



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

If you would like to be alerted when new newsletters are posted, register [here](#).

<i>For the Diary</i>		
Saturday, 2 nd Oct.	The Upper Tea 200 Audax Hailsham 7.30am	
Sunday, 3 rd Oct.	VO2 Maximum Sportive 110/80km Hildenborough 8am -	
Sunday, 3 rd Oct.	Ride of the Falling Leaves 110/70km Herne Hill Velodrome 8.30am -	
Sunday, 3 rd Oct.	Olympic Viewing LCC Ride Bromley South Station or Cutty Sark	
Thursday, 7 th Oct.	Holiday Snaps Clubroom 8.45pm	
8 th - 10 th Oct.	Cycle Show Earls Court	
Sunday, 10 th Oct.	Pedal Powered Film Streatham Common 7.30pm	
Sunday, 10 th Oct.	Moderates Ride Lea Valley Epping Forest 9.45am.	
Sunday, 17 th Oct.	25 Mile Rough Stuff 8.30/9.00 Meopham Cricket Ground	
Sunday, 17 th Oct.	Beauty of the Darent LCC Ride Orpington Station 10am	
Sunday, 17 th Oct.	Viking Bike Ride 2010 32/55 miles British Heart Foundation ride	
Tuesday, 19 th Oct.	Orpington Curry Evening Crown, Shoreham 20.30	
Saturday, 30 th Oct.	Quiz Night Otford Memorial Hall 7.30pm	
Sunday, 31 st Oct.	Emitremmus Desrever 100km Stevenage to Saffron Waldon	
Sunday, 7 th Nov.	Invicta Hill Climb Old Polhill 11am	



SAVE THE VELODROME
 The [battle begins](#) to save the Herne Hill

Velodrome, the oldest cycle track in Britain and venue of the 1948 Olympic Cycling Championships. Read about the wide range of activities that it currently organises and its contribution to local cycling [here](#). A public meeting at which you can show support will take place on 6th October at Dulwich College.

CYCLE SHOW

[Cycle Show](#) 2010 takes place from Friday, 8th to Sunday, 10th October at Earls Court. The world of cycling under one roof with the latest bikes, clothes and accessories and [Mario Cipollini](#). CTC [advance tickets](#) at a reduced price.



BICYCLE FILM FESTIVAL

The 10th anniversary [Bicycle Film Festival](#) will once again celebrate bicycles through film, art and music at the [Barbican Centre](#) from 13th to 17th October.

LOST PROPERTY

If your bike, or someone you know's bike, has been stolen, have a look at [this site](#). Launched this year, it features all the bikes for sale in London each day. It may feature yours, or theirs.



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.

FINDING YOUR WAY AROUND WINTER

Preparing for the winter commute? This [Bike Blog](#) in the Guardian triggers a discussion of commuting in winter. While [this piece](#) talks about how to get there with the London cycle maps available.



EUROPEAN CYCLING FEDERATION

A [new law](#) came into force in Italy this week making the wearing of reflective jackets or armbands obligatory outside urban areas for cyclists. Italy has strict rules on cycling, which is probably good given its traffic mortality rates. It is not, however, obligatory to wear a helmet outside competitive cycling, although it is against the law to cycle with an umbrella.



SEGWAY SAFETY

[This article](#) in the Telegraph highlights the safety issues of Segways and the basic reasons for wearing helmets, plus possibly proving the benefits of pedalling hard.

'MY RITALIN'

With discussions about a genetic association to ADHD in the news this week, [this article](#) from the States seems pertinent. It's more about living with the condition than explaining its causes, but highlights the fundamental benefits of cycling.

CYCLE HIRE

Have you tried the London hire bikes yet? What do you make of them or the 'superhighways'? You can give your opinions to the London Assembly, which is seeking to [assess the progress](#) of these schemes, by filling out a [short survey](#).

TOUR d B and TV

Having missed out on chances of seeing stages of the Giro in Levico and the Tour in Morzine, I made it to the final stage of the Tour of Britain in Newham. And fantastic it was. Here is a picture I took. Don't forget to watch the Commonwealth Games on BBC. [Here's](#) the lowdown on who'll be competing.

Also: Paris - Tours on British Eurosport Sunday, 10 October.



Winged Words
 October/November


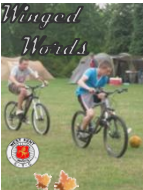


MODERATES RIDE SUNDAY, 10TH OCTOBER

LEA VALLEY

Meet at High Beech, [Epping Forest Information Centre](#),
IG10 4AF. 9.45am

Turn off at Jct 26 on M25, left at rbt (Honey lane), right
at cross roads into Forest Side, follow forward up Claypit
Hill, ignore next left, follow round bend, bear right to
park on right side.

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 	<p>In Winged Words October/November:</p> <ul style="list-style-type: none">✚ Summer ride reports✚ Musical notes from Wildoates✚ Overnight to Dunwich✚ Under canvas in Meopham✚ Cycling to Rheinbach✚ Discovering the Marshes and 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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STEVENAGE CTC invite you to join us on our 100 kilometre challenge ride from
Stevenage to Saffron Walden and back on Sunday 31st October

This will be the sixteenth "Emitremmus Desrever." The event now attracts well over 300 entries. It's not a race. You get between 4 and 8 hours to complete the ride. It is an AUK brevet populaire and a CTC listed event. The Mayor of Stevenage will start the ride from Fairlands Valley Park (SG2 0BL) with the first main wave going at 10am. Costello's will be open for breakfast if you arrive in good time. Every rider gets a detailed route sheet and there will be control points at a tea room in Hare Street (near Buntingford), a cafe in Saffron Walden, the village hall in Therfield (refreshments by the WI) and, of course, Costello's Cafe back at the finish so no one should go hungry or thirsty. Most of the ride is on quiet roads and country lanes with, of course, a few kilometres on Stevenage's famous cycle ways. You can ride in groups or ones and twos. The choice is yours. Download an entry form and more details from www.stevenagectc.org.uk. Don't delay. The first 360 entries get a souvenir frame number and, provided we're not "full", any entries on the day will cost more. Other souvenirs will include certificates plus polos, medals, even road jerseys for sale. So why "Emitremmus Desrever?" Well it's on the day the clocks change.....

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