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Supported by



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NEWSLETTER

# No 3 September

Dear All

Well, quite a ride, wasn't it, if a bit wet!? I hope that you enjoyed the ride and had some fun, compensating for any aches and pains, not to mention bike problems! The spirit of the Ride was magnificent and if the feedback already received via the questionnaire is anything to go by (plenty of 10s out of 10!), it was — dare I say it? — perhaps the best ever!

We are already feverishly plotting next year's ride, with details on the right.

Well done to all! Now to get the sponsorship in, not forgetting to send in your forms, so that Gift Aid can be claimed, where possible.

## REUNION CELEBRATION – 2nd November

We hope to have a good turn-out of riders and supporters attending our 22nd Ride Reunion at Hayling Island Sailing Club. The awards are to be engraved and brought up to date for representation — more details about this special night will be provided at a later date, including accommodation arrangements. Please ensure that you collect all your sponsorship by this date and hand in, if not already sent in. It should be a brilliant night, with live music, the ride video and a buffet at £8 a head, payable in advance, please, to 'Paris to Hayling'. Bring your photos and relive the Ride! NB: it's a Friday night. **The AGM precedes the Reunion at HISC on 2nd November at 7.30pm.** Please come along to give your support, see how we are getting on and maybe also to vote on or join the committee.

## DVD & Road Jerseys

Motorcyclist support Dave Collins has once again made a video record of the Ride and so we plan to make copies ready for the Reunion on DVD. We have recalled as many of the £1,000,000 road jerseys as we can and they are being sent back for replacement zips. Some more larger versions are also being ordered. Please let us know if you still want one of these special edition jerseys at £20 each. We still have limited supplies of the standard road jerseys and men's and ladies' shorts, which can be purchased at £25 each. We also have a limited supply of excellent Bike Ride Training Tops, in various sizes, priced at £45. All cheques to 'Paris to Hayling'.

## FACTFILE

1986– 2006

Over £915, 000 raised so far

Ride 2007

£81,300 now pledged

182 Riders took part in the Ride

50 Ladies 70 New Riders

## PLANS FOR 2008

We have at last decided the route for next year, seven different proposals being considered. Having reached (we hope!) the landmark fundraising figure of £1,000,000, we felt it was time for a change and so the Bike Ride is not visiting either Paris or Versailles for the first time in 22 years. Apart from visiting different places, the main necessary criterion to fulfill is to find suitable numbers of hotel rooms for our large group and it seems that we have done so at all of our destinations, although Alencon is proving a challenge! So, the route is: St Malo – Rennes – Laval – Angers – Tours – Alencon – Caen, with the shorter ride joining the 6-Dayers en route to Angers. The mileage is about 375 for the longer ride and 250 for the shorter ride. We are going out on Sunday 13<sup>th</sup> July, Tuesday 15<sup>th</sup> for the shorter ride and returning on Sunday 20<sup>th</sup> July 2008. Entry fees are yet to be decided, since more research has to be done, but we don't anticipate much of an increase over this year, as hotel prices seem to be quite good. Reservation forms available at the Reunion.

E-mail addresses: Please let us know your current address.



## The £1,000,000 22nd RIDE 2007 AWARDS

We now present all the awards and trophies on the ferry, since they only really mean a great deal to those on the ride itself. Once again it's important to point out that there are no prizes for fast cycling or coming in first, even though you wouldn't be able to tell by those who endeavour to arrive at their daily destination as early as possible, only to have to wait for their baggage, which is not promised to arrive before 5pm each day. In addition to the trophies, several 'minor' awards are presented on the ferry, including the **'Rear of the Year'**, judged by the male members of the committee, with suggestions welcome from other riders. This was deservedly won by newcomer Alison Taylor, with most of the committee in vociferous agreement. The **'CB award'** for the male version, judged by the female members of the support crew, was presented to The Baggage Handlers, a slightly controversial and unprecedented decision, but who can argue with the ladies of the Support Crew? The major awards were then presented, all decided by the committee during a meeting on the ferry, with the exception of Fred Dyer's **'Support Crew Personality of the Year'** cut-glass trophy, in memory of his late wife, Judy, which was decided following consultation with riders. This was presented to the popular team of Geoff Kerr and Mags Graham. The **'Bavent Cup'** team award went by unanimous approval to Team Ditcham Park, even though they had won it before, but with different personnel! There were honourable mentions for the saucy Nurses and Guys and Dolls, amongst others. President Pete McQuade, founder of the event, performing his usual role as presenter of the awards, announced that the winner of the **'McQuade Cup for Most Impressive Newcomer'**, in honour of his late mother, was Islander Heidi Ormsby. The **'Eberhardt Signs Most Improved Rider Award'** deservedly went to Rosemary Leiss, with Hazel Barnes and Julie Norton also getting mentions. The **'Oracle Proof That You Can'** award was presented to second-time rider Mark Enticknap, who has a prosthetic leg. 71-year old Ron Spencer reluctantly accepted the **'New Montfort Veteran's Cup'** once again — he's now getting used to the idea! The **'Reg Beacher Award'** for special contribution was presented to Vicky Prentice and Tom Hayden, who reacted so well to the theft of their bikes in Versailles. The **'Value Added Trophy' character award** was presented to Support Crew member P.C. Paul Mumford, who always cheers us up with his antics. The new **'Young Rider of the Year'** Trois Pics Cup was presented to Al Murison, who is developing into a serious rider. The **'Top Fundraiser Scroll of Honour'** will be presented with the new trophy at the charities evening in March, possibly once again to Barrie Dawson. The 17 young riders, aged between 14 and 17, were all presented with keepsake shields. All awards will be re-presented at the Reunion in November. However, everyone deserves recognition for the work and effort put in to make this once again such a special year for the Bike Ride.



Team Ditcham Park at Pegasus Bridge

### SUPPORT CREW

Having said that everyone deserves recognition, special mention should definitely be made of the wonderful support crew, always there when you need them, providing water, energy supplement, bananas, sweets, Tessa's flapjacks, spares and careful attention when essential. They included, in no particular order: John Adcock, Andy Brown, Dave Collins, Mark Cook, Kev Crocker, Rod Elliott, Mags Graham, Georgie Gross, James Hinsley, Geoff Kerr, Roger Key, Helena Key, Nathan Kirby, Jo Macey, Maryon McQuade, Paul Mumford, Sylvia Randall, Jack Salter-Vaile, Mike Stevens, Barbara Upton, Chris Upton. Everyone pulled their weight and worked from before the riders got up until after they had got in. The Rider questionnaire results gave them an unfeasible 10.4 out of 10!



PC 'Mumfy' Mumford

Once again, well done to all, on behalf of the Organising Committee. See you at the Reunion Night in November. PF

# Rider Questionnaire 2007

## Summary of Results

Marks out of 10, with 10 being the maximum

### Best results

	<u>2007</u>	<u>2006</u>	<u>+/-</u>
Support	<b>10.40!</b>	9.04	+ 1.36
Value for money	9.57	8.44	+ 1.13
Last Night	9.56	5.77	+ 3.79
Return Ferry	9.31	6.31	+ 3.00

### Best Lunch Stop 2007

Hotel des Voyageurs, Argentan - 8.13

### Other Strong Points (Over 8)

Route	9.03	8.08	+ 0.95
Route Notes	8.90	7.96	+ 0.94
On Ride Communications	9.04	7.67	+ 1.37
Pre Ride Communications	8.42	7.41	+ 1.03

### Weaker Points

- None of the morning stops rated more than 7
- Auberge de L'Isle has really deteriorated compared to last year - 5.86, down from 7.92
- In most towns there was a weak hotel (particularly Rouen!)
- Apart from Auberge de L'Isle, only Alencon hotels (5.92) were below 6 (a great result)

### Yes/No/Maybe Questions

- 100% would recommend the Ride to others
- 83% (v 57%) said they would definitely welcome a change of route, vindicating our 2008 plans
- Riders would be happy with a 14.2% price rise
- Riders would be happy with an average of 75 miles cycling per day.

**Peter McQuade (with help from Kerry Taylor)**

19/9/07

From The Times  
September 21, 2007

# Ride a bike? You must be rich!

Ben Webster, Transport Correspondent

The richer people become the further they cycle, according to official figures overturning conventional wisdom that the bicycle is largely a poor man's mode of transport.

The richest fifth of the population cycle on average 2½ times as far in a year as the poorest fifth.

The Department for Transport's National Travel Survey indicates that the poorest fifth, despite being five times less likely to have access to a car, are very unlikely to consider cycling as a solution to their transport needs.

The London Cycling Campaign said that people on higher incomes tended to be better educated about the health benefits of cycling and more concerned with maintaining a healthy lifestyle. Studies have shown that regular cyclists typically enjoy a level of fitness equivalent to someone 10 years younger, and those cycling regularly beyond their mid-thirties add two years to their life expectancy.

A spokesman for the campaign said: "People on lower incomes may be more concerned with the need to earn money than worrying about what constitutes healthy living or about the issue of climate change and how cycling is the greenest option." He said that poorer people might also be concerned that being seen on a bicycle would encourage others to view them as socially inferior. Richer people might be more confident about their social position. People living on council estates, especially those in high-rise blocks, were also less likely to have a secure place to park their bikes.

The Cyclists Touring Club recently received a £4.5 million lottery grant to promote cycling among disadvantaged groups.

Cycling groups believe that a lack of education and negative stereotyping of cyclists are the main reasons why poorer people appear unwilling to hop on bikes. They also blame the absence of role models for disadvantaged groups. There are dozens of well-known white middle-class men who are regular cyclists, including the Conservative politicians Boris Johnson and David Cameron and the broadcasters Jeremy Paxman and Jon Snow. But footballers and pop stars are rarely photographed on bikes and when they are it is usually while riding in parks rather than commuting on streets.

Roger Geffen, the club's policy manager, said that the growing popularity of cycling among white middle-class men was in danger of creating a new stereotype that would deter other sections of society from switching to two wheels. "If we are to appeal to disadvantaged groups, we need to get away from the Norman Tebbit approach of telling people to get on their bikes. Nothing is more likely than that to put them off. "We need to counter the powerful status symbol of the sports car by finding iconic figures to demonstrate that the bicycle can be cool. A few positive role models could have a transformative effect."

Mr Geffen expressed disappointment at the controversy recently over the role played by Konnie Huq, the Blue Peter presenter, in promoting a mass cycling event due to take place in central London on Sunday on major roads closed to motorised traffic. She was forced to withdraw from the event after the Conservatives complained about her appearing on the same platform as Ken Livingstone, the Mayor of London. Mr Geffen said: "Konnie Huq is the perfect role model for young people who might not otherwise think that cycling is for them."

Phillip Darnton, chairman of Cycling England, the Government-funded body that promotes cycling, said that bicycle sales in Britain had risen from 2.8 million in 2000 to 3.5 million in 2006. The number of cyclists has risen by 83 per cent in London since 2000, but there has been little change most other parts of the country.

He added that the most successful bicycle companies in recent years had been those selling expensive brands costing more than £400, such as Specialised, Trek, Giant and Cannondale. Mr Darnton, a former chief executive of Raleigh, said: "These brands have helped to **turn the bicycle into a lustworthy object** to own, but those on lower incomes are less able to afford them."