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

.....Cont. from front page

of the way, its on these hidden corners when the silent cyclist suddenly appears at 15-18 MPH that serious accidents can and do occur.

Tower Hamlets Wheelers don't want to see restrictions imposed, "no cycling" signs erected and a less than positive image promoted in the Borough so we suggest the following code...

1. keep to the left whenever possible or maintain your course
2. take care to establish your intentions well in advance
3. when overtaking or when approaching cyclists or pedestrians that have not seen you, sound a warning noise, (bell or shout)
4. ride slowly around corners and sound you bell before making the turn
5. cycle defensively at pinch point places, even if it delays you a little, you will always be faster than a pedestrian
6. use lights at night

Report any misbehaviour by groups or gangs on the towpath even if it doesn't directly affect you....it could be you next time.

Mary & Ralph (THW)

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

## Gary Gets Hitched!

Congratulations to Gary Cummins and his bride Aileen who were married in Burntisland, Fife in June. A Wheelers contingent travelled up to join in their celebrations on what turned out to be a wonderful wedding day complete with a fantastic end of evening ceilidh.

Gary, long standing Wheelers campaigner, ex-coordinator, ex-newsie editor, ride leader, the list goes on... will soon be relocating to make a fresh start north of the border. We wish the happy couple all the very best and send a pannier full of thank yous to Gary for all the time and effort he has dedicated to Wheelers over the years.

On a personal note I can say I was so relieved to find Gary staying on the scene after handing over the co-ordinator's baton. That was over 4 years ago and still he helps make my "job" easier always giving support and advice. Ta! Here's to all the new cycling that's ahead of you and keep up the good work - heaven help Burntisland council if they install railings along the High Street! Owen.

# East London Cyclist

The newsletter of Tower Hamlets Wheelers/ London Cycling Campaign AUG/SEPT 2006

## Shared Use facilities - Our Responsibilities

### It's looking bright for cycling in East London.

Just cycling around we can see there are more of us on the road, cycle routes and canal paths. For health and fitness, for cost saving or just for fun cycling is certainly becoming more popular. Just take a look at our rides programme.

We are fortunate in Tower Hamlets to have plenty of cycle routes and paths and Tower Hamlets Wheelers are part of a pro-cycling lobby trying to persuade the planning authorities to create more.

This is a time of great opportunity to make cyclists appear a positive feature of the local environment. (less nasty emissions!)

Tower Hamlets has several miles of canal towpath available and its well used by hundreds of cyclists every day, however, we are not alone.

The canal side pathways can be a delight. Quiet green spaces used by cyclists, walkers, families, fishing folk and wonderful wildlife all round. So why do we paint such a tranquil picture?

It comes the silent cyclist. With so many of us now using these quite routes, bicycles have seemingly taken the predator role. Modern bikes are fast and quiet. The ease of the canal paths has made them reasonably safe fast routes avoiding traffic, junctions and most importantly road accidents where the cyclist always comes off worst.

Accidents on the tow path more usually mean that pedestrians feel vulnerable. The "man v machine" perception is encouraged by such encounters. We both cycle regularly in the Borough and use the tow paths nearly every day of the week. In the main there is a good relationship between cyclist and pedestrian but occasionally we witness some quite appalling

responsibility is simply to make themselves noticed in plenty of time so that others are not surprised, shocked or knocked by either the approach or the passing.

Corners are also an issue with safety for all. Under the bridges (where cyclists should dismount anyway) and at blind



behaviour. Some of us simply ride too fast or are too impatient around pedestrians. Pedestrians become frustrated, frightened and angry with us. Complaints to the authorities, are increasing. Sadly, all cyclists are "blamed" for the actions of a few. It would seem that its often too much trouble to give a quick ring on the bell (by law must be fitted on your bike) or make some other noise or simply shout or call out "excuse me" when approaching other tow path users especially from behind.

Bicycles are quiet and some people, particularly the elderly, do not hear as well as some; others may well be listening to walkman/ipod/mp3 as they walk or ride along. The cyclists

corners considerate cyclists ring the bell or shout out and pedal slowly to avoid possible hidden dangers coming the other way. Several instances of reciprocal shock occur every day as cyclists swing round into Limehouse basin from the Regents Canal (Photo above) only to find Mum Dad and their two year old toddler or similar pedestrians on foot taking up the whole path about to turn the corner into the way of the cyclist. If others see you coming they generally get out

# BICYCLE MAGIC

EAST LONDONS LARGEST BIKE SHOP

"Average traffic speeds in central London are now under ten miles per hour throughout the working day."  
(Transport for London)



## My Granny can cycle faster than that!



6 Greatorex Street  
London, E1 5NF  
0207 375 2992



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

# A fantastic Programme of Rides and Events for all

## July 2006

Sunday, 16th July London Bikeathon :  
Leukemia Research Fund

**Wheeler's will once again provide the Dr Bike stand at King Edward Memorial Park, Shadwell to give assistance to those on this big charity ride.**

[www.londonbikeathon.co.uk](http://www.londonbikeathon.co.uk) Sunday, 16th July

### Easy RIDE: South Downs Tour

Tour will be of an easy/moderate pace of 33 miles (53 km) over fairly flat terrain, taking in a ruined castle, Roman villa and some riding through woodland and on quiet lanes. Get out points along the way.

Meet 10.00am on top of the Green Bridge, Mile End Park

Contact Janice call/text 07812 018592.

### Wednesday, 19th July

#### Easy RIDE: Afterworker

Relaxing 2 hour ride along quiet routes. Meet at 7.00pm on top of the Green Bridge, Mile End Park  
*Don't forget lights.*

Contact [Owen](mailto:Owen) call/text 07903 018970.

### Saturday, 22nd July

#### RIDE: Beautiful Villages of Suffolk

Easy/moderate paced 50 mile ride on flat country roads, Passing the "most haunted house" at Borley, before lunch at the picture-postcard village of [Cavendish Lavenham](http://www.cavendish-lavenham.com), it is the finest surviving English medieval village. Plenty of time here for tea and a good look round. Then [Dedham](http://www.dedham.com), as painted by Constable, for more tea before taking the train back from Manningtree. *Join us for quite possibly your best day out this summer!*

Meet 9.00am at Stratford Station for 9.25 departure. Return train fare £17. (Alternatively, catch the train earlier at 9.18 from Liverpool St, buying a cheap day return for Manningtree £19.)

Contact Neville call 020 7537 7821.

### Sunday, 23rd July

#### RIDE: Karen's Kent Knockabout

Fast paced 50 mile ride out to and around the hilly Kent countryside. Stop offs to enjoy local treats. Ride is being led by Karen and Sue - full details at [southwarkcyclists.org.uk](http://southwarkcyclists.org.uk). Meet at time 9.15am on top of the Green Bridge, Mile End Park or meet directly at Cutty Sark Gardens to be ready to leave at 10.00am.

Contact [Steve](mailto:Steve) call/text 07951 797845.

## August 2006

### Wednesday, 2nd August

#### Easy RIDE: Afterworker

Relaxing 2 hour ride along quiet routes.

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

*Don't forget lights.*

Contact [Owen](mailto:Owen) call/text 07903

018970.

### Saturday, 5th August - RIDE:

#### Absolute Beginners' Mountain Biking

**in Epping Forest** a gentle introduction to the best mountain biking to be had in east London. Roots, twisty, turny singletrack, mud and plenty of thrills (and possibly a few spills) - but all at an easy pace and with plenty of encouragement for newcomers to offroad riding. People will be able to tackle the bits they want to, and not the bits they don't. We'll ride as much (or as little) as everyone wants to. With a pub stop somewhere in the middle.

Helmets required, eyewear/eye protection, mountain bikes in good working nick, lots of water all strongly suggested.

Meet 10.20am at Bethnal Green rail station, Dunbridge Street to catch train to Chingford.

Contact [Simon](mailto:Simon) call/text 07867 900822.

### Sunday, 6th August - Easy RIDE: The Vineyard Ride

Easy paced 30 mile ride around Headcorn and Rye area in Kent. Full details to follow.

Meet 10.00am on top of the Green Bridge, Mile End Park

Contact Leigh call/text 07957 164619.

### Wednesday, 9th 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](mailto:Owen).

### Thursday, 10th August - Easy RIDE: Ace Cafe

A Wheelers favourite - easy 12 mile ride to the [Ace Cafe](http://www.acecafe.com), Stonebridge Park - the popular haunt of motorcycle enthusiasts. Good and reasonably priced food awaits. It's Italian bike night therefore, if you arrive on an Italian bike (Bianchi, Colonago etc.) you can claim a free pasta meal - perhaps!

Meet on top of the Green Bridge, Mile End Park ready to leave promptly at 6.15pm or 6.45pm outside Madame Tussaud's, Marylebone Road. Other

pickup points on the way. Contact Keith 07944 177343 for more details. Owen will lead the ride from the Green Bridge 07903 018970.

Ride or train or tube or some combination of any of those to get back. Don't forget your lights and call if you think you might be late to the start points.

### Sunday, 13th August - Easy RIDE: Graveyard Trail

A leisurely tour of three of the seven grand old Victorian cemeteries in London. On the west side of the city: Brompton, Kensal Green and Highgate. Bring your swim suit

and we can stop for an optional swim at Hampstead Heath to cool off. And of course there will be plenty of cafe stops on the way. Meet at 10.00am on top of the Green Bridge, Mile End Park .

Contact Kerry call/text 07917 616900.

### Saturday, 19th August - 'Discover Your Park'

11am-5pm King Edward Memorial Gardens, Shadwell. Event run by [Trees for Cities](http://www.treesforcities.com). We will be there with our info stall and Dr Bike stand.

Contact [Owen](mailto:Owen) if you can help out on the day.

### Saturday, 19th August - RIDE: Matt's Ride

Moderately paced 50 mile ride. Details to follow.

Meet 10.00am on top of the Green Bridge, Mile End Park

Contact Matt call/text 07903 136128.

### Saturday, 26th August - Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall

Full details on our website

### Saturday, 26th August -RIDE: Matt's Ride

Moderately paced 50 mile ride. Details to follow.

Meet 10.00am on top of the Green Bridge, Mile End Park Contact Matt call/text 07903

136128.

## September 2006

### Saturday, 2nd September - St Barnabas Community Fete

12-6pm at Wennington Green (Grove Rd/ Roman Rd junction), Mile End Park. Info stall and Dr Bike stand.

Contact [Owen](mailto:Owen) if you can help out on the day.

### Sunday, 3rd September - Easy RIDE:

#### Cuckoo Trail

About 30 easy miles, starts and ends in [Polegate](http://www.polegate.co.uk), East Sussex near Eastbourne. From Polegate we meander up the cuckoo trail an old railway track to Horam for coffee. Then across

the Weald to Berwick, with Firls Beacon on the South Downs firmly in view and have lunch. Down the Cuckmere valley to the beach at Cuckmere Haven and possible swim if warm and the tide is in. The last part of the ride is off-road through Friston Forest back to Polegate. Jane will be leading.

Meet at time tbc on top of the Green Bridge, Mile End Park .

### Sunday, 3rd September - Tour of Britain

Final stage of the [Tour of Britain](http://www.tourofbritain.co.uk) will go from Greenwich to the Mall. We'll go to watch it.

### Sunday, 10th September - RIDE: Double Century Ride

Ride off to Essex for a 200 mile challenge that'll take approximately 16-17 hours :-)  
Meet at 5.00am on top of the Green Bridge, Mile End Park Contact [Steve](mailto:Steve) call/text 07951 797845.

### Wednesday, 13th September - 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).

### Sunday, 17th September - RIDE: Century Ride

Fast paced 100 mile ride. Details to follow. Meet at time tbc on top of the Green Bridge, Mile End Park .

Contact [Steve](mailto:Steve) call/text 07951 797845.

### Saturday, 23rd September - Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall . Full details on our workshop page of the

website.

### Sunday, 24th September - RIDE: Century Ride

Fast paced 100 mile ride. Details to follow. Meet at time tbc on top of the Green Bridge, Mile End Park .

Contact [Steve](mailto:Steve) call/text 07951 797845.

## October 2006

### Wednesday, 11th October - 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).

### Saturday, 28th October - Wheelers Bicycle Maintenance Workshop

11.00am-3.00pm at Limehouse Town Hall . Full details on our workshop page of the

website.

<http://www.towerhamletswheelers.org.uk/>

## Teviot Festival - A Great Success

Q: What do you get if you put together a community centre manager who knows nothing about cycling, a significant grant for a cycling event, and spectacularly bad timing for the Wheelers Committee?

Simon Carroll at the Teviot Centre in Poplar put this to the test on the 1st of July. He had successfully applied for the grant before contacting Tower Hamlets Wheelers. Co-ordinator, Owen, politely pointed out that the date was just one week after the end of Bike Week, so the usual suspects would be looking forward to a well-deserved rest.

Not giving up easily, Owen copied this reply to me, as I live in that patch. I picked up the baton and recruited Martin, a lapsed Wheeler but keen cyclist, to the cause. Together we planned too many things to actually materialise, but enough came about to make it a successful day. Martin spent some of the grant on tools and spare parts, advice booklets from the LCC, flick-on reflective ankle straps (very popular), and helmets. The latter were for sale at a big discount; all advice and maintenance was free. Wheelers usually give their time and

expertise without charge, but Simon encouraged us to accept something for our time and something for the Wheelers, as there was funding available. We were still nowhere near using it up, so he pressed us to **give away some new bicycles!** After all, this would also meet the objective of the grant, i.e. to encourage cycling. To make sure they only went where they were wanted, we drew up separate free draw lists for men's, women's and children's bikes from a big store, service vouchers and support for our local bike shop.

Dr Bike (a.k.a. the Black Knight) had offered to deliver some equipment and literature, but he stayed for most of the afternoon, liberally fixing bikes and giving advice to young and old. A teenage assistant also earned some pocket money, manning the table through the heat of the day (and missing the start of some match or other on TV).

Answers: Four delighted owners of new bikes, several bikes serviced, a few recruits for free cycle training, including a newly-elected Councillor Stock of tools and parts added to Wheelers workshop. Many thanks for TH Wheelers from Simon and various colleagues and managers, who considered the cycle event a R E A L S U C C E S S ! !

Neville Reid, Poplar



Neville Reid and The Black Knight enjoying the fine weather had an enjoyable and rewarding day at the Teviot Festival. Here servicing a visitors bike, making it safe for use on the streets of Tower Hamlets