

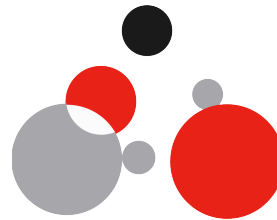
CAMDEN CYCLIST

Camden Cyclists' News June/July/August 2013

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LONDON
CYCLING
CAMPAIGN
IN CAMDEN

London Cyclist Goes Quarterly!

Now the London Cyclist magazine is going quarterly, it will become more difficult for this newsletter to keep our local members up-to-date. London Cycling Campaign will be sending out a weekly London Cyclist email. Jean sends monthly email updates via news@ccclists.org.uk. Contact info@camdencyclists.org.uk above to receive these emails, if you do not already receive them. We'll try to keep the Camden Cycling Campaign website well updated. Our Twitter feed will deliver news up to the minute. We appreciate this is difficult for those without a computer but beyond the control of Camden Cyclists. Apologies.

Members' Meetings

Our meetings are usually held on the third Monday of every month at at 7.30pm, in Primrose Hill Community Centre, 29 Hopkinsons Place (off Fitzroy Road) NW1 8TN. There's a Committee/Business meeting at 6.30pm that anyone interested may attend. Next meetings:

Monday 17 June 7.30pm

Monday 15 July 7.30pm This meeting will be held at the [Sidings Community Centre](#), 150 Brasseley Road, NW6 2BA, **NOT** at Primrose Hill.

Monday 19 August 7.30pm

Bike Week 2013

Bike Week this year runs from 15-23 June.

Sunday 16 June. Périphérique. The All Around Camden bike ride starts by the Town Hall, Bidborough Street WC1H 9JE at 10am for a 10.30 départ. Now in its seventh year, this ride 'beats the bounds' of the borough, then visits its centre.

Lunch at Golders Hill Park.



Wednesday 19 June: Cyclists' Breakfast

Free refreshments for all cyclists from 8-10am on Ossulston Street by the junction with Brill Place, NW1



There'll also be Dr Bike with maps and other cycling goodies to take home.

Thursday 20 June: Dr Bike in Regents Park

Dr Bike can attend to your machine 4.30 -7.30pm on the Broadwalk by the Ready Money Drinking Fountain

Saturday 22 June Ice Cream Ride

This is a short afternoon ride that features three places to enjoy an ice cream. Meet 2.15pm Sidings Community Centre, climb to Golders Hill and descend to Regents Park via Marine Ices in Chalk Farm, then return to Sidings.

Kentish Town Bike Workshops

Continue throughout the summer. Monday 1 July

Monday 5 August

Monday 2 September

They're all from 7-9pm at Kentish Town Health Centre 2 Bartholomew Road London NW5 2AJ.

Summer Rides

Sunday 18 August George's Country Ride

Meet Charing Cross 10.20 for 10.38 to Sevenoaks arr.11.1 for 32 slightly hilly miles in Kent. Route on <http://tinyurl.com/pdyog6b>

Sunday September 1 Lee Valley Family Ride

Meet Highgate Road at Hampstead Heath cycleway (near tennis courts NW5 1RP) at 1015 for 1030 Ride to the Lea Valley, along the towpath and back via Finsbury Park. Lunch at a cafe by the river or bring your own. Easy paced with time to look around and visit the nature reserve. 18 miles on (mostly) quiet roads, cycleways and towpath.

Thank You Stefano!

At our AGM, Stefano stepped down after 9 years a Joint Co-ordinator. We are immensely grateful for all the hard work he has put in over the years.

Award Winners

At the London Cyclig Awards, Camden was joint winner,(with City of London) for the Best Borough Cycling Initiative for introducing two-way cycling on one way streets.

Trainees Take To The Road!

At the Camden Cyclists meeting in November 2012 at Sidings Community Centre the priority was Cycle Training. We thought it wise to wait for some warmer weather and publicised two training sessions at Sidings with Camden's Cycle Trainers. Four people came to the first session, all of whom had once cycled, but not for at least ten years, with varying levels of confidence.

The first session dealt with the basics of riding: staying upright, steering, braking, using gears, signalling and following a leader.

Three new people came to the second session but one of the original group dropped out. Initially, the new people were made ready to go out on the road. We the learnt good road technique, how to see and be seen and where to position ourselves. Despite being on quite a busy side road, all the beginners were encouraged by their experience and they information they'd been given.



The next Saturday, four of the trainees and four more experienced cyclists went round Brent's parks. Gladstone Park was first with a short hill to give our beginners a challenge. Then to Roundwood Park which also allows cycling and to a cafe for some welcome refreshment. Next stop was Queens Park, which unfortunately has a no cycling policy but also has a cafe where we had our lunch. A quick ride along quieter roads brought us all safely back to Sidings.

All the trainees had thoroughly enjoyed their first ride. One older woman remarked "This is the best Saturday I've had in years!" All of them were keen to become involved in slightly longer accompanied rides. There were other adults who got in touch who were too late to take part in the training,



pointing up the need for more training in the future.

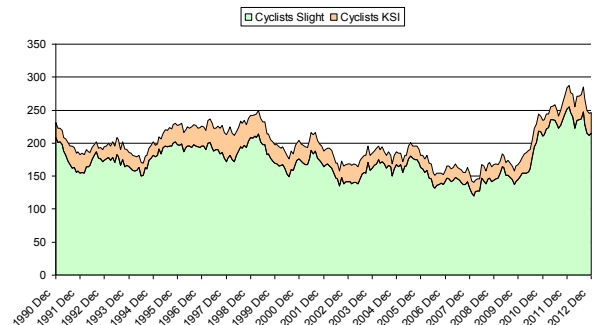
Phil Jones at the AGM

From 20mph to Tottenham Court Road: can Camden become the best borough for cycling in London? How the council is trying to deliver excellent cycling infrastructure, safe roads and a shift from cars to cycling, and the challenges that need to be overcome.

Cllr Phil Jones addressed our AGM with a detailed talk about cycling in Camden.

The text is here <http://tinyurl.com/ojxwnjb> and the slides are here <http://tinyurl.com/nbft6gs>

Cyclist Casualties in Camden



Cycling has increased in Camden but recent casualties have unfortunately increased somewhat. The council's response involves a combination of engineering interventions, education and awareness raising, and encouraging more fundamental change in the way in which roads are designed and used.

Camden's lorries will be FORS certified by the autumn and trucks on Council business will also have to be compliant.

It's obvious that the Cabinet member for Sustainability is working extremely hard to make the environment safer and more pleasant for all. We are grateful for both his efforts and his talk.