

downland cycles

Saturdays
9.30am Ride-Out
50 mile circuit
Tea/cake to finish



Junior Cycle Club
2pm-4pm
Ages 6-12 years

Everything Cycling
Under One Roof

Call 01227 479643
www.downlandcycles.co.uk
The Malthouse,
St Stephens Road
Canterbury CT2 7JA

Now's the time to be a SPOKESperson!

Name(s)

Address

Postcode Phone

Email

Annual membership - please tick relevant box:

- Individual adult £6 Family/household £10
 Senior citizen/unwaged/under 16 £5

Please make cheques payable to SPOKES and send to SPOKES,
PO Box 991 Canterbury CT1 9EL.

#56

SPOKES

East Kent Cycle Campaign

ISSUE 56 SPRING 2009
www.spokeseastkent.org.uk



SPOKES stall at the Crab and Winkle Trust 179th Anniversary Celebrations on 3rd May 2009 at the Winding Pond on the Crab and Winkle Cycle Route.

NATIONAL BIKE WEEK 13TH-22ND JUNE

Do participate and help to get more people on their bikes. See inside for details.

SPOKES was formed in 1994 to campaign for better cycling facilities in East Kent. SPOKES works closely with SUSTRANS, Kent County Council, district and parish councils. SPOKES is affiliated to the Cyclists' Touring Club, the Cycle Campaign Network and Euro-Regio Velo.

Letters to the Editor

I'm only 3½ yrs old and I like going to my playschool. But when my Daddy was taking me the other day I was getting really grumpy, and he doesn't like me so much when I grump. Daddy suggested that I send some of my grumps to the paper and he'd help me write it down with real words.

Well here goes... I was going along the High Street in my pushchair, trying to be a good girl when these cars kept pointing their pipes with their smelly gasses, right into my face! Why are these pipes on the wrong side of cars and not blowing their stuff somewhere else, instead of into my face? Don't the big adult people who make cars, like children? If they really liked children why can't they make car chimneys point away from the pavement, or put them on the roof like normal chimneys? These people must have been children themselves once. (Or are some people born old?)

As I was asking my Daddy these questions, he was too busy trying to find a way round a big thing on wheels, blocking the pavement, I think they are called 'vans', but I couldn't see much from my pushchair. Now I was getting more grumpy because Daddy couldn't get the pushchair through the gap left on the pavement and I'm now being pushed right into the road full of traffic! I'm looking up at these monsters called lorries and buses with bigger chimneys and I feel the heat and don't like the taste of the gases.

I thought pavements were for people and pushchairs, so my grumps were getting worse, and I shouted to my Daddy "I don't want to be part of the traffic; I just want to get to my playschool!"

Later on, my Mummy said, "Once upon a time children were sent up chimneys to clean them", but then I wondered why are children still being connected with chimneys? But she did say there were some really powerful people called Councillors, who can make things better.

I do hope they like children, and please will they, or anyone answer my questions, (my Dad's still too busy or has given up!), and then I'll promise not to be grumpy anymore.

Maya/ Robin Townsend

- The views expressed in signed articles are those of the author, and not necessarily shared by the Editor and the Committee.
 Material for the next newsletter should reach the editor by mid July.

Personal Advertisement

My wife is unable to ride a bicycle but feels she would be comfortable riding an adult tricycle. I am looking for a second hand adult tricycle to buy. I will pay a reasonable price and can collect. Please contact me with any offers (David Clarke) at 07767 444660 or davidclarkeuk@aol.com

Fishin' gets tedious don't it

The fly goes up and the fly goes down
The wheels on my bike keep going around
I get hooked up and then I fall down
Fishin' gets tedious don't it.

My tyres are soft, but I don't care,
I wasn't figurin' on going nowhere
My tube is ripped. Ain't got a spare
So much wasted effort.

Fish in the river gettin' smaller and smaller
He's not caught one for a month or more
But I've heard it told and it's true I'm sure
Too much cyclin' scares 'em.

Saddle's worn and my seat post leans
There's a hole in my old blue jeans
I don't know what that signpost means
Just can't depend on nothin'.

River's gone dry and the ducks won't lay
Fish stopped biting last Saturday
Troubles piling up day by day
And now I'm gettin' flat tyres.

Grief and misery pain and woes
Bills and taxes and so it goes
And now I'm gettin' a hook in the nose
Fishin' get's tedious don't it!?

Sam Webb
SPOKES East Kent Cycle Campaign

Inspired by the recent Chartham to Canterbury cycle route planning application. (Based on the song 'Life Gets Tedious Don't It').

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SPOKES RIDES & EVENTS

(Further rides on the website) All telephone numbers are 01227 unless otherwise stated.]
Coordinator: Ian Rogers Tel: 01227 733792 Email: ian.rogers28@btinternet.com

SPOKES always welcomes non-members on its rides, but do consider joining!
All Spokes rides are suitable for families unless otherwise noted.

Sunday 7 June 2009

A gentle cycle ride exploring the Romney Marsh
DETAILS: Ian Rogers (733792)
MEET: 10:30 at Hamstreet station

Saturday 13th – Sunday 21st June

National Bike Week!! See www.bikeweek.org.uk/event_search.php

Sunday 14th June RMCP with Spokes marshals

Cyclefit. Cycle a stretch of the National Cycle Route 2 from New Romney in a short, circular route around the Romney Marsh. No need to book. There will be a stop at Newchurch Village Hall before arriving back in New Romney. Back up will be in the expert hands of Romney Cycles (77 High Street, New Romney 01797 362155). We have a supply of free T shirts from last year, which we will be giving out as fairly as possible. Remember to bring a snack to keep those energy levels up on your way around. Just turn up in good time and with your bike in reasonable condition, as well as yourself! It is recommended children under six travel on the back of, or attached to, an adult bicycle owing to the limited number of support crew and mini-bus seats available.
Meet: 10:00 at St. Martin's Field, New Romney (TR 064 248)
Details: Romney Marsh Countryside Project (<http://www.rmcp.co.uk/>)

Sunday 14th June

Great Kent Bike Ride. A choice of 29 or 53 mile route to raise money for the Canterbury Oast Trust.
Details: Great Kent Bike Ride website (<http://www.bike-events.com/Ride.aspx?id=212>)

Tuesday 16th June Spokes

Sunset & Shandy "Come & Try It" A truly short and sweet 7 mile countryside meander including part of the Crab & Winkle Way finishing with a shandy and sunset (hopefully!) at the "Rose in Bloom" pub, Joy Lane. Meet: 19:00 at Whitstable station (South side)
Details: Ian Rogers(733792)

Wednesday 1st July

London to Paris bike ride to raise money for several charities.
Details: London to Paris Bike Ride website (www.londonparisbikeride.co.uk/)

Sunday 5th July

A longer ride (approx 50 miles) taking in the Crab & Winkle Way, Oyster Bay Trail, and Viking Coastal Trail out to Sandwich, returning between the orchards to Canterbury. Suitable for regular cyclists.
Details: Steve Fawke (830336)
Meet: 10:30 at Canterbury West

Rides continued overleaf

Editorial

Our love affair with the motor car continues unabated. Our local leaders blindly still believe despite everything that the car must be further accommodated at all costs and generally we are happy to let this woeful situation continue. This pervasive collective myopia has resulted in incomplete cycle routes, derisory cycle parking provision, roads which are death traps for all road users, fewer cyclists and greater car use to the detriment of our health and planet.

Spokes has therefore decided to start a 20mph campaign for all residential areas in East Kent to be named 'Twenty's Plenty' and also to compile a Spokes Cycling Facilities Report ('SCFR') for East Kent.

Newcastle, Portsmouth, Oxford and Leicester already have 20mph in residential areas. This has resulted in a dramatic reduction in road deaths and an increase in cycling. The Government is very keen that speed is reduced in residential areas and it has recently published a consultation document on the matter. 20mph is precisely what East Kent so desperately needs for its residential areas if cycling is to increase.

Our cycle network in East Kent is not linked up. Some of it works, some of it doesn't. Cycle parking is inconsistent or non-existent and cycle carriage on trains, buses and ferries is unimpressive. Spokes wants to compile a detailed report on cycling facilities in East Kent so that we can better campaign our councils for the necessary improvements.

Spokes will shortly publish further details of the Twenty's Plenty campaign. With regard to the SCFR, please contact the Chairman, Steve Fawke and tell him about what cycling facilities you have, if they work and what you would like to have.

Active Spokes member, Gregory Williams is undertaking a 3000 mile cycle ride named 'Three Corners' from Land's End to John O'Groats and back to Dover to raise money for the British Heart Foundation. To sponsor him and for more information visit Gregory's site www.threecornercycleride.co.uk/

An article by Sam Webb on Joff Summerfield who completed his world trip on a penny farthing and was met Sam in Dover last November can be found on the SPOKES website.

An Accidental Cycling Journey (From small acorns...)

By Adrian Oliver

As you will know, anger often springs out of ignorance and frustration. It was a few weeks before Christmas last year. We had had a particularly good run of mild weather. I was doing my daily cycling commute across Faversham to school with my youngest daughter. Why wasn't I seeing anyone else cycling? Why was my daughter's bike the only one in the bike shed? Why was my bike the only one parked in town? In a town of almost 20,000 people, why were there not more people out on bicycles?



CyclingAge (right) with Spencer Morgan (left) training Paul Clark, Department for Transport Minister.

So, in the heat of the moment I rang KCC. I asked "How do we get more people cycling?" After a long and helpful conversation I found myself starting a journey I never expected to be taking. I never thought that I would be persuaded to pick up the gauntlet myself. I had several more conversations with other people in the cycling and sustainable transport world about how to get more people cycling. I read reports, books and magazines and anything I could about the subject.

I booked myself on a cycle instructor training course in London. I thought that it might be useful to be able to do some cycle training in the future.

It was all happening very fast. My profession for the last 20 years had been marketing. Could I bring this experience and knowledge to help get more people on their bikes? Some friends offered to build me a website. I created an alter ego, my brand, called CyclingAge.

More help came from an experienced local cycling instructor Spencer Morgan of Cycle Circle. Working with Spencer I've honed my teaching skills, got a lot of cycle training hours and maintenance experience under my belt.

So today, six months after this accidental journey began, CyclingAge exists and has one simple aim, to help more people to discover the joys of everyday cycling. I'm a member of Spokes and CTC, I'm a Sustrans Volunteer Ranger, I'm training almost every day of the week, blogging, Twittering, Flickr, running Dr Bike clinics and leading rides.

The Three Corners

Gregory Williams

[Please see the Spokes website for the full copy of this article.]

Those of you that have met me know that I like lengthy cycle rides. I find that the best way of exploring new places is by bicycle. So, I do just that.

I've always wanted to cycle Land's End to John O'Groats, or as it's sometimes called LEJOG or End-to-End. So just over a year ago I set about planning a route. After a while this blossomed into a full 3000 mile circuit starting in Canterbury, Dover, Land's End, John O'Groats and back to Canterbury again. I like to call this the "Three Corners".

If you read LEJOG accounts you'll not surprisingly see that many of them have benefited a charity along the way. In my mind this is the moral thing to do; if a worthy charity can benefit from such an endeavour then they should. My chosen charity is the British Heart Foundation, whom I've supported for a number of years. As I'm sure you're aware the work of the BHF helps to save thousands of lives each year through their funding of research into new treatments and the support information that they make available. So, if you can spare a few pounds then sponsorship to support them via my website, www.threecornercycleride.org.uk, will be most welcome. I'll be keeping an online diary of my trip at the website for those interested in following my travels.

Of course I'm not about to undertake such an ambitious trip completely blind, so for just over a week covering the Easter break I cycle-camped from Fishguard, on the west coast of Wales, back to Canterbury following NCR47, through the Pembrokeshire Coast National Park and the Rhondda, NCR4 into the centre of London, and then NCR1 back home.

I set off on my adventure at 08:00 on Sunday 14th June from outside Canterbury West station and get back home ten weeks later on Saturday 22nd of August. The eagle-eyed amongst you will have noticed that Spokes have a bike ride from London Bridge station back to Canterbury on the same day, which I intend to join. I will, of course, be writing a follow-up article on how it all went for the Spokes newsletter.

Chairman's Ramblings

A big Thank You from Spokes

I would like to say a big thank you on behalf of Spokes and the committee, to Andy McNally. Andy has decided to step down as a committee member and newsletter distribution officer. I would also like to thank his wife Sylvia for all the hard work she has done behind the scenes getting the newsletters out to members.

The work of committee members is often very time consuming and thankless and its not until some one decides to step down that everybody else realises just how much that person does quietly in the background. Andy has held several positions in Spokes over the years from Membership Secretary, Newsletter Distribution Officer and even Chairman.

Andy and Sylvia also played a major part in the creation and running of the Big Wheel of Kent Ride. His knowledge and guidance has been of great benefit to me personally. We all look forward to seeing you both on the club rides and hope to see a continuation of your guided cycle tours and your newsletter articles.

Steve Fawke

SPOKES RIDES

Continued

Saturday 18th July Spokes
Castle & Cake "Come & Try It". A varied 11 mile route using town, countryside and seafront with a traditional afternoon tea and cake stop at the Castle Cafe, Tankerton. Meet: 13:30 at Herne Bay station Details: Ian Rogers (733792)

Sunday 2nd August Spokes
A short ride including a visit to Fordwich's historic town hall. Meet: 10:30 at Canterbury West Details: Beatrice Shire (766782)

Wednesday 12th August RCMP
Lathe Barn Cream Tea Bike Ride. If Sunday 3rd May was too cool for you to get on your bike, there can be no excuses in the height of the summer! Can there?! Yes you have read it right...a chance to have a gentle pedal around the lanes of the Romney Marsh, before retiring back if you wish to Lathe Barn for a cream tea, scone or both. Donation appreciated. Distance: 16 miles (2.5 hours for the ride)

Meet: 14:00 at Lathe Barn Tea Rooms, Donkey Street, Burmarsh (TR 108 324)
Details: Owen Leyshon, Romney Marsh Countryside Project (01797 367934, 07770 670316, mail@rmcp.co.uk)

Saturday 22nd August Spokes
A full day's cycling from London to Canterbury. Suitable for regular cyclists. We'll meet at Canterbury West to take the train up to London together. Please phone in advance if meeting us at London Bridge station. Gregory Williams will be cycling the final leg of his Three Corners cycle ride with us (See article on the website).

Meet: 8am at London Bridge station
Details: Ian Rogers (733792)

Wednesday 26th August RCMP
Marsh Pedal. A gentle cycle ride taking us across the Royal Military Canal and into some of the quietest parts of the Marsh. The lanes we will be using were formerly the smugglers' main routes to the relative safety of higher ground. Donation appreciated. Distance: 18 miles (3 hours for the ride)

Meet: 14:00 at Ham Street station
Details: as 12th August

Saturday 10 October
Cycle from Amman to Aqaba in Jordan in aid of the Kent Multiple Sclerosis Therapy Centre.

Details: See Jordan Bike Ride information via events listing on Spokes website

Sunday 11 October
Viking Bike Ride. Cycle the Viking Coastal Trail to raise money for the British Heart Foundation.
Details: Viking Bike Ride website (www.bhf.org.uk/vikingbikeride)