



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



<i>For the Diary</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 Sept.	WK Group Get Together Duke of Wellington, Ryarsh	
Sunday, 12 th Sept.	Circuit of Kent Cyclo Sportive 80/130km 9am Sevenoaks Prep.	
Sunday, 12 th Sept.	Le Tour de Didling 100 Audax Midhurst 9am	
Monday, 13 th Sept.	Summer Photographic Competition Entries deadline	
Thursday, 16 th Sept.	Clubroom Mini Quiz 8.45pm	
18 th - 26 th Sept.	Isle of Wight Cycling Festival	
18 th & 19 th Sept.	Open Houses LCC Rides Covent Gdn & Kensington Gdns 10am	
Saturday, 18 th Sept.	Spokes Cycle Ride to Amdres 8.15am Dover Eastern Docks	
Sunday, 19 th Sept.	LCC Autumn Family Rides Norman Park, Bromley 10am, 2pm	
Sunday, 19 th Sept.	William the Conqueror 200 Audax Redhill 7.30am	
Sunday, 19 th Sept.	Tour of London's Prisons Feltham Young Offenders 9am	
Sunday, 19 th Sept.	Cyclefit Fondo Tour of the Marsh 100/150km Folkestone Racecourse	
Friday, 24 th Sept.	Critical Mass Ride National Theatre, Southbank 6.30pm	
Saturday, 25 th Sept.	Surrey Legs of Steel 81/46km Boxhill 8am	
25 th - 26 th Sept.	EvansRideIt Biggin Hill, North Downs 30/60/90m 8-10.30am	
Sunday, 26 th Sept.	Hengist's Hills 100 Audax Bredgar, Nr. Sittingbourne 10am	
Thursday 7 th Oct.	Holiday Snaps Clubroom 8.45pm	

GROUP GET-TOGETHER

Don't forget Sunday, 12th September will be the first Get-Together of WK groups at the Duke of Wellington, Ryarsh. This will be a chance to meet members you don't often see and maybe play skittles in the garden. If you would like to be sure of a cooked meal, rather than sandwiches, phone the pub on 01732 842318 as soon as possible.

SKY RIDE

Another [vast event](#) in the capital for the Mayor of London's Sky Ride. Here are [some pictures](#) of a few of the 85,000 participants and a further [look](#) at the quirkiest aspects.

AND MORE

The Mayor did well on Sunday and also on Monday, encouraging Londoners to [beat the tube strike](#) and bike it to work. This [page](#) could help you find the best route and the quickest ride. With a [royal seal of approval](#), as Prince Charles sets out on a green tour, it should prove a good week country-wide. How do you like the TfL [cycling advert](#) now showing in cinemas? [Guardian Bike blog](#) wasn't too convinced.

**THE BULL'S HEAD, PRATTS BOTTOM
5th BEER FESTIVAL**



10th, 11th and 12th September
BBQ and Live Music



Saturday night: a Last Night of the Proms 'British Bash' with Cottage pie or Sausage & Mash
Old time sing-along with flag waving and hat wearing followed by the last few choruses of The Proms.

DEMONSTRATION TOWNS

Aylesbury, Brighton & Hove, Darlington, Derby, Exeter and Lancaster with Morecambe were the first six Cycling Demonstration towns,

the results of which are reported [here](#). With 12 more now to be developed, let's hope the influence is felt more locally (the nearest will be Southend). Progress was finally made for [cycling in Sevenoaks](#) at the District Council Environmental Meeting. A strong presentation document from the Sevenoaks Cycling Forum and the citing of strategies used by other Kent councils provided enough weight to get a resolution through.

MINI QUIZ

Following the success of last year's Mini Quiz, there will be another challenging set of questions for you on Thursday, 16th September at the Club Room. Team up with someone else, go it alone or just phone a friend - it's all for fun.

SECURITY-MARKING

Having lost two Condors to thieves, CTC's Jon Snow joins the Police in urging cyclists to get their bikes [security-marked](#). It's sound advice and free - you can attend an organised marking session or just ring your [West Kent Police Community Support Officer](#), who will come out and do it for you.

This [page](#) reminds you how important it could be, while might you have seen this [distinctive bike](#)? You certainly would have missed it.

IDEAS

[Here's](#) an interesting wheel invention for the winter and [here's](#) a space-saver for the hallway. What about these [BioLogic](#) accessories? Innovative ideas for better riding.

HILL CLIMB

This year's Hill Climb will take place on Sunday, 7th November (not 14th as published in Runs List) at Polhill, 11-12.30am. Plenty of time to prepare for the challenge or just come along and enjoy the refreshments. The AGM will follow at 2.15 at Otford Village Hall.

NEW TEA PLACE
MARGARITA'S TEA GARDEN
Emerson College, Forest Row
[RH18 5JX](#)
Tel. 0778 779 2829
[www.wealdenflowers.co.uk](#)
Open Sat & Sun 10.30am-5.30pm
April-September
Advertised on a railway bridge just short of Forest Row and about 1/2 mile from the track. Beyond bridge turn left on bridleway to a road, where turn left and left again to cross over bridge, then follow signs to tea garden. Open-air spot (no toilets).
Home-made cakes and jams.

ELHAM VALLEY

[biketart.com](#) has opened on the [Elham Valley Road](#). Opposite the vineyards, it's worth a look when passing for good coffee and interesting stock such as Crème, Swobo and Rolf.



CITY CYCLE STYLE & BIKE DROP

On Friday, 17 September 6-10pm you can join all to do with cycle-style at [Smithfield Market](#), a fun event which will also raise money for [Re-Cycle](#). Sponsors of the evening, Abel & Cole are organising a bike drop for [25 September](#) so clean out the shed now and help those with no wheels at all.

PLANNING WINTER TRAINING OR NEXT SUMMER HOLIDAY?

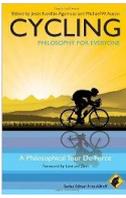
An ideal place for great cycling and sunshine is Lanzarote. Considering winter training or your next summer trip? Then have a look at this idea.

***A new cycling retreat in the heart of Lanzarote, Canary Islands.** The location is central, the surroundings quiet and beautiful and the property is a 200 year old traditional Canarian Finca, which is presently being restored. The Finca comprises eight twin/double rooms all with ensuite bathrooms. The rooms are large enough to accommodate an extra bed so the Finca can sleep 24 people comfortably if you are interested in a group booking. A professional bike provider will deliver bikes to the door and there will be a bike station for personal bike maintenance and bike racks available inside the rooms for added security. The accommodation has a Moorish influence and there is an internal plunge pool in the courtyard. There are 2000 square metres of landscaped gardens to explore with areas to chill out, hammocks and sheltered spots for complete relaxation. The cost is 40 pounds per person per night and includes full continental breakfast with fresh local produce of cold meats, fresh eggs and cheese, locally baked breads and fresh coffee, fruit and cereals. A smaller property is available [here](#). Email [Nicola Colley](#) for further information on either.*

For flights to destinations, [here](#)'s some good information on carrying your bike.

TV & BOOKS

Vuelta a Espana til the 19th on British Eurosport. [Tour of Britain](#) 11th-19th: highlights of each stage will be shown on ITV4, 7- 8pm each evening and available to watch online on ITV Player.



Out 24 September

Cycling: A Philosophical Tour De Force

Lennard Zinn (Foreword), Jesús Ilundáin-Agurriza & Michael W. Austin (Editors)

"Cycling - Philosophy for Everyone" explores in a fun but critical way the rich philosophical, cultural, and existential experiences that arise when two wheels are propelled by human energy.



Already featured, but

We Were Young and Carefree

Laurent Fignon

Laurent Fignon lived cycling at its peak. He enjoyed a truly exceptional career, winning over eighty titles from 1982 to 1993. The highs were matched by lows of serious injury, periods of self-doubt, and accusations of cheating. Fignon's story bestrides a golden age in cycling: a time before the scandals and the shadow of doping, a time when cyclists were afraid of nothing.

Report by Reg Oakley of Sevenoaks District Council Environmental Meeting of 31 August

We are making progress - inch by inch - in moving cycling up the Sevenoaks District Council agenda. At our suggestion Roger Walshe, chairman of the SDC Environment Select Committee, brought in external speakers from Kent Highways and Tunbridge Wells Borough Council to talk about cycling strategies adopted elsewhere in the county at a meeting of the committee on 31 August. We heard some depressingly familiar arguments from some councillors in the Q & A session: why are cyclists allowed on the road when they don't pay road tax and insurance? why don't they have to pass a test? where is the money going to come from? why cycle at all in Sevenoaks when it's full of hills? But the final outcome was positive - a resolution was passed urging the SDC cabinet to get started as soon as possible on working out a cycling plan for the district. Only one councillor voted against, but a number of others abstained. There's still a lot of wilful ignorance about cycling in SDC which we will have to overcome. John Morrison, speaking on behalf of Sevenoaks Cycle Forum, said he was encouraged by the briefing note that SDC officers had written and urged the council leaders to take the initiative and work jointly with Kent Highways and with local cyclists, as other councils already do. The wheels of local government turn very slowly, but we're now more optimistic that after months of delay, work may start by the end of the year.

We're highlighting the recent Dover Cycling Plan

<http://www.spokeseastkent.org.uk/future-routes/docs/Dover-Cycling-2008/Dover-District-Cycling-Strategy.pdf>

as a good example of what we want to achieve in Sevenoaks.

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