

# East London Cyclist

www.wheelers.org.uk

JUNE / JULY 2008

THE NEWSLETTER FOR TOWER HAMLETS WHEELERS • LONDON CYCLING CAMPAIGN

## Hello!

Welcome to another edition of East London Cyclist. It seems like only yesterday since the last one, but the past two months have zipped by.

As well as having practically all four seasons of weather in that time, (sometimes all in one day!) A lot has been going on. We've been to all sorts of meetings, sent and received a seemingly non-stop stream of e-mails about everything including rides, local planning issues, roadworks, funding, bike theft, the Mayor, Bike Week, cycle training...

All this means there are some exciting events, projects and rides in the pipeline, many are mentioned in this newsletter, but for the latest info, check out our web site [www.wheelers.org.uk](http://www.wheelers.org.uk) - this bit of dead tree won't stay up to date for too long!

We've been busy planning our events for **Bike Week**, which takes place this year on 14-22 June 2008. We hope to see you on one of our events, and would also welcome people to help out.

If you fancy getting involved, please get in touch, as we always need volunteers for a myriad of tasks, ranging from handing out newsletters, writing letters, attending meetings, fixing bikes, to helping out at our rides and events. ■

Robert Lister

## Wheely good awards...

Wheelers have launched new award to recognise Tower Hamlets companies and organisations who encourage cycling.

Any employer in the borough, which makes it easy for staff or visitors to use a bike, could be in the running for a Wheely Award. And the Tower Hamlets Wheelers are asking employees who think their firm is "wheely" good to nominate them for an award.

Tower Hamlets residents can also nominate local facilities such as libraries, shops or hospitals if they cater well for those on two wheels. Nominations can be made online at:

<http://www.wheelers.org.uk/wheelys/> ■

Kerry Noble

## Jagonari rolls...

In an effort to engage Black and Ethnic Minority women in one of London's biggest events, the Jagonari Women's Educational Resource Centre took 10 women from its Cycling Project to Capital Women's Day in Central London.



"The abundant stalls, exhibitions and workshops left infinite things for us to do. Many women from different cultural backgrounds were present making the event an exciting and happening place. We checked out the cycling Maintenance workshop, at the forecourt of the conference hall, taking the opportunity to get one of our bikes fixed that had punctured on the way! In the buzzing atmosphere we ended our journey with a group bike ride around St James Park" (Alema Akter, Cycling Project Member).

The Jagonari Cycling Project, launched in 2005, has successfully engaged women, with majority users from the Bangladeshi community. Training and cycling in public is no doubt breaking cultural barriers and changing local attitudes towards women and cycling. Jagonari WERC is committed to women's empowerment and cycling which covers a multitude of layers, cross cutting environment, health and a method of transportation, giving women full ownership. For more information on Jagonari Cycling Project, contact Sultana Khanom. tel: 020 7375 0520, email: [jagonari.information@gmail.com](mailto:jagonari.information@gmail.com) ■

Sultana Khanom

# The ting in the tale

If you've ever spent time on the canal towpath you may have come across the 'Two Tings' campaign by British Waterways, who have encouraged cyclists to ring their bell to warn other users, particularly at bridges.

There's been a lively discussion on the Tower Hamlets Wheelers' email group about the matter, in particular what some perceive as the conflict between cyclists and runners. Many felt that, whilst runners may consider themselves pedestrians, they are more like cyclists in that they travel faster than pedestrians. They are more of a danger to walkers and others and can be frightening or intimidating them as a result.

Whilst many cyclists (obviously not all) are patient with pedestrians and runners, using their bell to say they're there etc., there was a body of opinion on the email group that runners are not respectful enough of other towpath users, either cyclists or those on foot.

"Difficulties often arise at bridges with the cyclist ringing their bell but the runner not announcing their presence with a shout or similar. Many runners wear headphones, which makes it more difficult to hear, and often a cyclist and a runner have to pass each other under a bridge because the runner hasn't heard.

There will never be a solution to this but we can try to find ways to make it better."

- David T, Cyclist.

"I think the problem is a lack of politeness by a minority of all type of towpath users. And the lack of it is quite evenly spread amongst all users.

The rule that gives pedestrians the right of way works OK and that all cyclists should approach bridges at a pace where they are able and willing to stop if they have to. Then if a runner waves them by anyway, take it as a bonus.

It's not practical to try and make different rules for runners or make them announce their presence."

- Patsy C, Runner

If you have any views or suggestions of how the situation might be improved? Join the e-group and have your say:

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

David Tuckwell

# Liverpool St. Station

This is our local gateway to the countryside and so has featured in several Wheelers' rides. As a bonus the trains were operated by the relatively cycle-friendly "Anglia Trains", who became "One Railway", who have now in turn become "National Express East Anglia" (each change of name of course being marked by a change in livery).

The new incumbent seems to have just become a little less cycle friendly. Previously, although bikes were banned on trains arriving at Liverpool Street during the am peak and on those departing during the pm peak, it was possible to travel "against the flow" - we used this not too long ago on a Wheelers trip to Norwich on a Friday.

Alas it is no longer allowed. Bikes are now banned in both directions during the two peaks. I know this does not affect many people but it seems to be yet another subtle erosion of rail cycle carriage facilities in the UK. We have written to complain and to ask why the change has occurred, please do so too. It's easy enough to e-mail them at:

[nxea.customerrelations@nationalexpress.com](mailto:nxea.customerrelations@nationalexpress.com) ■

Caroline Fenton

## Sam on board

In March Sam Margolis was appointed as the new Travel Awareness Officer at London Borough of Tower Hamlets, responsible for promoting various forms sustainable transport within the Borough.

Sam attended the Wheelers' April and May meetings and laid out some plans for a Bike Festival to be held in the Mile End Arts Pavilion on Saturday 21st June 2008, and will be asking the Wheelers and other cycling organisations in the Borough for help and assistance in putting on the event. This will be a day of fun led rides, refreshments, bike try-outs, competitive cycling on a fixed dynamo, exhibitions and information about cycling plus lots more: see our Bike Week piece for more details.

As a keen cyclist Sam has explained his commitment to cycling in the Borough and we look forward to working with him on both Bike Week and other cycling matters.

If you would like to contact him directly please do so at [sam.margolis@towerhamlets.gov.uk](mailto:sam.margolis@towerhamlets.gov.uk)

# Glamour 2008

Well fashion fans, it's time to begin preparations for the world renowned Wheelers Glamour Ride 2008. Takes place this year on **Thursday, 19<sup>th</sup> June**.

Now an established part of The Season, Glamour lives on during Bike Week. Previously graced by the likes of Marilyn and Wonder Woman this year's event will no doubt attract more A-listers than ever before. If you don't want to be upstaged or left out see below for the What's Hot, What's Not Guide to Glamour...



## What's hot

**The Sun** – not the tabloid obviously. No, the fat yellow thing that keeps us warm. It'd be great if someone can remember to bring it with them.

**Sunglasses** – don't get 'papped' without them.

**Sparkly stuff** – on you, on the bike.

If it glitters it's Glamour Gold.

**NCIS** – Abi! Abi! Abi! Black is always in.

**Wigs** – for girls, for boys, for fun.

## What's not

**Boris Johnson** – with that hair? Can I bar him?

**Padded shorts** – practical? yes. Glamorous? No!

**Punctures** – Barred. Definitely.

**Speed** – of the velocity kind. Glamour is to be savoured not overtaken!

**Rain** – Wet sequins. Enough Said.

**Overpriced 'designer' cycle wear** – get down to the charity shop now. Recycle.

So there it is. Get a bike, get creative and join us for the best dressed, zero carbon, max glamour ride of the year.

Green Bridge, Mile End Park. 19 June, 7PM! ■

Leigh 'lycra free' Andrews



**Sunday 15<sup>th</sup> June - 10am-4pm**

**FIRST-TIMERS LONGER RIDE**

Meet on top of the Green Bridge, Mile End Park. Test yourself over a longer distance.

Easy pace but up to 50 miles with drop-out points along the way if you fancy a shorter distance. Always popular so give it a go!

Contact: **Steve** 07870 365533

**Tuesday 17<sup>th</sup> June - 7-9pm**

**QUIRKY THINGS YOU PROBABLY DON'T NEED TO KNOW**

Meet on top of the Green Bridge, Mile End Park

Another edition of the ever-popular Wheelers' themed ride.

A guided tour weaving around the borough and the City at a very easy and relaxed pace. Don't forget your lights.

Contact: **David** 07790 387315

**Wednesday 18<sup>th</sup> June - 7.30am-9.30am**

**WHEELERS CYCLISTS' BREAKFAST**

Narrow Street at Ropemakers Fields (near The Grapes pub) E14

Traditional Bike Week event across London - stop by on your way to work and enjoy some free breakfast. Meet with your fellow Tower Hamlets commuters & Wheelers members, councillors and council transport officer. Contact: **Owen** 07903 018970

**Thursday 19<sup>th</sup> June – 7pm-late**

◀ **THE GLAMOUR RIDE**

Meet on top of the Green Bridge, Mile End Park

Dress according to your own definition of glamour; decorate either yourself or your bike or both. It's an easy fun ride, with a break for prize giving and a social at the end. Less than 10 miles.

Don't forget your lights. Contact: **Leigh** 07957 164619

**Saturday 21<sup>st</sup> June – 11am-5pm**

**CYCLING FUN DAY – THE ART OF CYCLING**

Mile End Park Arts Pavilion

Cycling fun day organised by the Council. Lots going on, Try out bikes, BMX trick shows, displays from local bike shops, Dr Bike maintenance, guided rides, cycle challenges, refreshments, picnic area, cycle art displays, cycle fashion, cycle freebies and much more.

Contact: **Owen** 07903 018970

**Sunday 22<sup>nd</sup> June – 2pm onwards**

**PICNIC IN THE PARK**

Meet in Victoria Park (Royal Gate East, Grove Road, near Royal Inn on the Park pub.) End bike Week with a Social get-together.

Contact: **Owen** 07903 018970

For the latest information on our

Bike Week events, visit our web site:

[www.wheelers.org.uk/bikeweek/](http://www.wheelers.org.uk/bikeweek/)

Events in Bike Week supported by  
Tower Hamlets Council





## Rides and events

Check our web site for the latest information. More rides being added!!

We will be resuming our popular easy After work rides during the summer. See our web site for more details.

### June

**Saturday, 7<sup>th</sup> June**

#### SMITHFIELD NOCTURNE

A summer evening of bike racing around the historic Smithfield Market. Full details at [www.smithfieldnocturne.co.uk](http://www.smithfieldnocturne.co.uk).

**Wednesday, 11<sup>th</sup> June**

#### MONTHLY WHEELERS MEETING

Meet at St Margarets House, 21 Old Ford Road 7.30-9.00pm - everyone welcome. Followed by a visit to a local pub from 9.15pm. Contact: **Owen**.

**14-22<sup>nd</sup> June**

#### BIKE WEEK

National week of cycling events. (Details inside this newsletter) or visit [www.bikeweek.org.uk](http://www.bikeweek.org.uk)

**Saturday, 14<sup>th</sup> June**

#### CYCLE TRAINING (BEGINNERS)

10am-12pm. Adult cycle training organised by Tower Hamlets Council. For more info contact: Sam Margolis on 020 7364 6707 [sam.margolis@towerhamlets.gov.uk](mailto:sam.margolis@towerhamlets.gov.uk)

**Tuesday, 17<sup>th</sup> June**

#### CYCLE TRAINING (INTERMEDIATE)

5-7PM. Adult cycle training organised by Tower Hamlets Council. Improve road skills and gain confidence. (Additional session on **Saturday 21<sup>st</sup> June, 9-11AM**) For more info contact: Sam Margolis on 020 7364 6707 [sam.margolis@towerhamlets.gov.uk](mailto:sam.margolis@towerhamlets.gov.uk)

**Saturday, 21<sup>st</sup> June**

#### MIDSUMMER MADNESS RIDE

Meet 2AM (yes, in the morning!) at Beigel Bake, Brick Lane. Ride to Primrose Hill to watch the sunrise on the longest day. Contact: **Owen**

**Saturday, 28<sup>th</sup> June**

#### BICYCLE MAINTENANCE WORKSHOP

Monthly Workshop – 11am-3.00pm at Limehouse Town Hall, 646 Commercial Road.

### July

**Sunday, 6<sup>th</sup> July**

#### GRAVEYARDS OF NORTHERN LONDON

Meet at 9.00am on top of the Green Bridge at Mile End Park Easy Ride Exploring some of the northern London cemeteries. Lunch en-route. Contact **Kerry** 07917 616900

**Wednesday, 9<sup>th</sup> July**

#### MONTHLY WHEELERS MEETING

Meet at St Margarets House, 21 Old Ford Road 7.30-9.00pm - everyone welcome. Followed by a visit to a local pub from 9.15pm. Contact: **Owen**.

**Saturday, 26<sup>th</sup> July**

#### BICYCLE MAINTENANCE WORKSHOP

Monthly Workshop – 11am-3.00pm at Limehouse Town Hall, 646 Commercial Road.

## Contacts

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