222 1234 and of course other borough groups are running **loads of events** London-wide.



Saturday 11th June 10 am Hampstead Heath ride

Meet on top of the Green Bridge, Mile End Park E3 [LCG10: Ac42 map]
A leisurely cycle to Hampstead Heath. Approx 20 miles round trip, taking the bank of the River Lea/navigation and old railtrack, with optional swim in Heath Ponds, icecream at smart parlour in Chalk Farm + other and untold delights. Bring suncream and a swimming cossie.

Sunday 12th June 12.00pm-4.00pm Wheelers Cycling Fun Day

Victoria Park
(Royal Gate East, Grove Road, near Royal Inn on the Park pub.) [LCG10: Zb39 map]

The 4th Wheelers Cycling Fun Day. There will be a Dr Bike stand so you can get your bike tuned, an obstacle course to test your bike handling skills, security bike marking, a cycling information stall and more.

Monday 13th June 6.30pm-9.00pm Lazy Lea Valley Ride

Meet on top of the Green Bridge, Mile End Park E3 [LCG10: Ac42 map]

An easy evening ride up and back down the Lea Valley. This will be a very relaxed ride arriving back at Mile End Park at dusk.

Don't forget your lights.

Tuesday 14th June 7.30am-10.00am Town Hall Cycling Day

Tower Hamlets Town Hall, Mulberry Place, Clove Crescent [LCG10: Ec45 map]

Members of Wheelers and *good going* the London-wide transport promotion initiative will provide a cycling information stall, Dr Bike and breakfast for those councillors and council employees arriving on bicycles.

Come along, join in and meet members of wheelers and possible some borough officers.

Bike Week 2005 in Tower Hamlets...continued



15th Wednesday 7.30am-9.30am

Wheeler's Cyclists' Breakfast

Narrow Street at Ropemakers Fields (near The Grapes pub) E14 [LCG10: Bc45 map]

A Traditional Bike Week event across London - stop by on your way to work, wake up with Wheelers and enjoy some free breakfast. Meet your fellow Tower Hamlets commuters, Wheelers members, councillors and council transport officers.



15th Wednesday 7.00pm-9.00pm

East End on Screen : The DVD Edition

Meet outside Royal London Hospital, Whitechapel Road (opp. Whitechapel tube) [LCG10: Xb43 map]
A revised edition of the hugely successful 2003 tour (above) of film locations within the borough.
Don't forget your lights.

16th Thursday 7.00pm-9.00pm

Heroes & Villains

Meet at Stepney Green tube, Mile End Road

[LCG10: Xb43 map]

The ever popular Wheelers history tour returns to visit the haunts of a variety of heroes and villains who have associations with Tower Hamlets. Don't forget your lights. Updated and revised from previous tours.

18th Saturday 10.00am

First-timers Longer Ride

Meet on top of the Green Bridge, Mile End Park E3

[LCG10: Ac42 map]

Test yourself over a longer distance than our usual easy rides. The pace will still be easy but we will cover up to 50 miles with convenient drop-out points along the way if you would prefer to aim for a shorter distance.

19th Sunday 10.30am-3.00pm

Family Pedalling Picnic

Meet on top of the Green Bridge, Mile End Park E3

[LCG10: Ac42 map]

Easy ride around the borough eventually ending up at Victoria Park for a lunchtime picnic. The route will follow the canals, riverside, park routes and quiet streets stopping off at places of interest.

and just outside Bike Week but one not to miss...

21st Tuesday 2.00am (yes, in the morning!)

Midsummer Madness Ride

Meet at Beigel Bake, Brick Lane E1 6SB [LCG10: Vb42 map]

Ride to Primrose Hill to watch the sun come up on the longest day. We will first ride to London Bridge to meet up with cyclists from all over the capital before heading off to Soho for a coffee stop. Finally, all will ride up to Primrose Hill to watch the sunrise at 4.43am (see top pic above).

Any questions, offers to help out etc. contact Owen (020 7515 9905).

Our rides are brill! Says Colin

Who knew that a simple move to the East End would drastically change my cycling life? A simple commuter cyclist no more! Instead, I was transformed into a cycling veteran, shaped by many magic pedalling experiences.

It all started at 6am one February morning. Nine of us set off on a long ride to Cambridge. My concerns about covering the 70 miles disappeared as Gary led the ride stopping for refreshment at cafes and hostelrys on the way. Both the pedalling and the company were superb, I've been hooked since then.

The variety of rides since has been awesome. As well as longer testing rides there have been memorable trips around the borough. Keith's 'East End on Film' journey sticks out and gave me an alternative perspective on Tower Hamlets as a major filming location.

The Wednesday 'afterworkers' on summer evenings added a chilled out element, leading to places like the Lea Valley. They have the bonus of being highly social with a finish guaranteed in a local pub!

Our valiant ride leader Steve also regularly charges off road into the Chilterns. I've not dared venture on one of these myself, but I'm told they are a good, if knackered.

Still in the Chilterns we had last November's weekend away. A beautiful ride following the Thames path out Windsor way and then heading up into the hills. Some top riding on the Saturday and Sunday but my abiding memory was of pedalling along with rain gradually turning to snow, never was a pub lunch such a welcome stop. It took me half an hour to thaw! Part of that trip was my introduction to communal cooking in the youth hostel & *borsht*, a speciality prepared courtesy of Wheeler Oscar and his Russian wife.

Earlier in the year I joined Steve on his 10 hills of London ride. Attempting to charge up favourites such as Muswell Hill as fast as

possible. Good fun! A complete contrast to joining the monthly Critical Mass ride in Central London. A dream come true as bikes own the streets with police outriders stopping traffic for you. Utopian vision becomes reality!

But I cannot talk about Wheelers without mentioning the magic night rides. A good warm up is the Midsummer Madness ride on the solstice. Joining other cyclists to rendezvous in Soho at 2am! Then up to Primrose Hill and watch the sun rise on the longest day of the year. A breakfast picnic is possible for those that have to go to work.

But the daddy of them all and my best cycling experience is the legendary Dunwich Dynamo! I've now joined several other Wheelers a couple of times heading out 120 miles through the Essex night towards the Suffolk coast. The road ahead marked by a stream of red lights that are your fellow riders as you glide through the night is an awesome experience. Even better is spotting the little candle lanterns that are put out to guide the riders into a local village hall for a top food stop. Social and delicious! Then the ride onwards to the beach tired legs invigorated by the sight of the sky brightening in the east as dawn approaches. Finally, the last miles towards breakfast at a beach front cafe and, for the brave, a dip in the North Sea. Truly special!

Looking back, I'm amazed at the different experiences I've had since joining Wheelers rides. I've met many new people (new folks are always welcome) and become rather familiar with others (& I've still to experience one of the Wheelers weeks away!). So hats off to Captain Steve for a top job as rides co-ordinator! (& Keith/Gary & Owen who have all lead top rides too!)

Colin

(The rides list and reports from previous rides are available at <http://www.towerhamletswheelers.org.uk/diary/>)

Dr Bike's Technical Showcase

Fire Down Below

Of all the discomforts you can experience on a bike the one that is potentially the most painful and least understood is saddle soreness. (It's also amusing if you're not the sufferer). Saddle sores are caused by the action of the skin in the crotch area rubbing against your clothing and saddle, creating a build up of heat and unpleasantness, and the pressure brought to bear on the saddle by your sit bones. The area becomes inflamed and breaks out in blisters and sores causing a burning or itching sensation making riding uncomfortable. You can catch an infection if you don't act quickly. Our bodies were never designed for cycling so it takes a little while for it to condition itself.

The overwhelming cause is a bad-fitting saddle. Your saddle should be firm, not squishy or hard; a hard saddle can cause bruising. It should be a good width at the rear to support your posterior, narrow at the front to accommodate your sit bones and set at the correct height and vertical position. Leather is best (in my opinion) but takes a long time to break in however, the latest gel saddles are worth looking at; get advice from your local bike shop on the type that's best for you and correct positioning.

Underwear, shorts or trousers with a thick centre seam and made of materials such as heavy cotton or polyester that don't breathe may be fine for popping down to the shops but retain heat and cause friction, thereby exacerbating the problem. Also, if you're new to cycling or returning after a layoff, cycling distances you are unaccustomed to and a rapid change to warm weather can also cause the problem.

If you cycle every day it's worth investing in specific cycling underwear, shorts or tights that are made of breathable materials and have a padded inset that were traditionally made of chamois leather but is now made of a synthetic material and don't have a thick seam running through the middle.

Keeping yourself as clean as possible is your best defence however. If you do break out in blisters or sores, at the earliest opportunity clean yourself with a pure or anti-bacterial soap or a wet wipe

continued over: