

Ealing Cycling News

The LCC newsletter for Acton, Ealing, Greenford, Hanwell, Northolt, Perivale and Southall
August 2009

Bike Week



This year's bike week was the biggest ever. We ran more rides, set up more stalls, and checked more bikes than in any previous year. Our Dr Bike event at Ealing Green saw 85 bikes checked over in one day. Our stalls at Ealing, Hanwell and Acton saw a steady stream of people collecting information, joining LCC, and signing up for our email newsletter. The result is that we have nearly doubled the number of members of our email group which now stands at over 600.

In the run up to Bike Week we promoted our events by running an information stall at the West Ealing Farmers' Market on Saturday 6th June. As a sizeable number of people arrive at the market by bike it was easy to spread the word! Forty-four people left us their e-mail address with some doing their first social ride in Bike Week.

In Bike Week itself, the Dr Bike and Stall in Ealing Green was very well attended. There was a queue for the Dr. Bike for most of the day, and hundreds of people visited the stall and took away information. The following Saturday we held stalls simultaneously at Hanwell Carnival and Acton. Our rides were well attended, with good turn outs for the Greenfest, Sunset and Family rides.

Thanks to everyone who gave up their time to help out at these events. It has been a great success.



Mayor of London's Sky Rides

This is the new name for the Freewheel rides on streets closed to traffic. There are two in London this year, and we're lucky enough to have the first on our doorstep.

9th August Hounslow SkyRide

This will be a 10km circuit ride and we are hoping to lead feeder rides from various points in the borough, eg Acton and Southall. We will send out details of these rides as soon as possible on the email newsletter. Ideally you need to register for this SkyRide at: <http://new.britishcycling.org.uk/skyride/hounslow>.

20th September London SkyRide

We will be leading a ride from Ealing Town Hall into London, where streets will be closed to motor traffic. Last year we had around 200 riders! Make sure you register for this one in advance at <http://new.britishcycling.org.uk/skyride/london>

No Ramps for Station Steps



A cycle ramp at a station in San Francisco eases the way for cyclists

After over a year of campaigning, we heard in July that First Great Western has decided not to install cycle ramps at Ealing Broadway Station. At a meeting at Paddington they explained that they felt the ramps could be a safety hazard given the current station overload. The long term solution will be the installation of lifts and escalators as part of the station rebuilding for Crossrail.

As an interim alternative, ECC's Peter Mynors suggested that FGW install some kind of assistance bell or intercom at the station entrance and the bottom of the stairs up from the platforms, so that people struggling with heavy suitcases/bikes/prams can summon help. FGW will consider this.

Now that Crossrail is confirmed, ECC will be taking a proactive stance on details affecting cyclists, ranging from cycle parking and the carriage of cycles on Crossrail (for example on the first leg of a longer trip by National Rail), through to small but important points such as lift dimensions. Thameslink has set a precedent that cycles can be carried through central London, but TfL has yet to make a decision for Crossrail.

Notices

Thanks to Jo Mortensen, Ealing's Sustainable Transport Officer for coming along and speaking at our last meeting.

To keep up-to-date with the latest news, log on to our free email newsletter. Simply send a blank e-mail to: ealingcycling-subscribe@yahoogroups.com.

Next Meeting

We meet on the first Wednesday of every month. Our next meeting is on Wednesday 5th August 2009. At Cafe Grove, 65 The Grove, W5 5LL, at 7.30 pm. All members welcome.



Eltham Palace Ride



Midweek fears that Andy Murray was going to win the Men's Final and the weather forecast predicting heavy rain were thankfully misguided and we had a good turn-out.

Keeping to the back streets of Hammersmith and Fulham we crossed Wandsworth Bridge and then through the labyrinth of subways under the gyratory system before reaching Wandsworth Common and Clapham Common. We took the hidden alley that passes by the front door of Brixton Prison. Then a clever short cut through the Tulse Hill Estate took us into beautiful Brockwell Park, which Lambeth Council wants to destroy by building a road through it.

We got to Peckham Rye Park – our drink stop - at 12.30pm. Drinks were brought out to us by a member of staff as the group began to cover their arms and faces with sun cream: it was that hot!

We crossed the railway line at Lewisham Hospital using the clever spiral footbridge where one walks up the steps whilst pushing your bike along the adjacent ramp. Hither Green, Lee and Mottingham came and went as we made our way up our final ascent along King John's Walk with its hard-to-beat views of London.

200 minutes and 22.5 miles after we set off, we reached Eltham Palace and took advantage of the 15% group discount that included a superb free audio tour narrated by David Suchet. (Agatha Christie's Poirot was filmed here).

We returned by train to Charing Cross to be greeted by a gate assistant at Charing Cross who waved us all through the barrier. A nice touch! We got back to Ealing around 6.30pm. It was a ride that everyone enjoyed.

Thanks to Ben for leading, Murray for being the back-stop and Dr Bike on the way out. Thanks, too, to Tim for volunteering to be the back-stop from Charing Cross.

Eltham Palace, managed today by English Heritage, remains one of England's largest medieval palaces and the glamorous home of the Courtauld's in the 1930's. It combines the finest Art Deco home in England with the remains of a medieval and Tudor royal palace that was the home of Henry V111. It happens to be the home of London's oldest working bridge. Eltham is quite simply a hidden gem. It was so good that Kelvin signed up to become a member of English Heritage!

Free Child Seat and Trailer Loan



Our cycling with children project continues. With our grant we've bought the first batch of trailers and bike seats and associated accessories to lend out to anyone who wants to try cycling with younger children in Ealing and Hounslow. On top of the actual equipment we also fit the gear, fund professional on-the-road training, and provide route advice and other help in order that parents feel confident using the child seat or trailer while on their bike. There is no charge for this service. The initial equipment loan period is usually around six weeks.

We now have three project managers to spread the workload around – thanks to Andy and Geoff, we also have some publicity planned via Transport for London and a few specialist magazines, but we're still very keen for the direct approach of people. If you know anybody who would benefit, and that includes yourself, please let us know. And likewise if you know of any good locations to leave our project flyers then so much the better. We've targeted a few nurseries and such like but any more ideas will be gratefully received. To register an interest in the scheme, email David at jellied30@hotmail.com

Bike Shop revamp



For anyone who hasn't called in there recently, Woolsey's in Acton has had a face lift. The shop in Acton Lane now has more than double the floor space, and the new floor-to-ceiling racks means a much greater range of stock on display. Woolseys also give a 10 percent discount to members of London Cycling Campaign. Just show them your membership card. www.woolseyofacton.co.uk

Rides...



Check our web site www.ealingcycling.org for the latest information.

Sunday 2nd August Fruit Farm

Our usual trip to Copas fruit farm out west. Slog along the canal path nearly all the way to Slough. Return via very quiet back roads and Nation Cycle Network before hitting the canal again. Bring something to take your pickings home - avoid soft fruits unless you want home made jam by the time you get home!

Leader: David

Time: 10.00am prompt

Place: Ealing Town Hall Steps, New Broadway W5

Wednesday 12th August Gifto's

Andy is leading one of his legendary food inspired rides into Southall, with so much choice in the area it is hard to decide on the best but after years of extensive research it's hard to beat Gifto's. The best nans in town and as the kitchen is located in the restaurant diners can see their meals being prepared before their very eyes!- everything is freshly made to order!

Bring lights!

Leader: Andy

Time: 7.00pm prompt

Place: Ealing Town Hall Steps, New Broadway W5

Sunday 23rd August Family Ride

Our traditional ride around the borough for young children. We keep to the back roads and tow paths and go via the Bunny Park ending in Pitshanger Park for your picnic and fun & games.

Suitable for all ages.

Leader: David

Time: 10.00am prompt

Place: Ealing Town Hall Steps, New Broadway W5

Sunday 6th September Hedgerley & Burnham Beeches

A train assisted ride for those that want to. We'll catch the 10:24 train to Slough, meet ride leader Phil (07904 125648) outside Slough platform 5 for an 11 am take off. Explore the Berkshire lanes, then relax for lunch at the charming White Horse pub in the pretty village of Hedgerley. Enjoy tea and home-made lemon cake at the grass-roofed cafe in the beautiful Burnham Beeches nature reserve. Approx. 23 miles.

Leader: Phil

Time: 10.00am prompt

Place: Ealing Town Hall Steps, New Broadway W5