



Newsletters are on display in the Clubroom.
Previous issues can be found on the Members' Area of the website.



<i>For the Diary</i>		
19 th - 25 th August	CTC Birthday Rides Falmouth, Cornwall	
21 st - 22 nd August	WK Camping Rally Hope Hill Scout Site, Meopham	
Friday, 27 th August	Critical Mass Ride 6.30 National Film Theatre	
Sunday, 29 th August	Burgess Hill Rumble 95, 65, 43 and 20 mile Sportives	
Sunday, 29 th August	London to Hastings Charity Ride Crystal Palace Park 0800-0930	
28 th - 30 th August	Mildenhall Cycling Rally Thetford, Norfolk	
Sunday, 5 th September	Mayor of London's Sky Ride <i>Traffic-free cycling in Central London</i>	
Saturday, 11 th Sept.	Friends of Kent Churches <i>Visit as many as you can and raise money for local churches and chapels</i>	
Sunday, 12 th September	WK Group Get Together Duke of Wellington, Ryarsh	
Sunday, 12 th September	Circuit of Kent Cyclo Sportive 80/130km 9am Sevenoaks Prep.	
Thursday, 16 th Sept.	Clubroom Miniquiz 8.45 pm	
Saturday, 18 th Sept.	Spokes Cycle Ride to Ardres 8.15am Dover Eastern Docks	

SUMMER MILESTONES

Several exciting developments have occurred this summer with the opening of the first two [cycle superhighways](#) and the launch of the [cycle hire scheme](#). Lots of [criticism and anticipation of improvements](#), but the presence of cycling is undeniably growing in impact. Let's hope the benefits of these schemes will soon reach [further afield](#).

PROJECTS IN THE MAKING

Two interesting cycling projects in Kent in the process of development are [Valley of Visions](#), which proposes cycle routes along the River Medway in the triangular valley between Maidstone and the Medway Towns, and [The Bike Farm](#), a family biking environment at West Kingsdown. The websites allow you to register your support for the ventures and help them through the planning phase. Your support is also needed for proposed [bike parking in Hadlow](#) and [cycle path between Bexhill and Hastings](#).



WEST KENT CTC CAMPING RALLY

This weekend, 21-22 August, will be two days of cycling outdoor activities at Hopehill Scout Campsite, Meopham.

With games, treasure hunt and campfire fun, turn up for all or part of the weekend. Find the full programme [below](#). Don't miss it!

WK FLEECEES

Ideal time at the Camping Rally to get your WK fleece. Buy now at the £12 price before the new stock price of £15. View all WK clothing on the website and see Bob for what you want this weekend.



SKY RIDE

5,000 took part in the [Sky Ride](#) on 16 August in [Redbridge](#). Don't forget the [Mayor of London's Sky Ride](#) on 5 September which attracted 65,000 participants last year.

APPEAL FROM CYCLENUT

Chris Juden asks for your support on the Government's yourfreedom site where he proposes changes to the [Lighting Regulations](#) with more [feasible rules on reflectors](#).

SEVENOAKS CYCLING

Sevenoaks District Council has allotted time for discussion of cycling at the meeting on 31 August at the District Council offices, Argyle Road at 7pm. [Recent items](#) in the local papers highlight the lack of support for development of cycling in the area. YOUR support at the meeting will be greatly appreciated.

MIDDLE-AGED MEN IN LYCRA OR IN A MID-LIFE CRISIS?

Here the BBC reveals the [result](#) of the spread of cycle popularity, while the Guardian analyses exactly [who](#) we are.

PODIUM GIRLS

You may have seen I made the centrefold of a top magazine, but I have really only ever wanted to be a [Podium Girl](#). Luckily this week we find out just [how to do it](#). It's harder than I'd thought.

WK Group Get Together

Sunday, 12th September will be our Group Get Together (not Group Contacts meeting as published in the Rides Programme). All WK Sunday groups will be meeting up at lunchtime at the Duke of Wellington pub in Ryarsh. Do come along and meet members you don't often see and maybe play skittles in the garden. We can stay as long as we like and it is not a long ride home.

Martin Gill

CHALLENGES

A couple of challenges for you. While out with your camera for the WK Summer photographic competition, try capturing movie shots of [London's Cycling Revolution](#) for the TFL's and Bicycle Film Festival challenge or of the [National Cycle Network](#) for Sustrans' 15th birthday film competition.



ROUND & ROUND AND BACK TO BACK

Did you see the seven-seater [Conference Bike](#) on its [CoBi Cancer Research ride](#)? Far less sociable is this [back-to-back tandem](#).



Summer Photographic Competition

Don't forget your camera this summer.
Competition closing date: 13th September.
Entry form and details on Website.

BACK TO WORK

Thinking of starting to cycle to work or getting the children to bike to school? [Here's](#) the Sustrans Bike It scheme, while the [Telegraph Fitness Workshop](#) might inspire you to start the commute. News on new tax rules for the [Cycle to Work scheme](#), however, is less encouraging.

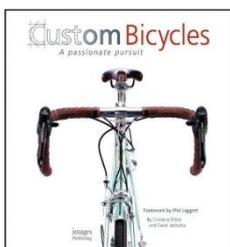
SEMAINE FEDERALE

Last week I was at the 72nd Semaine Federale in Verdun. A fantastic week of cycling with a large dollop of sobering WWI history. I might tell you more in Winged Words' next issue, but this [small film](#), featuring the UK and other foreign contingents at the festival, gives a good idea of the event.



TV

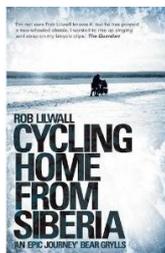
In *Britain by Bike*, Clare Balding embarks on a two-wheel discovery of Britain from the saddle of a touring bike. Catch the [series on iPlayer](#). Eneco Tour of Benelux 17 - 24/8 and Vuelta a Espana 30/8 - 19/9 on British Eurosport.



NEW RELEASES

Custom Bicycles: A Passionate Pursuit
Christine Elliott & David Jablonka

Cycling Home from Siberia
Rob Lilwall



WINGED WORDS

	<p>In Winged Words August/September:</p> <ul style="list-style-type: none">Your ride reportsOutdoor Events and TriVets reportsBuilding a few bikesA chat about spraying themPlus lots more! <p>For a copy or to subscribe, please email Richard Bush.</p>	<p>ADVERTISE in Winged Words Tell cyclists of the local area and beyond about your business. Six issues per annum Full page: £50 Half page: £30 Quarter page: £18 Email Richard Bush.</p>
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THE WEST KENT CAMPING RALLY

21 - 22 August, Hope Hill Scout Camp Site (GR.TQ637641)

Hope Hill Scout Camp Site is on the East side of the A227 in the 40-mph zone between Meopham Green (30 mph) and Culverstone (30 mph). There is a sign "Hopehill" on either side of the entrance, and on the opposite side of the road, on an electricity pole is "Hope Hill Camp" with a scout badge pointing across the road.

The site will be open from 9.30 am on Saturday morning. Camping overnight costs £5 per person. Day visitors £2. Toilets and showers on site. No cars allowed on camp field; car park at entrance.

During the afternoon there will be various sports and games, culminating in a Camp Fire in the evening from 8pm (hotdog rolls and tea £2.50). If wet, we will use the nearby hall. Bring your own mug and lamp.

On Sunday a Scavenger Hunt will start at 9.45am, returning for lunch at 12.30. Bring an Ordnance East London Map No.177 and pen. From 2pm there will be more sports, games and rounders until tea and cakes at 4.15 pm.

Rally Programme 2010

Saturday

Set up Tents
World Cup Football
Wheel Throwing
Slow Cycle Race
Sack Race
Rush Hour
Tea
8pm Camp Fire

Sunday

9.45 am Cycling Scavenger Hunt
12.30 Lunch
Cycle Polo
Slow Cycle Race
Obstacle Race
Balloon Bursting
Welly Womping
Rounders
4.15pm Tea
Can't wait for next rally.

Come along, join in and have a great time.

John Tobin 01689 852871

[BACK](#)