

**National Bicycle Week.**

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*Special  
Cycling  
Supplement.*

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**"RIDE A BICYCLE."**

## Introduction to



## National Bicycle Week

To spread the gospel of cycling, organisations representing the pastime, sport and trade got together to promote a National Bicycle Week in 1923. The CTC network of Chief Consuls, consuls, and District Associations was mobilised in support of a nationwide programme of rallies, fancy-dress parades, public meetings, massed club-runs, race meetings, school lectures, and BBC talks.

With the enthusiastic co-operation of the DAs a great Relay Ride round England started from the Mansion House in London on May 28<sup>th</sup> 1923. A message from the Lord Mayor engrossed on vellum was carried round for thirty civic dignitaries to sign at stopping places on a route of 888 miles, finishing at the Mansion House on June 2<sup>nd</sup>. Relay riders were received at Bristol, Manchester, Leeds, York, and **Northampton** with cordial ceremony and hospitality, and a gratifying measure of press publicity.

By a fortunate coincidence the King's birthday fell on the last day of the ride so, after handing in at the Mansion House a letter of thanks for the Lord Mayor's participation, a procession was formed to ride to Buckingham Palace conveying to His Majesty King George V the Club's congratulations suitably engrossed and illuminated on vellum.



A representative CTC group riding through the gates of Buckingham palace after delivering birthday greetings to their Patron, HM King George V, at the conclusion of the Relay Ride round England during National Bicycle Week on June 2<sup>nd</sup> 1923.

## Northampton

### “Ride a Bicycle”

#### National Bicycle Week, May 28<sup>th</sup> to June 2<sup>nd</sup> 1923

All cyclists both amateur and professional are looking forward with keen interest and anticipation, to the National Bicycle Week to be held throughout England during the week, May 28<sup>th</sup> to June 2<sup>nd</sup>. Mr J.C. McGill has undertaken the position of Hon. Secretary and Treasurer for No 15 area (Northants and Rutland), and a nucleus Committee has been formed of which the Mayor of Peterborough has been asked to become President, and Mr. W. G. Lawson, of 49 Blinco Road, Peterborough, Hon. Press Secretary. The National Bicycle Week, of which the heading of this article is the slogan, is an intensive campaign to bring before the general public, the great part which bicycle plays in the life of the nation. Already considerable interest is being manifested in Northampton and county. At a meeting of the Centre Council of the Northampton Clubs, it was decided to call a town's meeting with a view to organising a great cyclists meet and fancy dress carnival during the week, whilst at Kettering definite arrangements, with a strong committee to see them through, have been made for a monster cycle parade, the proceeds of which will go to Kettering Hospital. Several subscriptions were immediately forthcoming to defray the initial outlay. Northampton might well follow suit on the same lines in aid of the General Hospital but as time is getting short it is imperative that arrangements are put in hand immediately. Among the schemes which have been devised by the national organisers are relay rides, cycle parades, lectures, reception of a wireless lecture broadcasted from Birmingham by “Wayfarer” of “Cycling.” Essays by schoolchildren, and a competition for locating the originals of lantern slides shown at local cinemas. For all of these prizes will be offered and it is generally hoped that they will receive great support. All interested and desirous of giving a hand in the organisation of this worthy event are asked to communicate with Mr J. C. McGill, 137. Fletton Avenue, Peterborough, or Mr D. Lucas, Bath House, Kettering. We hope to be able to publish the names of the Northampton organisers in the next week's issue, as it is surely unlikely that the cyclists of the county town will be behind in this great movement.

### “Success to National Bicycle Week”

With this issue, containing a special supplement devoted to cyclists and cycling the “Independent” takes profound pleasure in setting the seal of its unqualified approval and support on the great country wide effort-National Bicycle Week which opens on Monday next. By sheer weight of numbers (it being estimated there are no fewer than five million cyclists in Britain) the bicycle can rightly lay claim to rank as the most popular vehicle in general use to-day and a week devoted to its interests cannot but rebound to the benefit not only of those directly concerned but also to a great majority who will thus be initiated into the almost illimitable pleasures and physical benefits the cycle offers. The object of the promoters of this great national festival is not to rival the claims of motoring – such a course would be illogical and absurd – but their endeavour is to show how all classes of the community may supplement the joys of the car or motor cycle with the pleasures of the pedal cycle – pleasures which, by reason of their economical nature and their physical benefit, fall into a class which is entirely their own. To this end prominent cyclists, manufacturers and dealers up and down the country have combined to organise special displays of the season's models, new accessories, etc, whilst the cycling clubs have organised cycling events which it is anticipated will exceed 500 in number. Locally a number of cycle dealers are offering money prizes to purchasers of cycles and accessories at their establishments during the week. Full particulars of this attractive innovation will be found on another page.



The Northampton Branch of the Cyclists' Touring Club, in conjunction with the National Cyclists' Union, Rovers' Club and Good Templars' Club have arranged a massed club run from the Market Square at 7p.m. on Monday, a ladies' hill climb test at 7 p.m. on Tuesday at Queen Eleanor's Cross, a similar competition for gentlemen at the same spot and time on Thursday, with a road race Northampton, Weedon, Towcester and home the same evening. On the Friday evening the National Cyclists' Touring Club great thousand mile relay ride passes through Northampton, when the local Club members will pick up the official despatch from the Leicester Club, hand it to the Mayor for his signature at the Town Hall at 8 p.m. and then ride on to Brackley the following morning to hand on the message to the Oxford Club at 9 a.m. The message is from the Lord Mayor of London to the Mayors of all the towns through which the various riders will pass on the tour. Full particulars concerning all these and other events will be gladly supplied by the local Secretary of the Cyclists' Touring Club, Mr B. Clowes, 5 Castillian street, Northampton.

### Hardy Cyclists Defy the Rain.



In the upper picture is the "line-up" for the start of the massed Club run from the Market Square on Monday evening, and below some of the competitors in the Hill Climb for the ladies and gentlemen held on the Rotherthorpe Road on Tuesday.

The inclement May weather largely affected the attendance and entries at the first two local events promoted by local cyclists in celebration of National Bicycle Week. The Club run on Monday evening, of which a picture appears above, was attended by numerous participants, their bicycles bearing placards in support of the week, and despite the rain there was a fair gathering for the hill climbs and descending trials on Tuesday. In the former some remarkable speed was put up by T. G. Goosey, the winners of the various events running out as follows:-

Gentlemen's Hill Climb (final): 1 T.G.Goosey, unattached. 18 competitors.

Gentlemen's Slow Down Hill (final): 1 T.G.Goosey. 16 competitors.

Ladies Hill Climb: 1 *Miss M.Chantrey*, C.T.C. Six rode.

Ladies' Slow Down Hill: 1 *Miss E.Starmer*, C.T.C. Six rode.

The officials were: Judges, *Mr J.Fisher* (C.T.C.) and *Mr. S.Wright* (Rovers B.C.) starter, *Mr A. Roberts* (Rovers B.C.)



CTC Northampton- [Bike Week Ride](#) – Discover in June 2003





**Bike Week Breakfast** at Salcey Forest in June 2005





■ Ready for their free breakfast are Alan Clark, cycling and walking officer, and Charlotte Rous, development officer

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## Cycling in for a free breakfast

**PEDAL** pushing council employees descended on All Saints Church this week to claim a free breakfast as a reward for biking into work.

Staff from Northampton Borough Council and Northamptonshire County Council left their cars at home and opted for their bike to celebrate Bike2Work Day, organised by the Cyclists Touring Club as part of National Bike Week.

Both councils want to encourage their workers to cycle to work as an environmentally-friendly option.

Currently 61 per cent of people drive to work, with only 2.8 per cent cycling.

Councillor Judith Lill said: "This year's bike to work day has been well supported.

"The borough council is looking to implement a Green Travel Plan, which offers employees alternatives to car use such as subsidised public transport, sharing cars and promoting cycling and walking."

The Cyclists Touring Club is also holding a question and answer session on buying a bike at Park Avenue Methodist Church tomorrow night from 7.30pm.



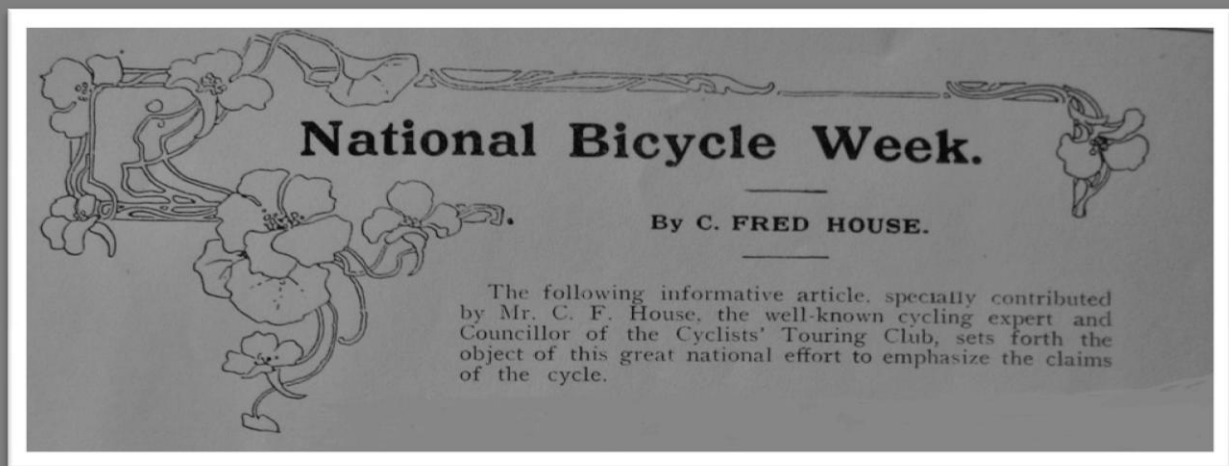


Organisers Charlotte(NBC) and Alan(NCC) at work.





John Dunkley, Cllr A.McClutchin, Phil Ashbourn, John Cutler have breakfast outside All Saints Church, 17<sup>th</sup> June 2003.



Some few months back quiet "club" talk developed into rumour with a capital R, and now rumour has proved to be fact. For the first time in the history of the sport we are to have one whole week devoted to cycling - a national effort to boom the game and prove to outsiders how beneficial it is to their health.

That cycling is a great aid to health is shown by the fact that the numbers of veterans are still cycling eight and nine thousand miles in the course of a year - and, more important still, require no medicine. But what of National Bicycle Week?

National Bicycle Week opens to-morrow(Saturday) and closes on the following Saturday. Between these two days Club and individual cyclists all over the country have organised carnivals, parades, hill climbing contests, relay races and rides, rallies, path and road races and numerous other events, all with the idea of showing those outside the sport how big a thing cycling really is.

The arrangements for National Bicycle Week are controlled by a Central Committee of six, consisting of two trade representatives, two Cycling Touring officials and two representatives from the National Cyclist Union. The British Isles are divided up into something like 50 areas, and each area is self-contained and run by a sub-committee of six, in the same proportions as the central committee.

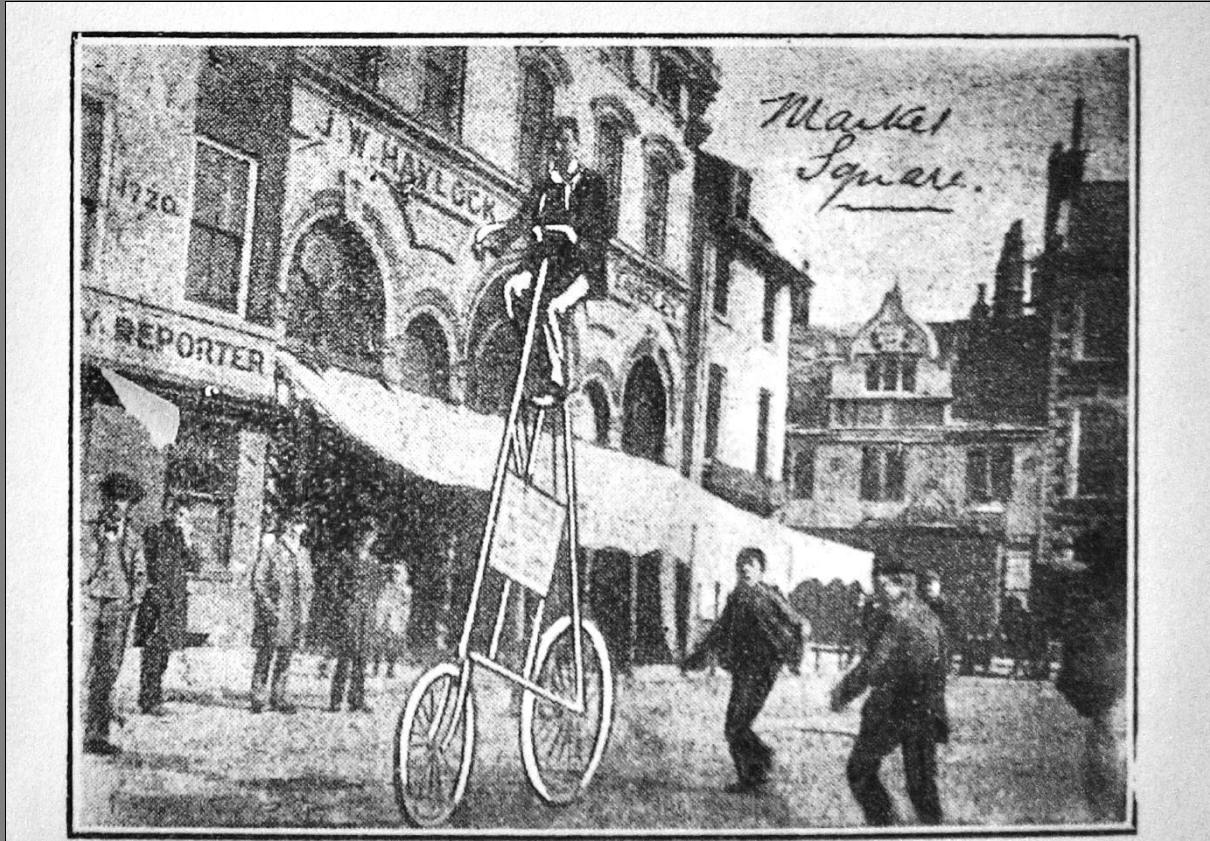
EVER INCREASING IN POPULARITY.

From time to time the daily Press has impressed upon its readers the fact that cyclists are being driven off the roads presumably by the petrol driven machine. Personally, I have not noticed it, and, what is more can easily prove that these statements are devoid of even the smallest particle of truth.

What are the facts? That since December 1922 the CTC has increased its membership to the tune of something like 2000. Truth is often stronger than fiction, but in this case the reason for this increase in membership is obvious. In pre - war days people used the cycle purely as a convenience - very few bicycle riders were cyclists, by which I mean that they did not enjoy the full benefits which were obtainable, simple because they did not know how to do so. Following the war the various Cycling Clubs have gone all out to increase their membership, primarily with the object of showing users how to become real cyclists, how to get the maximum of pleasure out of the pastime and the best out of their machines. For this reason every bicycle owner should join a cycling Club.



National Bicycle Week is a co-ordinated effort by the various recognised bodies to secure the advancement of the pastime and the enrolment of recruits. Those of us who have been "in the swim" for some years know full well that no real cyclist can never be guilty of selfishness. The very essence of cycling is comradeship. The initials of the Cyclist Touring Club convey a very real message and one that I hope all my readers will try to live up to - C.T.C "Called to Comradeship"



ONE OF THE MOST REMARKABLE CYCLES EVER SEEN IN NORTHAMPTON. THE "EIFFEL" RIDDEN BY MR A. RICHARDSON. THE WELL KNOWN CYCLIST, TO TOWCESTER IN 1896. THIS CURIOS ENGINEERING FREAK OF THE PAST STOOD NO FEWER THAN TEN FEET IN HEIGHT.

#### MODERN PETER PANS

Years ago my parents declared that I should never grow up - to-day my wife constantly asks: "Will you ever grow up? Now I stand nearly 6ft high in my socks and carry the average weight for a man of my height, so that the above question obviously does not refer to my stature. It refers solely to my outlook on life, an outlook which I venture to think, is the common outlook of every cyclist.

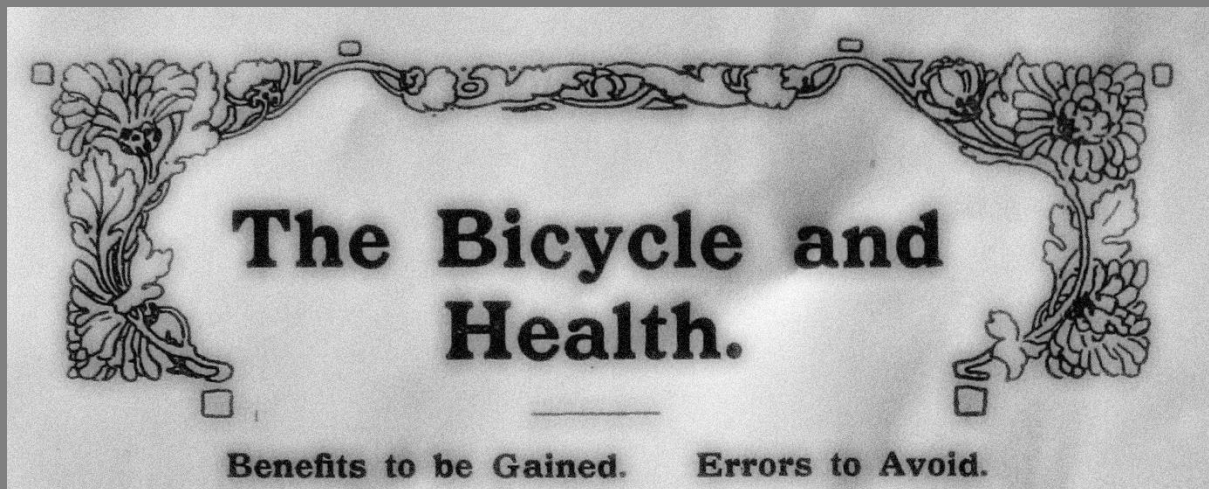
Your cyclist is a super-optimist - he knows that there is more good in the world than there is bad. He is for ever looking for the silver lining and believe me, those who look long enough will surely find that which they are searching for. Punctures and other troubles are but small items in the yearly balance sheet of the wheel man or women. Maybe they do stand on the debit side of the balance sheet, but what of the other side? Growing health, increased knowledge of meteorological and geographical conditions, fuller acquaintance with one's country, and, above all a greater knowledge of the nature, human and otherwise.

Cycling continues the education begun at school, and continues it in such a way that the learning is never irksome – it is one unalloyed pleasure. Won't you let us help you to share these pleasures with us? Ask any cycle agent in Northampton for particulars of the National Bicycle Week and the local programme. If he cannot give it you, write to me and I will put you in touch with the Secretary of the Committee which is responsible for the organisation of the events in your neighbourhood.

Let National Bicycle Week open for you the gates to a fuller enjoyment of life







*The large majority of cyclists fail to derive the full physical benefit from their pastime by reason of their ignorance of the few elementary principles of good riding. The following illuminating article, specially compiled by the Editor of "Health and Strength", will, therefore, prove interesting and invaluable to all wheel enthusiasts who seek to extract the best out of cycling.*

The average cyclist does not think about his or her muscles except he be a speed merchant out to break records, yet it is a subject that will repay a little quiet study

National Bicycle Week reminds us that the pastime of Cycling is one that will open wide for us the gates of health, so let us consider how we benefit by wheeling.

First of all the eyes. Riding along the glorious highway you are either using your eyes or abusing them. In the former you are riding in a natural position and taking in the beauty of the countryside. You are sitting in a perfectly comfortable and natural position with the body slightly inclined forward. If you are riding practically doubled up, then you can neither see all that you should, nor use your eyes as nature intended it to be used. The bent up rider is straining the muscles of the eye and eye strain is just the very thing that should be avoided. Again, if the road is bathed in glorious sunshine, and the glare is too great, then the eyes suffer. Business always produces a certain amount of eye strain, the antidote for which is something green. Cycling in the country lanes will provide the antidote. Don't keep your eyes glued to the ribbon of the road; look around and drink in the beauties of the countryside.

#### THE NECK AND ARMS

Just as it affects the eyes, so will it affect the muscles of the neck and arms. If after a ride you have a stiff neck, it is a sure sign that something is wrong with your position on the cycle. Riding in such a position that the body is inclined sideways. I always get a slightly stiff Neck Never has this occurred on my own machine, but borrowed cycles possess all vices of an unbroken army mule, so be careful before setting out on your run. Watch the saddle.

The lower your position the greater the strain on the arms and wrists. When riding naturally you should feel no strain at all, yet all the time the muscles are being exercised.

#### THE LUNGS

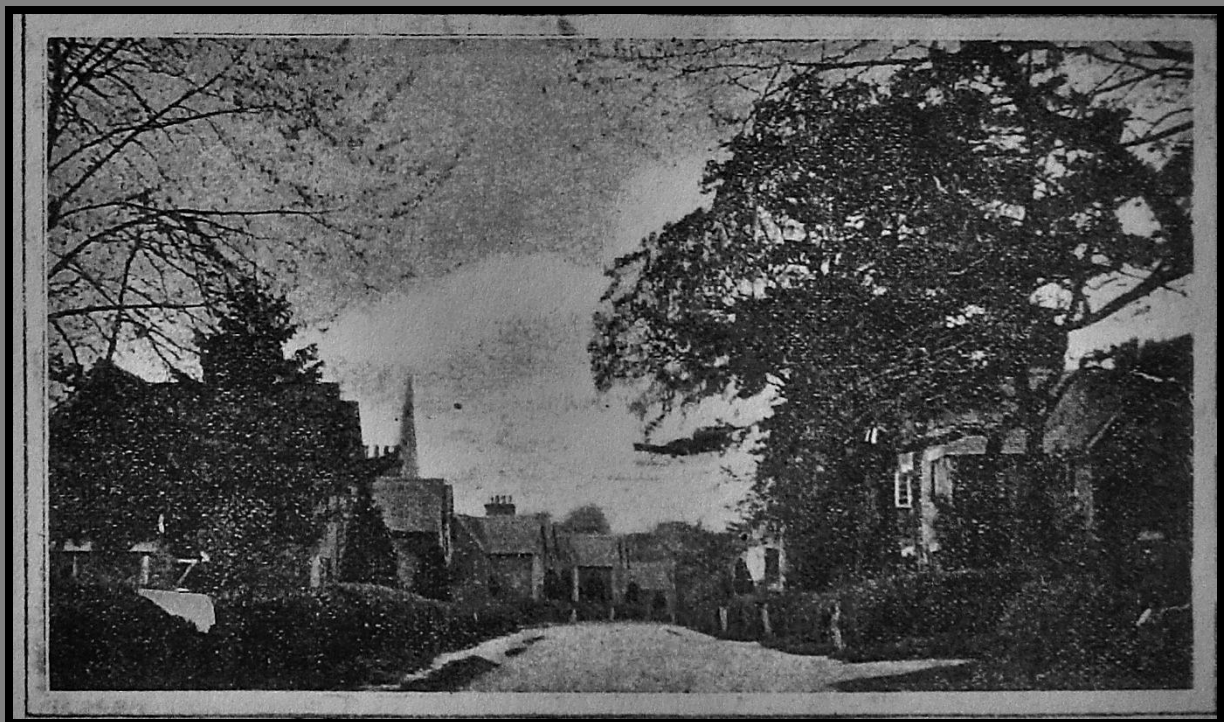
Organs are rarely considered, but of prime importance to the cyclist, are the lungs. As the air in the tyre is to the machine, so are the lungs to the human body. You can ride with one deflated tyre

or one ailing, but you cannot go far with two out of action: yet how many riders deliberately try to put their lungs out of action.

The racing man does not worry about pain in the calves or aching knees – signs of muscular fatigue – but he is afraid of that numbing pain in the chest.

There can be no question at all that the correct posture does develop the chest by increasing the lung capacity, and also exercises the muscles which actuate the limbs. It requires some muscular effort to sit in the correct position – effort which is not noticed once we are fit – yet it gives continued exercise to the muscles of the arm, back and neck. Hill climbing and increased speed augments the depth and frequency of respiration and so make new demands on all the chest muscles and the lungs themselves.

On the other hand an incorrect position – one which there is too much stooping – by cramping the chest, interferes with the free working of the muscles which means that the lungs are not expanding fully and therefore the blood is not receiving the correct proportion of oxygen. Anyone knows that a petrol-driven machine depends for its energy on the correct mixing of air and petrol. In the same way, the human motor requires oxygenated blood. Again, the stooping position interferes with the free flow of the blood to the lower extremities, muscles of which are being most actively exercised and so need an unimpeded supply of blood.



A PRETTY VIEW OF THE PICTURESQUE AND HISTORIC VILLAGE OF NASEBY. A FAVOURITE VENUE FOR CYCLISTS SEEKING TO COMBINE A PLEASURABLE RUN WITH ARCHAEOLOGICAL INTEREST.

## LEG CRAMP

Cramp in the leg is nature's method of applying "Direct Action". In other words nature has struck against overwork or bad conditions of employment. Riding with the saddle too high will produce cramp in the thigh or calves. A contented workman has no wish to strike; neither will the



muscles if properly used. Abuse them and they will soon close down. Correct ankling (keeping the foot as nearly level as possible will not do-it must press the pedal on the downward stroke and claw it up on the upward part of the stroke) naturally tends to improve the joints and muscles of the ankle and foot, and so make the pedal extremities of the human frame supple.

In conclusion, let me pass on to you the words of that famous specialist, Dr Monin: "The cycle strongly accelerates the respiration and circulation, makes the joints supple and develops muscle. The abdominal muscular movement caused by the working of the cycle exercises a kind of automatic message, which favours the shrinking and re-absorption of the abdominal fat while also overcoming constipation. In diabetes, hepatic colic and certain forms of rheumatism organic combustion is in this way hastened, and the assimilative processes on which depend life and health become wonderfully regular.

National Bicycle Week is a call to men and women of all ages to take part in a great health crusade. When you see the merry crowds wheeling on their way take courage - for what the cycle has done for others it will do for you. It is the health giver par excellence, it is the cheapest form of locomotion and costs far less than doctor's medicine.