

## Rides and events please note!

THWheelers suggest people taking part in Wheelers rides be asked to contribute a £1 donation toward Wheeler's funds, this is of course not compulsory, but is simply a donation. The money is spent on among other things paying general admin costs. All of the rides below begin on top of the 'Green Bridge' in Mile End Park. It crosses Mile End Road near the junction with Grove Road and is the one that's yellow underneath, 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/)

### March 2006

**Saturday, 25th March**  
**Wheelers Bicycle Maintenance Workshop**  
11.00am-3.00pm at Limehouse Town Hall

### April 2006

**April 2nd Sunday**  
**Castle Headingham.**  
**Easy 30 mile ride**  
Meet 9:00am on top of Green Bridge  
Liverpool St catch 9:58am Train (or other north London station) - Audley End through quiet Essex lanes to Castle Headingham, for Pub or Tea House Lunch. Back to Audley End for return train journey

**Wednesday, 12th April**  
**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

**Friday, 14th April**  
**Herne Hill Velodrome Good Friday Meeting**  
We'll no doubt organise a ride there to watch this great day of

cycle track racing. And if you need anymore incentive to make the trip south of the river then this year Britain's most successful Olympian for 40 years, Bradley Wiggins will be competing. Further details of the meeting at [www.goodfridaymeeting.org.uk](http://www.goodfridaymeeting.org.uk)  
**Contact Owen**

**April 16th Sunday**  
**6:30am from Greenbridge**  
**Hundred mile optional 50 miles**  
**Quick hilly pace**  
Undulating most of the way through Kent following some sustrans routes to Rye/Canterbury. Train stations along the way for people doing 50 miles  
Train back

**April 26th Wednesday**  
**Easyafterworker**  
6:30pm Green Bridge  
Pub Social 9:00pm Approach Tavern, Approach Rd

**Saturday, 29th April**  
**Wheelers Bicycle Maintenance Workshop**  
11.00am-3.00pm at Limehouse Town Hall

**May 14th Sunday**  
**Easy 30mile ride**  
**Riverside ride, Thames Path**  
10.00am On top of green bridge From Putney to Weybridge via tea at Kew, Richmond, Hampton Court. Some towpath is unpaved.  
Pub Lunch at Weybridge and train back into London

**May 21st Sunday**  
**6:30am from Green Bridge**  
**Hundred mile optional 50 Mile**  
Following North Downs to Canterbury. Undulating quick hilly pace. Train stations along way for people doing 50 miles  
Train back

**May 24th Wednesday 6:30pm**  
**On top of Green Bridge**  
**Easyafterworker.**  
Pub Social 9:00pm Half Moon, Mile End Road, Stepney Green

Anyone interested in joining Quick 100/200K Audax rides with Steve please email or text your interest for further Information.  
**07951 797845**

## Tower Hamlets Wheelers

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### East London Cyclist

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Folks, this is my last newsletter, last night I handed over the post to Ralph Withers, as I will be leaving London for the high road to Scotland. Cheerio

# East London Cyclist

The newsletter for Tower Hamlets Wheelers/London Cycling Campaign April May 2006

**'it is still my firm belief on the basis of DfT advice that the safest design is one where the vulnerable road user has a duty to give way'**

**Margaret Cooper,**  
**Head of Traffic and Transportation,**  
**LB Tower Hamlets, 2004**

**'In all European countries, the majority - and sometimes the overwhelming majority - of the population believes that, when there is a conflict between the needs of cyclists and that of motorists, it is cyclists who should benefit from preferential treatment rather than motorists'**

**Cycling, the way ahead for towns and cities**  
**European Commission, 2000**

## Local borough elections - May 4th 2006

On Thursday 4th May 2006, the wards of all London boroughs are up for election. This won't include the Greater London Assembly (GLA) or London Mayor.

Wheelers have produced below a five-point plan for local politicians to promote cycling, so as to reduce dependence on the car and improve

the health and well-being of all borough residents by 2010. Should candidates come knocking at your door asking you to vote for them, we suggest you ask them some questions from the list here.

AND, while you are at it, show them the quote above which is the opinion of Margaret Cooper, who

runs the transport department in the borough. This is contrasted with a quote from a European Commission document. Ask prospective candidates for their reaction to it. It may give you some idea of that person's/parties attitude to non-motorised transport.

**Gary**

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[www.bicyclemagic.com](http://www.bicyclemagic.com)



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## A cycling manifesto for Tower Hamlets

- 20mph as the standard speed limit for all residential streets, including trunk roads where applicable
- Increase by 25% the proportion of children cycling (or walking) to school by 2010
- Increase by 50% the total number of cycle parking spaces by 2010 through planning policies and direct provision
- All parking enforcement to prioritise keeping cycle facilities car free
- 24 hr Cycling access to all of the Thames path

**London has seen a 100% increase in cycling in the past five years. Now let's unlock its full potential!**

## Police/Wheelers Theft Education Event for 2006

Tower Hamlets police got in contact with the Wheelers late last year. They now have a target from the Home Office to reduce cycle theft in the borough over the next three years.

As a result of this there have already been several raids on the Brick Lane market area and many stolen bikes have been seized. Great news!

One of the areas where the police are looking for help from local cyclists is in trying to return those seized bikes to their owners, often a real headache for the police.

Tracing owners is obviously good for the cyclist who has had their nicked bike returned, but it helps the police in a practical way by freeing up their hordes of seized machines.

As a result of this initiative the Wheelers will be running a joint week-long event with the police to

highlight how the police & cycling community can work together to reduce bike thefts further.

**Police officers & Wheelers members will be at the junction of Hackney Road and Kingsland Rd from Monday 27th of March for a week.**

In order to improve the number

of bikes returned to their owners we'll be taking polaroid photos of bikes & handing out our own 'bikeback cards'. On these you record as many details you can of your cycle, then this is handed to police if the bike ends up nicked, and will help officers recognise the bike if it is recovered.

There will also be leaflets & stickers from [www.bikeoff.org](http://www.bikeoff.org), containing information on those little tips and tricks for locking up your bike which make it that much more difficult to steal!

So if you are passing by the end of Hackney Road during the last week of March, do stop by and help us reduce bike theft in the borough for 2006!

If you are free to help out at the event then please drop a line to: [campaigns@towerhamletswheelers.org.uk](mailto:campaigns@towerhamletswheelers.org.uk) or call Colin on 07799 537504



**THIEVES  
AHEAD**

## Bright Ideas

One of the things I feel we do well in Tower Hamlets is libraries, I'm not sure why. Perhaps the irony of working class poverty attracting middle class philanthropy manifested itself here more than in other boroughs, the original Carnegie and Passmore Edwards dollars and guineas creating centres of knowledge, the intention being to give all better educational opportunities. Whatever, we are fortunate with our libraries round here.

In the last year or so these Victorian piles have been, or are being replaced by Idea Stores, now providing as well as books, DVDs, CDs, internet access, and space for further education classes. Its not all all to my personal taste (I will miss the dusty old Victorian masonry) but, the Idea Stores are successful, attendance has trebled over the libraries they have replaced, they attract old as well as young folk, and are being copied in other parts of the UK. The whole scheme is indicative that somebody somewhere amongst our good burghers is trying out some new....well ideas.

In industry this is called 'blue sky thinking' or 'thinking

outside the box' meaning (I think) coming up with radical creative solutions.

What contrast this is with the grey cloud of thoughtlessness that hangs over our borough transport planning department, a department that appears to view any non-motorised street user, be they pedestrian, cyclist or wheelchair user as an accident waiting to happen, (see cover quotes) and something to be corralled and controlled, leaving the rest of the streetscape free for the motorist.

Yes, Tower Hamlets transport planners came up with the *good going* campaign, now rolled out across London, whereby residents 'pledge' to use a mode of travel work other than their car, but as Tower Hamlets has one of the lowest levels of car ownership in the UK, thats not *too* difficult.....is it?

Lets hope some outbreaks of blue sky thinking shower their ideas over our borough transport team in the near future. Otherwise the outlook will continue to be gloomy, and I forecast turbulence ahead. Gary



## Pedal Power 2006 sessions

Over the last of year some THW members have been working with the Pedal Group, Jo Roach explains what it is.

Pedal Power is a cycling club for learning disabled people which started in 2004. During the four sessions we held in our first year we had about 80 participants. My daughter, aged 30, who has learning difficulties now lives independently, and I was very concerned at the lack of exercise she was taking and that she was no longer riding a bike, which is something she really enjoys and is very good at. I discussed this with a behaviour specialist at St Leonard's and she suggested that we start a cycling club for adults with learning difficulties to improve their cycling skills or if complete beginners to have an opportunity to learn.

Pedal Power has held its sessions at Victoria Park and at Eastway Cycle Circuit, with the excellent support of sports development officer Caroline Argent. We have paid some very good cycling trainers to work at the sessions and some club members have cycled for the first time, one young man with a severe form of autism rode a two wheel bike for the first time with the biggest grin ever.

Our disabled members are part of the management. At Pedal Power we encourage parents carers and support workers to cycle as this is an inclusive club, not one where we divide into participants and spectators.

Often learning disabled people are treated like children but learning to ride a bike is a great equaliser and anyone can shine. One of our volunteers has also unexpectedly taken up running so that he can accompany the young man who uses a wheelchair to go round the track. As well as all the health benefits and fun of belonging to a cycling club, Pedal Power stands for empowerment - strength and independence.

My daughter Suzie says: "It's fun - I've met some new friends - I like telling people about Pedal Power at my college - it's something my mum and I do together - it's great."

### 2006 Session Dates

Eastway Cycle Track,  
Quarter Mile Lane, off Ruckholt Road,

### Sundays, 2pm-4pm

Sun 12th March      Sun 26th March

### Saturdays, 2pm-4pm

Sat 8th April	Sat 18th July
Sat 22nd April	Sat 22nd July
Sat 13th May	Sat 5th August
Sat 27th May	Sat 19th August
Sat 10th June	Sat 19th September

For further information please contact  
**Denise Wilson 07973 670494 or Jo Roach  
020 8809 7718  
[jo4cakes@hotmail.com](mailto:jo4cakes@hotmail.com)**

## Sad skate boy

Every time this newsletter is published, members of THW, organised by Colin Waters distribute copies to passing cyclists in the street, sometimes funny things happen:

'Braving the cold weather this morning we had a good newsletter handout at both Cable Street and Hackney Road.

We managed to pass out 200 newsletters and bike theft postcards in just over an hour. Very positive results too, I've already received one mail from a chap who got handed a newsletter at Cable Street this morning registering the issue of the cycle crossing at Butchers Row.

Even better, he cc'ed me in on the mails that he had already sent to TH Council describing the problem!

I had my surreal moment of the day when a skateboard armed chap comes up, asks for a cycle newsletter and calls back over his shoulder in a hurt tone "Skateboarders are cyclists too you know!!"

Many thanks to Matt, Keith, Steve and Dave for a job well done.'

### Distributors always needed

We always need help handing out our newsletter to cyclists passing through the borough, this takes place once every two months and as described, can be fun. Colin co-ordinates this. We also need folk to drop off bundles of newsletters to local distribution places, libraries, bike shops etc. If you can help please contact him on 07799 537 504 or [colin@towerhamletswheelers.org.uk](mailto:colin@towerhamletswheelers.org.uk) Colin