



Working for cycling



The million Km man

That's over 621,371 miles (in real money). !!!!

Yes our own George "McNasty" Berwick has clocked up 1 million kilometres in a lifetime of cycling. George admits that he didn't start counting until he was 18 so the true toll on his legs could be considerably more.

Some of Georges notable achievements during his many, many years in the saddle are -

Paris, Brest, Paris (1200 Km) in '79, '87, '91 & '99.

Aberdeen to Ardnamurchan and back (34.5 hours)

Scottish end to end record holder (Gretna to John 'O Groats) from 1967 to 1992

Completed forty two 24 hour time trials with a personal best of 464 miles in 24 hours.

Congratulations George on this milestone in your life "a-wheel" and no doubt we will be reporting McNasty reaching his one million MILES in a future edition of Fife Wheels.



DECORATED BIKES & ANNUAL LUNCH

Saturday 13th December 2003 was a bit windy, but 17 riders turned up for lunch at the Cedar Inn in Aberdour. Once again the hotel staff were delighted to award the prize for "Best Decorated Bike". This was won by George & Nan Shepherd. Their Trike decorated as Santa's' Sleigh, complete with George in Santa Suit and Beard as well as Nan in green Elf Suit. Charlie and Lorraine Brown were awarded 2nd prize by hotel staff for decorated tandem with tinsel spokes and Santa as second stoker. Afterwards, many of the riders headed to David & Linda Gibson's at Inverkeithing for seasonal refreshments.

Once again a good crowd enjoyed an excellent Annual lunch at the Halfway House Hotel, in Kingseat. We plan to return there again for 2005. The attendance was.....

Fife & Kinross members 28 Lothian members 35 Others 5

Prize for Best attendance on Saturday Runs - Nan Shepherd

Trophy for Best Contribution to Newsletter - Lorraine / Douglas Allan

Trophy for Photo Caption Competition - George Berwick

Report from Lorraine & Charlie Brown

The views expressed in this newsletter are those of the individual contributor, or for the editorial, the Editor's. These do not necessarily reflect the views of the Fife & Kinross D.A. Committee or the policies of the C.T.C.

<http://www.total-cycling.co.uk> The Fife & Kinross D.A.s Website



Nan & George Shepherd, Ann & Douglas MacArthur and Margaret Berwick enjoying a well earned cuppa at one of our Saturday runs.

Wallace Shackleton reports from the Courier and Advertiser 11 December 2003

Windfall upgrades cycle network

THREE AREAS of Fife's cycle network will be upgraded thanks to a £168,200 windfall. The money is part of £2.5 million awarded by the Scottish Executive to Sustrans, the national charitable group which promotes sustainable transport, for the upgrading of the national cycle network. In Fife a large portion of the cash will tackle the persistent drainage problems on stretches of the west Fife cycleway from Dunfermline to Alva. The area between Dunfermline and Oakley will be given a bound bitumen macadam surface as part of a £180,000

upgrading which is also being financially supported by Scottish Natural Heritage. The award will also enable work to start to improve the surface on the cycleway between the Tay Bridge and Tayport, which is also to be covered with bitumen macadam.

The third project will see some minor safety improvements on the stretch along the A92 route near Guardbridge. There are also plans to improve signs along the routes and produce promotional maps to increase the public's awareness of the upgraded sections.

All the improvement work, which will be commissioned by Fife Council, lies on routes, which form part of the Kingdom of Fife millennium cycleways network.

Transport spokesman Jim Philp said, "Although we have an excellent cycle network extending over 300 miles we are always looking for opportunities to improve it.

"Sustrans' decision to allocate part of the Executive's award to Fife will enable us to provide an upgraded running surface on routes that are popular with cyclists commuting to work as well as those cycling purely for leisure," he added.

Sustrans Scottish manager Tony Grant, said the organisation was tremendously pleased to receive the generous grant from the Executive.



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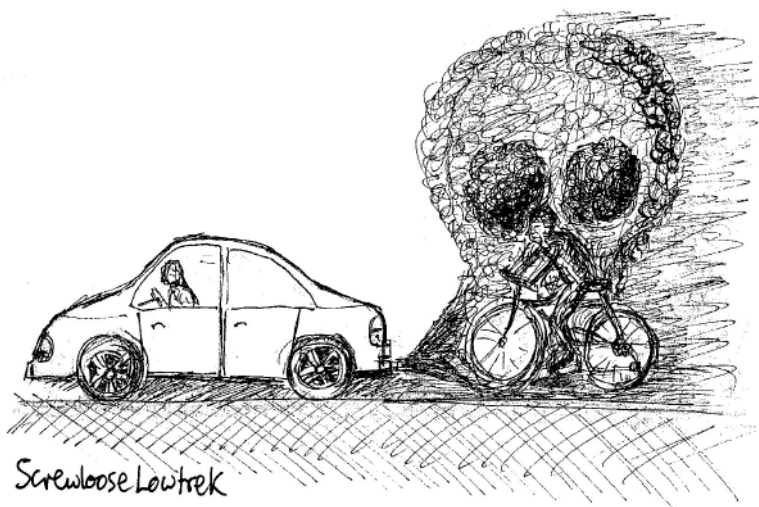
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A smart young lad called Brett
Spent all his time on the net
Then he got a fax
About an Audax
Now he does all the rides he can get

T.S. Idiot

From your DA Committee - January 2004

Treasurer

Willie continues to make good progress in hospital. In his absence, Morwyn reported that the Charity Status request made by him, on behalf of club, is still under discussion.

Membership

Trevor reported that the latest list, up to end of 2003, shows 288 members in DA, with 14 non-renewals, giving a total of 274. The system for collating these figures is gradually improving.

Runs

Charlie reported that average attendance on runs in 2003(52 weeks) was 13, of which 7 runs had 4 or less. New Runs Lists have been distributed.

Two runs are to village halls, and volunteers will be needed to organise teas. George & Nan Shepherd have offered to do this on 14th Feb at Collessie, and Charlie & Lorraine will organise this on 27th March, at Carnbo.

Newsletter

Trevor had issued latest newsletter in December, and next one is due out in March 2004.

Audax

Nothing to report. Euan Porter will provide route sheets to Trevor for input to our website.

Social

Lorraine reported that this year's Annual Lunch at Kingseat had been very successful, and suggested the club go there again for Annual Lunch in 2005. Everyone agreed. Lorraine will arrange this before next committee meeting.

Slide Show this year is on 27th March at Freuchie Village Hall. The hall is booked from 7pm to 10pm and George Berwick has agreed to entertain us for the evening. Lorraine will organise tea and biscuits, and will produce tickets, priced at £2.00, which will be distributed at Saturday runs. Trevor will send out emails beforehand to advertise this.

CTC Scotland

Euan Porter going to meeting in Stirling on 17th January 2004. Hard copy of "Cycletalk" is likely to continue for time being.

~ Committee Meeting - March 2004 ~

Welcome Back to Willie Nelson, who continues to make good progress to a full recovery.

Treasurer

Balance at 20 / 11 / 03	£ 1824.79
Income Refund Tax April/Nov 2003	£0.83
Total	£ 1825.62

Expenditure	
Secretary's Expenses	£ 26.75
Newsletter & Runs Lists	£ 11.17
total	£37.92

Balance at 18 / 03 / 04	£1787.70
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Willie reported that the Bank of Scotland is now paying Interest Gross because of Section 832(1) of the Income and Corporate

Taxes Act 1988. This is not a Charitable Status matter as had been implied in minutes of 15th Jan 2004.

Membership

For February the DA membership stands at 272 "paid up" members.

292 are listed in the data provided by HQ

7 members have left since last month

13 are "membership lapsed" but have not yet renewed

No new members this month

Runs

Charlie reported a good start to the year for attendance on Saturday runs - Mostly mid/high teens, and one or two runs with over 20. The run to Willie Nelson's was changed, at short notice, to Douglas & Lorraine Allan in Dunfermline, which worked out well. The following week was the first run to George & Nan Shepherd in Glenrothes, but was an awful day with sleet and wind. However 15 people turned up - by car, except Fred Carrat who walked. Could be a record, not a bike in sight. The run to Collessie village hall was a success with a big turnout. The hall cost £ 15.00 and we collected 50p per person for tea. Thanks to George&Nan for bringing tea, milk and sugar. We propose doing the same at the run to Carnbo hall next week. At the church centre in Kinross, we had a collection for the centre. Charlie suggested that, as the members already pay for their tea, the DA should give a donation to the centre (£10.00) and not ask the members to pay any more. This was unanimously agreed.

The Sunday Ride on 16th May will go from Huntingtower Park on edge of Perth to Dunkeld for a picnic lunch. There will be a ride of 48 miles and a shorter ride, about 30 miles, or even shorter by starting and finishing at Pitcairngreen. There will be more details in the next newsletter. Similar type events are planned for July and September, again more details in newsletter.

Newsletter

Work is well underway to publish the next newsletter for the end of March. Items of interest / small snippets are still welcome for this and all future issues.

Audax

Euan Porters' 2 events in July are listed in the Audax calendar and on our website. Dougie Latto has recently expressed an interest in setting up the Tayside Transgression as a permanent.

Hut

George reported there had been 6 Bed-Nights at the Hut, giving an income of £14.00 to DA funds.

The back door onto the cycle shed has now been replaced with a second-hand one. Poor weather prevented George from painting the door but he hopes to do this in April. Otherwise the hut remains in good condition. There are plenty blankets in the hut, but the duvets that were there need replacing He suggests that people should use their own sleeping bags.

Right To Ride

Snow prevented George from attending the Access Forum on January. He attended a meeting in March, where the Land Reform Scotland Act was discussed, with the remit that suggestions be returned to the Scottish Executive. Access Rights for User Groups, the Code of Practice is to be ratified by the Scottish Executive. Core Paths have to be agreed in the next three years in consultation with the public, farmers and land-owners. No "Right of Way" can be blocked by land-owners under any circumstances.

George reported that he had written to the Tay Road Bridge about signs barring cyclists from northern approach. These signs were only temporary and have now been removed. With regard recumbent bikes they advise to use the road. The signing at the bridge is now much improved and cars cannot block the access

A book review

FRENCH REVOLUTIONS by Tim Moore

Yellow Jersey Press ISBN 0-224-06095-3

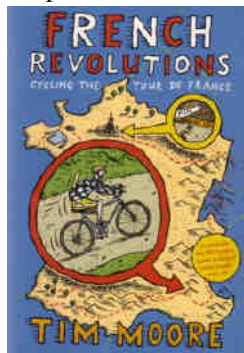
“Seduced by the speed and glamour of the biggest annual sporting event in the world, and determined to tackle the most fearsome physical challenge outside classical mythology, Moore, the ultimate amateur, attempts to complete all 3630 km of the 2000 Tour de France in the weeks before the professionals set off.

Battling it out with old men on butchers bikes across the plains of Aquitaine and pursued by cattle over Europe’s second highest road, Moore soon finds himself resorting to narcotic assistance, systematic overeating and waxed legs before summoning a support vehicle staffed by cruelly sceptical family and friends.

Moore’s Tour is a tale of calorific excess, ludicrous clothing and intimate discomfort.”

This is a book that will interest both cyclists and non cyclists alike. It is without doubt a very entertaining read where Mr Moore, a journalist by trade, tells of his adventures as he attempts to circumnavigate France on a newly acquired bicycle. Not helped by the Tour de France press office who thwart his every move by refusing to reveal the exact route he soon finds his own way between towns and washed out roads in the mountain passes.

Definitely recommended.
reviewed by Trevor Keer.



National Bike Week is June 12th to 20th 2004

DA events for Bike Week are:

Sat 12th June Lochore Meadows

Wed 16th June Powmill Milkbar

Watch the local & cycling press for other non DA events during this week.

Or visit <http://www.bikeweek.org.uk/>

***There was a young lad called Mike
Who loved to get out and hike
And then he discovered
In an old airing cupboard
His dad’s old racing bike***

T.S. Idiot

AUDAX !!!

Does the word 'Audax' mean nothing to you (as it did to me until fairly recently) or does it just conjure up visions of hard men doing impossible mileage under cover of darkness pausing only to mutter about "only 250 miles to go" before exchanging secret, funny handshakes?

Anon.



Right to Ride News.

During January 04 in the CTC Magazine it was reported that the Carlisle Labour MP, Mr Eric Martlew was introducing a Private Members Bill to require mandatory cycle helmets use by all children under 16 years who cycle. I will not say anything further as we all should be aware of the CTC's stance on this subject, so as requested by CTC and the Federation of cycle campaigning groups, I on the 21st February had a very nice meeting with Mrs Rachel Squires MP. (Labour Dunfermline West). I pointed out the key arguments that head injury when cycling are rare, and that there is no evidence from any Country that helmets have reduced serious injuries relative to cycle use and that helmet mandation has always greatly reduced cycle use, especially amongst teenagers. During the meeting I had support on our views from the Security Person who also cycles regularly without a helmet and didn't wish to in the future. I'll say no more.

West Fife Cycle Way

As reported in the press, I have first hand knowledge that the up-grading of the cycle way is in fact going on right now with a nice smooth Bituman Macadam surface as part of £180,000 project. The funding comes from Sustrans who promote sustainable transport and who in turn receive 2.5 million pounds from the Scottish Executive.

Right of Way Path (Halbeath to Kingseat Road)

I have been informed that a survey and inspection of said path has been carried out, so I wait for further news. May I say that we have the support of the Countryside Services team in Glenrothes.

Till Next Time. Bunny Austin.

Editors note: More info on the helmets issue can be obtained through this link - www.ctc.org.uk/resources/Campaigns/CTC12ppleaftleta_w.pdf.

for bicycles. Access at Dundee docks has also been improved and a proper cycle lane is planned in the future.

George complained to Perth Council about the locked gate on the A9 at Aberruthven. The council are keen to help with access problems. He recommends that any problems be notified to the relevant Council in the first instance.

Trevor has had an email from a Dennis Bell of Aberdour, who seems to be keen of campaigning and Trevor has given him details of our activities and suggested he attends a few runs. Trevor also had an email from Cherry Allan at HQ on the same subject. Mr Bell has also been enquiring about "CTC lobbying" to improve the Aberdour to Kirkcaldy cycle route (I believe he commutes regularly to Kirkcaldy). Bunny Austin, John Sumpter & Trevor know of no recent lobbying on this matter.

Social

Lorraine reported that about 20 tickets had been sold for Slide Show on 27th March. George & Margaret had also sold a few. She pointed out that there is currently a road closure in place until the beginning of April. Anyone coming from the south on the A92 will have to go to Falkland then along to Fruechie..

She also reported that the Half Way House Hotel, at Kingseat, has been booked for the next Annual Lunch on Saturday 15th January 2005.

CTC Scotland

Euan Porter attended meeting in January. Ron Harrow is temp in Chair. Access Legislation was discussed, also wind farms in Dumfries.

CTC Scotland will not be hosting the Birthday Rides in 2005.

Publicity

Advert in local newspaper has been successful in attracting a new member.

A. O. C. B.

Lin Jones from Dunfermline is keen to organise ladies rides.

The 2nd CTC GRAMPIAN RALLY at
MARYCULTER, ABERDEEN

Friday 20 August to Wednesday 25 August 2004

After the successful Rally of 2002 Grampian DA are pleased to announce that the second rally will take place on the above dates. The Rally will again be held at Maryculter - about 7 miles from Aberdeen just to the south of the River Dee.

Grampian is a region of sea, hills, lochs, castles, recumbent stone circles and consumption dykes. It is a mixture of agriculture, forestry and moorland and situated around the rivers Dee and Don – so there are plenty of valleys and hills.

There will be 20, 40, and 60 mile cycle rides on Saturday, Sunday, Monday and Tuesday. It is possible to extend your stay. Route sheets will be provided and leaders will accompany the rides.

Camping will be available at -

SCOUT CAMPSITE AT TEMPLARS PARK,
MARYCULTER
(NO 847999 OS Sheet 38)

Headquarters and the main campsite will be based on Templars Park. This is a secluded and sheltered campsite in approx 40 acres of ground with plenty of space for tents, caravans and trailer tents but there are NO electric hookups. Cars are allowed on site to off load gear and must then be parked in the Templars car park and NOT on the camping ground. The George Smith Centre at Templars Park will be used as HQ and for pre-booked evening meals (limited to 45 meals per day), social activities and as the start point for the runs.

LOWER DEESIDE CAMPING AND CARAVAN PARK
(NJ 855001 OS Sheet 38)

A well laid out and maintained campsite adjoining Templars Park. Space is limited as this is the peak of the holiday season and there is a high demand from regulars and tourers. There is the possibility of up to 10 pitches with electric hookups. The small camp shop will be available for campers on both the Lower Deeside and the Templars Site. There are also static caravans and lodges for hire but these are on a weekly basis from Saturday to Saturday.

For details send all correspondence, together with SAE to:

CTC Grampian Rally
c/o Cindy Blackmore
57 Leslie Road
ABERDEEN
AB24 4HU

Tel: 01224-484891
Email: cindy.blackmore1@btinternet.com

Or
<http://www.ctcgrampian.org.uk/GrampianDA%20Reg%20Form.htm>



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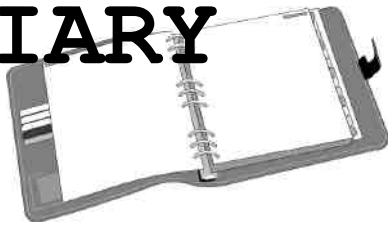
Bike Hire	Accommodation
Kids from £3 per half day, £5 per day Adults £7.50 per half day, £12.50 per day Tandem £15 per half day, £25 per day	Prices from £12.50 - £15 Includes continental breakfast, use of all facilities and free tea and coffee. There are no extra charges for linen, electricity or shower.

Phone for detailed Prices and dis- counts Group discounts also available



Invertrossachs Road, Callander

DA DIARY



Looking forward to the beginning of next year. Once again the Halfway House Hotel in Kingseat has been booked for our Annual Lunch. The date is Saturday 15th. January 2005. Details will be published nearer the time.



Thanks from Willie

At the danger of sounding repetitive I want to thank all those who visited me in hospital or sent a Get Well Card. It is good to feel I have so many friends.

Willie Nelson.



FIFE WHEELS is **YOUR** newsletter. If you have any item of interest to fellow readers (no matter how trivial you might consider it) send it to the editor for inclusion in a future edition. Fife Wheels is published both in paper format, for DA members, and electronically on the world wide web for anyone interested in our activities.

Letters to either the Editor or the DA Committee, on any subject, would also be most welcome.

The last copy date for inclusion in the Summer Newsletter is 18th. June 2004

Please send any articles for publishing to:

Fife Wheels Editor: Trevor Keer
21 Morlich Rd. Dalgety Bay, Fife KY11 9UE

E-Mail: newsletter@total-cycling.co.uk

Our D.A. Web Site is at:
<http://www.total-cycling.co.uk>

SPRING OUTING

(Sunday, 16th May)

This will start at 10.00am from Huntingtower Park, Perth, a small shopping complex with ample parking, on the Crieff road (A85) on the outskirts of Perth. There will be shorter and longer options, both meeting at Dunkeld for a picnic lunch. The return route will also have shorter and longer options. The longer option will be a total ride of 48 miles, while the shorter route will make for a ride of 30 miles. (still too far!!! - see Charlie Brown.)

There will also be Summer and Autumn outings.

Summer. July 18th. Starting at 10.00am at the car park at the Fife end of the Tay Road Bridge. This ride will be to the braes and carse of Gowrie across the Tay. Again there will be shorter and longer options.

Autumn. September 19th. To be arranged

Information about these rides will be in the next newsletter, or for further information on any of these rides - contact Charlie Brown.

Please let Charlie know if you are intending to come along to these runs.



Cycling in Kinross-shire ?
www.cyclekinross.org.uk

MATTERS ARISING

If anyone has anything they would like to bring to the attention of the committee please contact your DA. Secretary.

Morwyn Porter
Denbrae House, Logie, Cupar, KY15 4PZ

da.secretary@total-cycling.co.uk