
HUBbub

Newsletter of Redbridge, Havering, and Barking & Dagenham LCC Groups

August – September 2009

Movers And Shakers Ride A Winner For Redbridge

Many thanks to all those who helped make this event such a fantastic success. Here are some comments from our thirty or so participants:

James Cleverly, Mayor's Ambassador for Young People: "It's really important that we encourage cycling, whether it's competitive cycling or cycling for fun or cycling for fitness. It's such a brilliantly easy and cheap way of getting around..."

Lee Scott MP: "It is vital to have a strategy to help cycling and actually to have resources to put things in place like this brilliant facility that we have in my constituency..."

Roger Evans, GLA Member Havering and Redbridge: "This has been a great event today. It has been a great encouragement to me, the first time I've cycled in 25 years..."

Keith Prince, Leader of the Council: "Being a politician I work 12-18 hour days and I don't get a lot of exercise and if I was to cycle to work obviously I would get that exercise."

Hugh Muir, Guardian columnist: "I'm a regular visitor to countries like Holland...and what you get from that is...a real sense of what can happen if people commit themselves to more

cycling and governments commit themselves to making it possible for people to cycle more."

Arvinder Singh Paul, organiser of the Sikh Charity Bike Ride: "I think cycling is a fantastic way of getting from A to B. I started when I was a youngster at the age of about 9 or 10 and I've been cycling ever since. I cycled to university...and afterwards I cycled to work as a schoolteacher in a school. I've been encouraging young people to ride ever since."

Cllr Sue Nolan, Cabinet Member for Resources: "It's the freedom it gives you. You get on a bike and you can go anywhere. You feel the wind in your hair and on your face..."

Cllr Michelle Dunn, Cabinet Member Highways and Environment: "It was so much fun. I can't believe how enjoyable it was. I was a bit wobbly at first but I really enjoyed today."

Redbridge LCC Monthly Group Meetings

Join Redbridge LCC on the third Tuesday in the month at Wanstead House, 21 The Green, E11, and enjoy cheap drinks and free chat in the bar afterwards!

Next meeting Tuesday 22nd September, 8pm : speaker to be announced. Wanstead House, 21 The Green, E11 (near Wanstead tube). Drinks in the bar afterwards.

Coming Up...

Summer Rides & Events

Please check before you start to ensure there are no major changes. Look up www.redbridge.gov.uk for last-minute updates.

We welcome any suggestions of rides and events and particularly offers to lead or organise them. More short children's and beginners' rides wanted! Regular emails with updates of 'Coming Up' event listings go out to those on the mailing list.

If you want to join the email list please contact:
gilljames@btinternet.com

August

Saturday 1st August:

New Newham Ride

All 'New Newham' Rides rides start at 10.30am from underneath the 2012 Countdown Clock outside Stratford Station. There will be six in 2009 from April until August. These leisurely 18 mile rides with a café stop are almost entirely off-road along paths suitable for all types of bikes. Places of interest include the Greenway, the Olympic Stadium, Three Mills, Royal Docks, Excel 2012 Venue, and the Thames Barrier Park. Details from Bernard McDonnell: 794 723 6965 Adavil@ntlworld.com

Sunday 2nd August:

Essex Afternoon Tea and Cake Ride

Starts 2.00pm Snaresbrook Station. Tube to Theydon Bois for country ride of 20 miles round trip for tea at Stanford Rivers Church. Return via Epping tube.

Details: Alan James 020 8989 4898 alan.j.james@btinternet.com

Wednesday 5th August:

Summer Hols Family Cycle Ride

Meet 2.00pm outside Perry Lodge, junction of Arran Drive and Northumberland Avenue, Aldersbrook E12, for an eight mile circular ride, mostly off-road, up the Roding Valley Way to Ray Park, to visit the new natural play area with its mounds, tunnels etc. Bring a picnic and a football.

Age 6+ if riding own bikes. All children must be accompanied by an adult.

Contact: Alan 020 8989 4898
alan.j.james@btinternet.com

Sunday 23rd August:

Epping Forest Family Ride

Starts 11.00am at Queen Elizabeth Hunting Lodge, Chingford. Forest Ranger Ian Greer will be leading rides in the Forest. You are advised to bring helmets, water & refreshments.

September

Cycle Maintenance Workshops

Wednesdays 23rd & 30th Sept, 7th & 14th Oct, 7.00 – 9.00pm

The next series of 4 Wanstead House workshops with Jim Dalton are a snip at £35.

Please sign up with Terry Hughes if interested:

terence.hughes@btinternet.com
07795 981 529

Sunday 5th Sept:

Epping Forest Ride

For competent riders. Starts 11am at Queen Elizabeth Hunting Lodge, Chingford. Forest Ranger Ian Greer will be leading rides in the Forest. You are advised to bring helmets, water & refreshments.

Friday 11th -Sunday 13th:

Essex Churches Weekend

Saffron Walden Youth Hostel is in a newly refurbished 600-year-old former maltings in one of England's best-preserved historic market towns. The Churches Ride on Saturday tours a pleasant area of Essex countryside visiting historic churches, many of which open specially for this event. We sponsor June Cocksedge for the Conservation of Essex Churches. Booking: cheques for £50 made out to Gill James, at 29 Clavering Road E12 5EY, by August 18th. Tel 020 8989 4898

gilljames@btinternet.com

Sunday 13th September:

Wanstead Festival

Volunteers needed to run Redbridge LCC Info stall alongside Dr Bike Chris Rigby .

Sunday 20th September:

Mayor of London's Skyride

(Formerly known as Freewheel)

Redbridge Feeder Ride (9 miles each way) leaves from Manor Park Station at 10.00am to join 50,000 cyclists on 10 miles of Central London streets closed to motor traffic. (details on www.lcc.org.uk) The feeder ride follows quiet routes and canal towpath. Marshals needed for the feeder ride and on the Skyride course. Less experienced adult and child cyclists who want to enjoy the Skyride without being exhausted by the ride into town should take the train to Liverpool Street Station and cycle a mile to the start at Tower Hill. Details: Alan James 020 8989 4898
alan.j.james@btinternet.com

Tuesday 22nd: September

Redbridge LCC Group Meeting

Starts 8pm

Wanstead House, 21 The Green, Wanstead E11 (near Wanstead tube) Speaker to be announced. Drinks in the bar afterwards.

Friday 9th to Sunday 11th October:

Douai Abbey, Berkshire

Douai Abbey is a community of Benedictine Monks in Upper Woolhampton, near Reading, Berkshire, which rents out some cottages with comfortable dormitory-style self-catering accommodation. Rides on Saturday and Sunday in this delightful area.

Booking: cheques for £40 made out to Gill James by end of August please (address as above).

Critical Mass

<http://cmlondon.enrager.net/>

Massive ride leaving Waterloo Bridge at 6.00 to 6.30pm on the last Friday of every month. You really should go at least once in your life and see the sights of central London in a group of hundreds of cyclists. It is a great experience. Richard Everett usually goes, leaving Walthamstow about 5:15 p.m.

Contact: Richard 020 8491 6306

Contacts

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