

## 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/](http://www.towerhamletswheelers.org.uk/diary/)

### July 2005

#### Weds 27th Easy after worker

6:30 on top of Green bridge.  
Pub social 9:00 Crown Organic

#### Thurs 28th faster training ride 30 miles

arrange meeting times with Steve  
4:45pm in town/5:00-5:30 Tower Hamlets.

#### Sat 30th hilly off road ride

Through wooded tracks up to Lieth Hill  
Gorgeous, view and epic downhill.  
Green Bridge 9:00am  
Mountain bikes required.

#### Sun 31st Faversham Coastal Ride

Whitstable, Margate and finishing at  
Broadstairs. There will be swimming and  
beach time on the way, as well as a pub  
lunch. A popular leisurely ride, with many rail  
stations on route, should you decide you've  
had enough sea air and cliff-top views. Anyone  
want to add Dover on as well?  
Green Bridge 8:30  
*Let Steve know if you intend to come along*

### August Rides

#### Weds 3rd Easy After worker 6:30

Green Bridge

#### Thurs 4th Faster Training ride

30 miles arrange meeting times with Steve  
4:45pm in town/ 5:00-5:30 Tower Hamlets.

#### Sat 6th-7th Back to Back 140 milers

B&B and return, or join us for 70 miles/140  
and take train back.  
Details TBA Steve

#### Thurs 11th Grand Union Canal-Ace Cafe

Details TBA Kieth

#### Sat 13th 160 miles

Details TBA Steve

#### Sun 14th Easy Ride Epping Forrest

We'll be joined by the Limehouse Town Hall  
arts group called 'The Boxing Club'. Lea Valley  
and beautiful beechwood 40 mile ride, cafe's  
and pub stop, stations on route too.  
NOT FOR RACING BIKES OR TYRES BELOW  
25C DIAMETER.  
10:00am Green Bridge

#### Sat 20th-21st Back to Back 140 milers

B&B and Return, Or join us for 70 miles/140  
and take train return.  
Details TBA Steve

#### Weds 24th Easy Afterworker

6:30. Green bridge  
Pub Social 9:00 Palm Tree Mile End Park.

#### Thurs 25th faster training ride

30 miles arrange meeting times with Steve  
4:45pm in Town/ 5:00-5:30 Tower Hamlets.

### September Rides

#### Thurs 15th faster training ride

30 miles arrange meeting times with Steve  
4:45pm in town/ 5:00-5:30 Tower Hamlets.

#### Weds 21st Last Easy Afterworker

6:30 Green Bridge  
Pub Social 9:00 Prospect of Whitby, Wapping.

#### Thurs 22nd faster Training ride

30miles arrange meeting times with Steve  
4:45pm in town/5:00-5:30 Tower Hamlets.

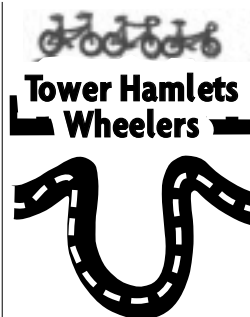
#### Sat 24th Easy ride

Along Cuckoo Trail TBA

**Sun 25th Undulating Off Road ride.** Walton-on-the Hill, a brilliant mountain bike ride  
bridleways and wooded tracks. A superb view  
from south downs. Meet Green Bridge 8:30am.  
To get a train out of town.

**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.



### Tower Hamlets Wheelers

34 Vaneer Court  
Ranbrant Close  
London E14 3XA

wheelers@towerhamletswheelers  
.org.uk

#### Coordinator

Owen Pearson :  
020 7515 9905  
owen@towerhamletswheelers  
.org.uk

#### Treasurer

David Allison

#### THW news

Gary Cummins  
0207 265 9095  
gary@towerhamletswheelers.  
org.uk

#### Rides Co-ordinator

Steve Collins :  
07951 797845.  
steve@towerhamletswheelers.  
org.uk

# THW news

AUGUST/SEPTEMBER 2005

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

## A roundabout way of saying it's bad



The dark area on the plan shows the green painted cycle lane, confining the cyclist to the outside of the roundabout, **WHATEVER** direction they wish to travel in. A cyclist wishing to turn **RIGHT** off the roundabout for example will, in effect have to cross **TWO** side roads, with cars coming from their right and **LEFT**.

Just after the last THWnews went to press, LBTH Transport Dept posted plans for a cycle facility at the Grove Road/Old Ford roundabout through the Wheelers' letterbox. The design was a cycle lane, with several segregated sections, around the *outside* of the roundabout. The plan can be viewed online at: [www.wheelers.org.uk/store/old\\_ford\\_roundabout.jpg](http://www.wheelers.org.uk/store/old_ford_roundabout.jpg)

Its design suggests cyclists should be taken out of the natural traffic flow and therefore out of the main vision of other traffic, only to be suddenly reintroduced at the most dangerous conflict points i.e. the exit and entry lanes of the roundabout.

Staggeringly, the basic design of this facility completely contradicts the very clear guidance given for *all* road users to follow when negotiating a

roundabout by Highway Code rule 162: [www.highwaycode.gov.uk/17.htm](http://www.highwaycode.gov.uk/17.htm)

The conflict and probable carnage that would result from such a facility at this roundabout is unthinkable.

Wheelers dutifully sent a response to LBTH transport officers opposing the scheme and suggesting that as the problem for all users of this roundabout is the high entry and exit speed of motor traffic, we propose investigating schemes that calmed traffic speed and enhanced the surrounding environment to be far more beneficial to all.

The main priority for any improvements in this area must be to create as pleasant a route as possible into and out of Victoria Park for pedestrians. From this starting point conditions for cyclists negotiating the roundabout would naturally improve.

## 2012 and east London



Whatever your opinion on the 2012 Olympics and Paralympics, good or bad, there can be no doubt that the impact will be huge in the area to the east of our borough. Possibly taking in much of the landscape used by our rides in the Lea Valley (above), and certainly entirely changing Eastway cycle circuit (although the redevelopment of Eastway was due to go ahead anyway, whether the Olympic bid was won or not).

However, less clear is the long term impact that so much building will have on the motor traffic volumes in the area. Rather belying the claim that these will be the 'sustainable games' was the press information immediately following the successful bid announcement boasting of a retail park 'the size of Bluewater' to be built in Stratford as part of the development. This is unlikely to be welcome news to anybody in THW.

Another issue, for us particularly, is what facilities for cyclists will be built into the transport arrangements to and from the Olympic park, and within the park itself. If these are to be designed by our current breed of TfL (Transport for London) officers, and LBTH transport officers, we may well justifiably fear the worst.

Taking the scheme on the preceding page as an example of things to come, we cannot expect to see cycle facilities built into the scheme, as strategic routes, constructed to the same standard and quality as the rest of the transport infrastructure, but as add-

ons, probably forgotten about until the last couple of years, when the buckets of green paint are pulled out and splashed around, creating a stop-start network of cyclelanes shared with pedestrians and giving way to any cross road used by motor vehicles, as we have seen in Cable Street and Docklands for example.

Owen, our co-ordinator, may soon be finding himself on the business end of volumes of official mail and documentation on this subject, and who knows, over the coming years it may even be necessary to put in place a TH Wheelers 'Olympic Committee' to help him deal with the stuff.

Perhaps this is a gloomy prognosis, hopefully the opposite will come true. But for a moment reflect on the irony that as Tower Hamlets crows its position as a host borough of the 2012 paralympics, and prepares to welcome the worlds greatest wheelchair athletes, should any of those athletes ever need to visit the London Hospital, they will encounter some of the most wheelchair-hostile streetscapes anywhere in London. Should those wheelchair-bound athletes try to cross the Mile End Road and begin negotiating the multitudinous 'pig-pen' cages and guardrailing specifically designed to maximise the volume of motor traffic traversing our borough, they could be unwittingly inventing a new paralympic sport in itself. Wheelchair street slalom perhaps. Unless they arrive by car of course.

## A week is a long time in cycling Buzz writes

When is a week not a week? When it is Bike Week and your diary is taken over by Tower Hamlets Wheelers, as happened to me a few weeks back. Before I knew it, the week was stretched out to ten days and I was signed up for more events than a decathlete, as a glance back through my diary shows.

**Saturday - Ride to Hampstead Heath**  
Overslept and missed the ride entirely. Having said that, I helped plan the route so, in my book, I did the ride - just not with everyone else. This being the case, I missed out on the ride up the River Lea and the swim in Heath Ponds, but not the ice cream at Marine Ices in Chalk Farm which I tested extensively on the planning ride.

### Sunday - Wheelers Cycling Fun Day in Victoria Park

How often do you see a policeman mending a puncture? Well, we did when a couple of the local 'bobbies on bikes' dropped by. Fortified by beignets, we dispensed leaflets, advice and good humour to all who dropped by, whilst our estimable Dr Bike held the first of his Bike Week surgeries, tending to the ailing bikes of the borough.

### Monday - Lazy Lea Valley Ride

Great timing. Wheelers and friends old and new took a nice relaxing evening ride up and down the Lea Valley whilst the rest of the East End was brought to a halt by a massive fire near the Blackwall Tunnel. The furthest travelled award went to a visiting New Zealander who joined friends to ride in the warm setting sun.

### Tuesday - Town Hall Cycling Day

Three of us rose at dawn to

staff a cycling information stall, Dr Bike workshop and breakfast bar for the intrepid cyclists of the local Town Hall. The turnout was sadly small but all those dropping by were enthusiastic and committed commuters all.

### Wednesday morning - Wheelers Cyclists' Breakfast

Despite a turn in the weather and constant rain, this traditional Bike Week event, providing free breakfast to Tower Hamlets commuters, couriers & Wheelers members in Narrow Street was very well attended. Once again, we attracted an international visitor, this time in the shape of a Norwegian chap cycling along with a king-sized duvet on his back. Some questions are best left unasked.

### Wednesday evening - East End on Screen Ride

Wheelers' stalwart Keith led this ride on his Christiana tricycle dressed as a 1920s movie director (left), complete with plus-fours and a megaphone. A well-crafted tour of film locations within the borough, the evening was a hoot and attracted much attention from passers-by.

Highlights included a number of re-enactments including a hilarious tongue-in-cheek version of 'The Long Good Friday', complete with lights, camera, props and clapperboard.

### Thursday - Heroes & Villains

The popular Wheelers history tour returned with a new spin on some nuggets of local history. A wide-ranging ride took in the haunts of a variety of heroes and villains which included Oswald Mosely, Isambard Kingdom Brunel and the LDDC. The ride generated so much interest and heated debate that the riders retired to a local pub to argue their points of view long into the night.

**Friday** - a day without events means I can tend to my saddle sores and prepare for the weekend to come.

### Saturday - First-timers longer Ride

This ride up the Lea Valley and up into Epping Forest was aimed at those wishing to try a longer ride for the first time. With the day turning into the hottest of the year so far, frequent stops for refreshments and lots of support from experienced riders were the orders of the day. After some forty miles of varied riding over tarmac and hard-packed forest trails and with only one person opting to take the 'return by train' option, it was a tired but smiling bunch who pedalled back into the borough for a well-earned pint.

### Sunday - Family Pedalling Picnic

Another scorching day dawned and a small group assembled for an easy ride around local canals, riversides, parks and back streets before heading up to Victoria Park for a lunchtime picnic. This event was our inaugural 'All Abilities' ride in association with Pedal Power, a local cycling club for people with learning disabilities. We had a marvellous time making new friends, comparing bikes, eating lots and playing frisbee. In fact, we enjoyed it so much, we're already planning further events with these folks.

and then, just when I thought it was all over...

### Tuesday - Midsummer Madness Ride

Not content with the previous week's exploits, a bunch of us then met at 2 o'clock in the morning on Tuesday outside the 24hr beigel shop in Brick Lane. Fuelled by beignets, we pedalled off to Southwark to gather more chums and then up to Soho for espressos and cake at Bar Italia, mecca for Giro D'Italia fans and night-owls. As dawn approached, we all proceeded to ride to the top of Primrose Hill to watch the sun rise on the year's longest day. Whilst the sunrise left something to be desired, the friendship and fun I had during Bike Week didn't, with every event providing laughs and memories to be cherished.

