(01227 830336) ride. Big pub lunch(optional). Steve Fawke Ride. Canterbury to Bekesbourne. Shortish 11:00 at Canterbury East station Sunday 4 December-Christmas Ride Tony Purchese (07905 439033) 10:30 at Faversham station Sunday 6 November-Faversham through apple orchards and parklands. Conyer Creek on Route 1 then inland 10:40 at Teynham station Sunday 2 October—Swale and South expect you. Steve Fawke (01227 830336) you are coming, such that we know to rides@spokeseastkent.org.uk to let us know stagecoach.html. Please also email poferries.com/tourist/content/pages/

SPOKES RIDES continued

Cllr David Brazier and the Lord Mayor of Canterbury and cutting photo shoot. We heard speeches from County Spokes in 2000) made a rare appearance for the ribbon and Spokes. The Canterbury Civic Bicycle (donated by Hambrook Marshes, Kentish Stour Countryside Project attended by walkers and cyclists with stalls from ceremony of the Great Stour Way. The event was well On May21stwe celebrated the long awaited opening Great Stour Way now open

www.communities.gov.uk/news/corporate/1912929 National Cycle Route 1. http://

so watch this space because things are afoot.

Group. All in all a great day but the story is far from over,

Sustrans and Bill Brett the Chief Executive of the Brett who were joined for the ribbon cutting by Simon Pratt of

byelaws in Herne Bay to allow completion of part of first choice, gets special mention for changes to the Canterbury, Worthing and Harrogate. Canterbury, his singles out three councils as good examples to follow: In his Ministerial statement announcing this, Shapps

what he terms, "unwanted and outdated byelaws" which force cyclists onto nearby busy roads. promenades. Now the Minister Grant Shapps MP has granted local authorities the power to amend For many years Spokes has campaigned for local councils to lift byelaws which prevent cycling on

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transport. Schools in the city were also encouraged to take part in Car Free Day. Council and Oxfordshire County Council encouraged their staff to travel to work by foot, bike or public of car free travel such as safe streets for pedestrians and cyclists, clean air and keeping fit. Oxford City In Oxford last year, the event was called "Travel Smarter, Live Better" and highlighted the positive effects Faversham... move on forward.

No British towns and cities have registered so far this year! It is not too late. Canterbury, Dover, Margate, Westminster, Luton, Manchester Trafford, Harrogate, Oxford, Stoke-on-Trent, Wigan, Woking and York. Brighton, Bristol, Chichester, Edinburgh, Inverness, Hampshire, Kidderminster, Camden, Richmond, Over 2,000 towns and cities around the world took part in Car Free Day 2010. In Britain they included: a difference! Spokes helped start this movement many moons ago. See http://www.mobilityweek.eu/ is an international festival of environmentally sensitive transport on 22 September 2011. Join in and make

European Car Free Day (or in Town Without My Car!)

99# SPOKES, PO Box 991 Canterbury CT1 9EL. Please make cheques payable to SPOKES and send to 2 Senior citizen/unwaged/under 16 £5 □ L13 blodesuod/ylims | D2.73 flubs laubivibul | Annual membership - please tick relevant box: Postcode Now's the time to be a SPOKESperson!

> Canterbury CT2 7JA St Stephens Road, The Malthouse, www.downlandcycles.co.uk

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SPOKES East Kent Cycle Campaign

ISSUE 65 Late Summer 2011 www.spokeseastkent.org.uk



"the whole gamut of emotions is available through the humble bicycle – us cyclists know what it is to experience true ecstasy and fear; joy and terror - and those can be found as easily on the streets of Canterbury as they can in the mountains of Cambodia!" Leon McCarron, who recently returned from travelling around the world on his bicycle. [See over]

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 CycleNation and Euro-Regio Velo.

SPOKES RIDES & EVENTS

(Further rides on the website) Co-ordinator: lan Rogers Tel: 749598 Email:rides@spokeseastkent.org.uk

Sunday 31 July—A Cycle Safari 14:00 at West Hythe car park at the bottom of Lympne Hill (TR 125 344)

We will be exploring the new section of National Cycle route 2 which runs alongside the Royal Military Canal between West Hythe Dam and Aldergate Bridge before pedalling out for a short loop on the quiet lanes of the Marsh. Look out for exotic wildlife such as giraffes, zebra and ostrich as we pass by the perimeter of Port Lympne Zoo. Lead by Romney Marsh Countryside Project. Donation appreciated. Mark Tuson (01797 367934)

Sunday 7 AugusT—Over the border 09:45 at Rye station All day foray into Sussex. Ian Rogers (01227 749598)

Wednesday 10 August - Marsh Pedal

14:00 at Ham Street station 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. There are a couple of small slopes to go up and to go down. Lead by Romney Marsh Countryside Project. Donation appreciated. Mark Tuson (01797 367934)

Sunday 4 September—Around the Isle of Thanet

10:40 at Minster station (Thanet) Right by the sea in many places. Long traffic free stretches. Lunch at Botany Bay Tea Garden. Gregory Williams (01227 761736)

Sunday 4 September Central London SkyRide.

Approximately 15km of central London roads will be cyclable free from motor traffic. Sky Ride

Saturday 10 September Kent Churches sponsored bike ride

and stride. A popular annual event to raise money for your local church and the Friends of Kent Churches. Plot your own route to take in as many churches as you like. You may be welcomed with refreshments. For details and sponsor forms please contact the event organizer, Carolyn Millen on 01622 843383 or

carolyn.millen1@btinternet.com or visit our website:

friendsofkentchurches.co.uk

Saturday 17 September—France 08:00 at Dover Eastern Docks booking office

A gentle ride along the canals to Ardres. Please arrive by 07:45; we need to board at 08:00 on the 08:55 ferry. Follow this link for cheaper fares: http://www.

Continued over

Contacting SPOKES

[All email addresses are @spokeseastkent.org.uk]

CHAIRMAN & RANGERS:

Steve Fawke 01227 830336 chair@ or rangers@

VICE CHAIRMAN:

Ben Knox 01227 462754 vice-chair@

MINUTES SECRETARY:

Keith Hanna

minutes-secretary@

TREASURER:

Terry Croft 01304 831887 treasurer@

MEMBERSHIP SECRETARY, **NEWSLETTER DISTRIBUTION:**

Tony Purchese membership@, newsletter-distribution@ LIAISON:

Sam Webb 01227 738296 liaison@

RIDES CO-ORDINATOR & MERCHANDISING:

lan Rogers 01227 749598 rides@ or merchandise@ WEBMASTER:

Gregory Williams webmaster@

01227 761736 **CAMPAIGNS CO-ORDINATOR &**

RANGERS:

Adrian Oliver 01795 537555 campaigns@ or rangers@

NEWSLETTER EDITOR:

Emily Shirley

newsletter-editor@ **NEWSLETTER DESIGNER:**

Andrew Fenyo 01227 769940

Minnis Print 01303 840736 Printed

One of the reasons that I am a keen bicycle user is because I see it as part of the solution to the environmental mess we humans have concocted and continue to flounder, ever more perilously, in. Transport is a key consideration and has to be addressed if we are to reduce our carbon footprint but I do not just ride a bike or edit Spokes in a transport

The Government is about to unleash upon us a 'deregulated' planning system through the 'Localism Bill'. Our planning system will become primarily a conduit for economic growth through the introduction of a new mafia like system working through opaque structures and bribery. Believe me, the protection of the environment and pro bicycle measures will amount to less than bicycle bells.

There will be a new presumption to grant planning permission for sustainable development-sustainable as usual meaning all things to all men. Bribery is to be endorsed in the Bill and greater powers will be given to business led partnerships like the Local Enterprise Partnership (LEP) to make policy decisions that ought to be left to elected councillors.

Imagine for example, if the LEP comes forward with a massive housing and new road scheme with money allocated to it from Government through the New Homes Bonus and/or Regional Growth Fund. The chosen developers offer the local authority Community Infrastructure Levy money so that the local authority can refill its depleted coffers. What policy and planning proposals do you think will prevail? How will elected councillors be able to effectively challenge an unwanted proposal and represent their electors?

This Government is proposing corruption disguised as localism. I urge everyone to go into top gear and pedal against the Localism Bill before it is too late.

Chairman's Ramblings

One thing everyone is noticing—and this is probably a knock on effect caused by high fuel prices—is far more people utilising the humble bicycle for their local transport needs. More people also seem to be using public transport and that too is welcome. I'm uncertain whether we are finally seeing a fall in car ownership as reported by Oxford University, but people are certainly doing less mileage by car.

It was the oil crisis combined with the high casualty figures on the roads that paved the way for a real sustainable transport revolution in Holland and other countries in the 70s. In Holland a campaign was started in the early 70's called "Stop de Kindermoord" (Stop the Child Murder). Accident figures in the UK, unlike the price of oil, are actually on the decline. One of the reasons why child mortality rates are lower here is partially due to children being closeted within the home; life outside our front doors is considered too dangerous.

A campaign that is gathering pace throughout the country and I believe will eventually penetrate Kent's political world is 20's Plenty for Us. Sustrans too is launching their new campaign Free Range Kids which similarly deals with reducing speed limits to 20mph. Both campaigns are about town-wide 20 mph zones and not just short sections of 20mph outside schools. Both Campaigns are also about improving the quality of life within our urban landscape, making our towns, villages and more importantly our streets safer and nicer places to live work and play. These campaigns are about giving people choice and creating change and real sustainability. The government has recently cut the red tape making speed reduction to 20mph a lot easier for councils to implement. In the 2010 British Social Attitudes Survey reported that 71% of people are in favour of 20mph speed limits for residential streets. If this is the case then there is really little excuse and our politicians should be more supportive, after all aren't they supposed to be serving the public interest?

Spokes will be collaborating with both campaigns so as to make 20's Plenty and Free Range Kids a reality in Kent. See http://www.20splentyforus.org.uk/ and http://www.sustrans.org.uk/ for information on campaigns and visit our website. There's plenty of material supporting 20mph on the Department of Transport website. One page of note is http://nds.coi.gov.uk/clientmicrosite/Content/Detail.aspx?ClientId=202&NewsAreaId=2&ReleaseID=419854&SubjectId=36

Steve Fawke

Around most of the world in 11 and a half months by an invigorated former Canterbury resident!

There are of course multiple themes that one can pick out from my journey. Let's cast aside bad-planning and poor navigation for now. My ride was, in every way, an adventure. For me, adventure is a state of mind. It is removing ourselves from our comfort zone; setting out to do something different, to go somewhere new (literally or metaphorically.) I found adventure by riding into the unknown, surviving on less than £3 a day and living a permanently nomadic lifestyle. I supplemented that with the added thrill of having no idea where I would end up. I set parameters within which I would operate, such as 'don't talk to anyone who points a gun at you,' or just as importantly, 'don't cheat and take a ride in a car.' Other than my Golden Rules, anything went. I learned the value of committing 100% to every cause, and found that key correlation between hard work and reward. There are few greater feelings than finding yourself on top of a 10,000-foot mountain after being convinced you were going to die of exhaustion barely five minutes earlier. I chanced my arm, and spoke to people that I probably had no right to speak to. However, when a New Zealand government official is so enthralled by what you're doing that he grants you free passage across the Pacific, its easy to feel vindicated in these decisions.

These are the ways and places in which I found adventure. The point is though, you don't have to cycle to China in order to achieve that, and I'm sure that's comforting to hear! Adventure is all around us, and riding a bicycle is like having a magic key to unlock it. The whole gamut of emotions is available through the humble bicycle – us cyclists know what it is to experience true ecstasy and fear; joy and terror – and those can be found as easily on the streets of Canterbury as they can in the mountains of Cambodia!

Adventure can be picking a point on a map and then trying to cycle there, or it can be just taking a different route home. I make a living now from telling people the importance of taking risks, and I firmly believe that this gives us a greater sense of vitality than anything else

There's a world of possibilities waiting for us just outside the door. There is so much out there to be achieved, explored and enjoyed, that surely each second counts. Adventure invigorates me, it makes me more productive, efficient and crucially, it makes me happier than anything else can. It is a mindset, an attitude and a choice.

I am yet to meet the man who regrets a life spent in pursuit of adventure.

Leon McCarron

Big Wheel of Kent 2011

The BWoK rides and the festival in Dane John Gardens were a success in spite of the rain that set in during the afternoon. We ran all planned 19 rides and interestingly the longer rides, such as the 34 mile ride from Rochester, were the most popular. The Dane John cycle festival consisted of 33 stands representing cycle shops, Dr Bike, a number of charities we collaborate with, Greenpeace and other organizations promoting sustainability, free massage, and



a range of food outlets. The music was provided by Cocos Lovers, The Barrett Brothers and four groups from Strummerville. The Lord Mayor of Canterbury Cllr Ian Tomas welcomed the crowds as they arrived. He said: "Cycling is fun and suitable for all ages. This wonderfully successful event has helped to showcase the growing importance that cycling can have in our everyday lives. I was also very impressed at the number of organizations that took part."

We were disappointed that so few SPOKES members took part in the event. Only 14 members registered for the rides (out of about 450) – about 3%. Are we doing something wrong? What sort of activities would YOU like? We really want your feedback. Please let us know by emailing me. In July we will review whether we should run the Big Wheel of Kent next year, and if so what form it should take and when it should be held. So we need your input.

Many thanks to the committee and to the other SPOKES members, who led rides and helped out in Dane John Gardens.

Ben Knox - Email: vice-chair@spokeseastkent.org.uk

We have email addresses for about two-thirds of our members. Please could you email our membership secretary with your membership number in the subject line, so that your email can be added to the membership database. We want to be able to contact you quickly to support SPOKES campaigns. The email address is: membership@spokeseastkent.org.uk

Please get to the editor all articles and photographs for the next newsletter by mid September 2011.