

Rides and Events

THWheelers suggest a voluntary contribution of £1 per ride as a donation towards Wheelers' funds. The money is spent on a variety of wheelers initiatives and for paying for general admin costs. All the rides below begin on top of the Green Bridge* unless specified. Rides and activities are being added throughout the year so contact Steve or take a look at the online diary: www.towerhamletswheelers.org.uk/diary/

May 2006

Wednesday, 10th May

Monthly Wheelers Meeting

Meet at St Georges Town Hall, 236 Cable Street 7.30-9.00pm - everyone welcome. Followed by a visit to a local pub from 9.15pm. Contact [Owen](mailto:owen@towerhamletswheelers.org.uk).

Sunday, 14th May

Easy RIDE: Thames Riverside Ride
Easy 30mile riverside ride. Thames path from Putney to Weighbridge via tea at Kew, Richmond, Hampton Court. Some towpath is unpaved. Pub Lunch at Weybridge and train back into London. Meet at tba on top of the Green Bridge, Mile End Park

Sunday, 21st May

RIDE: North Downs Century Ride
Hundred mile, optional 50 miles ride, following North Downs to Canterbury. Train stations along the way for people doing 50 miles. Quick hilly pace. Train back.

Meet at 6.30am on top of the Green Bridge, Mile End Park .

Wednesday, 24th May

Easy RIDE: Afterworker

Relaxing local ride using quite routes. Pub social afterwards at 9pm at Half Moon, Mile End Road, Stepney Green. Meet at 6.30pm on top of the Green Bridge, Mile End Park .

Lights required!

Saturday, 27th May

Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall

June 2006

Wednesday, 14th June

Monthly Wheelers Meeting

Meet at St Georges Town Hall, 236 Cable

Street 7.30-9.00pm - everyone welcome.

Followed by a visit to a local pub from 9.15pm.

Contact [Owen](mailto:owen@towerhamletswheelers.org.uk).

17th-25th June

Bike Week 2006

Details (see story)

Saturday, 24th June

Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall

July 2006

Wednesday, 12th July

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](mailto:owen@towerhamletswheelers.org.uk).

Sunday, 16th July

Spitalfields Community Festival & Eco Fun

Fair

12-6pm Allen Gardens, Buxton Street, E1.

We will be there with our info stall, Dr Bike stand, obstacle course and more.

Contact [Owen](mailto:owen@towerhamletswheelers.org.uk) if you can help out on the day.

Saturday, 29th July

Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall

**The Green Bridge MILE END PARK. It crosses the Mile End Road near the junction with Grove Road. It'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 meetings and Steve for rides/socials details & to check for cancellations.*

Tower Hamlets Wheelers

34 Vermeer Court

Rembrandt Close

London E14 3XA

wheelers@towerhamletswheelers.org.uk

Contacts

Coordinator

Owen Pearson

020 7515 9905

owen@towerhamletswheelers.org.uk

Treasurer

David Allison

Rides Coordinator

Steve Collins

07951 797845

steve@towerhamletswheelers.org.uk

Newsletter distribution

Colin Waters

07799 537 504

colin@towerhamletswheelers.org.uk

East London Cyclist

Ralph Withers

0207 702 7505

ralph@towerhamletswheelers.org.uk

NEWSLETTER Distribution:

Please help? Only 10 minutes, Every two months. Contact Colin on 07799 537 504

East London Cyclist

The newsletter of Tower Hamlets Wheelers/ London Cycling Campaign JUNE/JULY 2006



Bike Week

is an Annual National Celebration of Cycling. Tower Hamlets Wheelers, with around 400 members, is running a series of activities and rides throughout the week encouraging more people to cycle in the Borough. The Wheelers are working hard campaigning for better conditions for cyclists from better road design and cycle provision to traffic enforcement with Transport for London. Bike

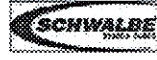
Week is designed to put some fun and enjoyment into cycling and this year includes a special cycle maintenance workshop, a fun event in Victoria Park, two weekend rides of discovery, an all night London ride finishing up with a famous cyclists breakfast and a couple of evening after-worker rides with a difference. Something for every cyclist; the young, commuters, families those new to cycling or starting again after a break and especially those who just need a bit of confidence restored. Full details inside...

MORE BICYCLE PARKING PLEASE

By far the largest number of cycle commuters into and around Tower hamlets seem to be centred on Canary Wharf. As the warmer longer days approach more and more people will dust off the old bike and enjoy a better journey to the office. We notice already though that the bike racks are full to overflowing putting many people off the whole idea! Now is the time to lobby your employer, Canary Wharf Management and your local councillors to get more secure bike parking installed. The last newsletter announced our manifesto pledge to increase by 50% the total number of cycle parking spaces by 2010. On the Wharf we need this provision now. Wouldn't it be a change for those who plan, design and implement policy for the future to just anticipate the positive response of those of us who choose to use a healthier, safer, and eco-friendly form of transport and just make a little space. So encourage those with whom you have influence to do a bit of joined up thinking!



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**SUMMER'S NEARLY HERE! - TIME
TO VISIT OUR HUGE NEW SHOP**



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BIKE SECURITY AWARENESS EVENT

Tower Hamlets Police and Tower Hamlets Wheelers ran a crime prevention event from Tuesday the 28th of March to Friday the 31st of March 2006. Volunteers from the Wheelers together with local police officers and Community Support Officers were at Hackney Road/Kingsland Road offering crime prevention advice to cyclists as they rode to work (0730-0930). Including advice on purchasing and purchasing strong bicycle locks, cyclists were encouraged to complete a record card which holds key information about their bike that assists in identifying stolen cycles. We were also able to distribute Immobilise.com leaflets, take 176 polaroid photographs encouraging people to keep a photo record of their bikes and distribute over 800 leaflets and postcards. With thanks to Supt Dal Babu and his team the event proved a great success and there are plans to repeat it in the near future.

Supt Dal Babu said, "The aim of this initiative was to make cyclists more aware of how vulnerable their bikes can be if they don't take some simple but effective steps to stop would-be thieves. The cards are retained by the owner and hopefully they won't be needed, but if a bike is stolen, the chances of finding it and restoring it are much higher."

Colin Waters said "Tower Hamlets Wheelers are delighted to be working with Tower Hamlets Police to reduce bicycle thefts and make people more aware of the need to use strong locks when they lock up their bicycles.

Colin Waters

Monthly Workshops - NEW LOCATION REQUIRED

Successful and popular workshops are held on the last Saturday of each month in Limehouse Town Hall by courtesy of the Boxing Club.

Later this year, the Town Hall is due for refurbishment and we will need to find alternative accommodation. If you know of any suitable locations or can suggest anyone we can approach (in the Borough) please let us know (contacts on back page).

Wheelers' Scottish Tour 2006

Begin with the mundane: trains up the spout with engineering works. As Kerry put it: 'Dear England and Scotland, this is your railroad, we are closed for the Bank Holiday weekend. Hugs and kisses'.

We all got to the hostel on Arran okay and the tour really begins the next day.

Scotland threw what it could in the way of weather, from clear sunny, a deluge locals couldn't remember seeing the like of before, to wind that could lift you, bike and panniers off the ground. One of us was blown into a barbed wire fence but had no injuries or damage to the bike.

Scenery stunning, even when it rained. Especially



when it rained. Most of us just commute to work and back with the occasional, short leisure ride so the trip

was daunting for some but everyone was up for it.

No one complained, we had our horizons and capabilities extended and everyone was grateful. We all returned safely. 'Thanks Gary' doesn't express what we really want to say.

Why did all the rest of you stay at home? You ought to come next time.

We'll be putting a full tour report on the THW site soon.

http://www.nyx.net/~anon52ea/Scotland_2006.html
STATISTICS

Distance ridden: Approx 350-520 miles, depending on the rider

Average speed: Probably between 10 and 11.5 mph

Maximum speed: 49.5 mph

Deflates: None, but two rear tyres finished off and a buckled rear wheel.

Weather: Mixed, extreme, fun.

Overview: Wonderful, challenging

with good companions.

David Tuckwell

Join us on the next tour...keep an eye on the website
www.towerhamletswheelers.org.uk/campaigns



B I K E
W E E K
D I A R Y

Sat 17th June

Epping Forest Ride

An easy ride with possible train back. meet on Green Bridge at 10am

Sunday 18th June

Meet us in Victoria Park 12-4pm for some fun activities, bike advice and lots more.

A great family day in the first London public park.

Monday 19th June

Afterworker easy circular ride to Greenwich. Meet 7pm at the Green Bridge

Tuesday 20th June

Rest early for some "midnight madness". Meet at the Bagel Bake in Brick Lane at 2am (Wed morning) then a ride through London and back to Narrow Street at 7am for a super cyclists breakfast.

Wednesday 21st June

Monument & Memories Ride Meet on Green Bridge in Mile End Park at 7 pm for an easy guided tour of the Borough

Friday 23rd June

Glamour Ride. Dress yourself and your bike up in your loudest and proudest gear for a fun ride. 7pm at the Green Bridge

Saturday 24th June

Special Bicycle Maintenance Workshop in Limehouse Town Hall. 11.00 - 3.00pm
Masterclass:- Come and learn the best way to repair a puncture.

Sunday 25th June

Meet at the Green Bridge at 11am. for a family Picnic Ride. Bring a picnic and a bicycle and enjoy..



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