

Acorn Newsletter January 2020



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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A New Year and some very sad news:

Vice President, Trevor Savage has passed away after a long illness. Trevor was a keen and talented racing member during the fifties and maintained his interest in the Club through his life. Deepest sympathies to his wife Christine and son Mark.

Then another Vice President Jim Hollands and active member since the sixties has also passed away, having been ill over the past year. Condolences to his wife Pauline and family.

CLUB RUNS

Sunday meet at Lowdham War Memorial at 9.45 a.m. Follow this [link](#) for the location of the start point for all Club Runs. Please be prompt.

Wednesday runs meet at Lowdham War Memorial 9.15 a.m.

Saturday Runs meet at Lowdham 10.00 a.m. (25-40 miles with a café stop).

Sunday runs are about 40 miles from and back to Lowdham and include a cafe stop. We usually have two groups to cater for any who want an easier ride.

On Wednesdays, we usually have three or four different groups. The medium group includes a cafe stop and is usually about 50-60 miles. The fast group can be 80 miles or so at a training pace. The proposed route for the Medium Group is often posted on the Forum. The Easy Group is usually about 40 miles. The cafe stops are decided on the day. There is also a small "super-easy" group meeting for an easier ride. This often picks up some riders at East Bridgford.

Saturday runs have an easy group suitable for beginners and those who want an easy ride. We also have many who want a faster ride, so normally have two groups or, sometimes three, to suit all. The Easy Group has the intention of keeping a pace manageable by anyone on a road bike, the other group is more challenging depending. The café at Portland Fishing Lakes has now re-opened on weekends so the Saturday run is back there.

On Sunday 1 December the Easy Group went to the Woodberry Café at Farnsfield for a sociable ride.

Pictured from left to right are Mark Haywood, Richard Buckwell, Kevin Humphreys, Ed Ward, Jon Kettel (past member on a visit from Somerset), Phil Hooks, Dave Gretton, Michael Falter, James Pam and Dave Waring.



CLUB NIGHTS AND COMMITTEE MEETINGS

Meetings are held monthly on Mondays 7.30 p.m. at the Arnold & District Victory Club, Church Drive East, Arnold. Click this [link](#) for the location. The first of the New Year is on Monday 27 January 2020.

ANNUAL GENERAL MEETING 10 DECEMBER 2020

With little to discuss and nothing controversial the attendance at the A.G.M. was low with just 12 members present.

There were no changes to the list of vice-presidents and the Committee was re-elected with one change Bob Whittrick has resigned due to poor health and Mark Aleksy was elected as a member without portfolio.

The Club Accounts showed that the Club is in a healthy financial state and so no changes were made to Membership Fees or Club Event Entry Fees.

Dave Trevor proposed that we introduce an “Athletes 10-mile competition”. This is for riders on road bikes i.e. no TT bikes, no tri-bars or disc wheels based on a season long points system as for other categories in the Evening Tens. It was felt that this would encourage more rider to race without the need to purchase a purpose built time trial bike. The proposal was passed.

BOXING DAY 10

The cold weather and a forecast of rain deterred many riders and just four entered.

Gary Kondor was easily the fastest with a good ride for the condition and time of year:

Gary Kondor	26:51
Kevin Humphreys	30:12
Paul Ward	30:32
Roger Widdowson	36:32

Sure enough the rain arrived while the event was on. I rode down to the start, didn't linger, but hit the rain on my way home.

Thanks to Trev & Sue Adams and Craig Watson for timing and pushing off.

CLUB DINNER 15 FEBRUARY 2020

The Club Dinner will again be at Mapperley Golf Club on Saturday 15 February 2020 .
<http://www.mapperleygolfclub.org/map-and-directions>

This is always an entertaining evening when Club Trophies are presented to the winners. The price (subsidised by the Club) is just **£10** (children under 16 **£5** for the same meal).

The meal will be a carvery with starter, sweet and coffee. There will also be a vegetarian option. When booking please indicate your choice of starter (Prawn Cocktail, Soup or Pâté) and if you want the vegetarian option.

Prize-winners are particularly encouraged to attend You are welcome to bring family and friends. There are limited places, so book early to secure your place (cheques payable to Sherwood Cycling Club) to the organiser Paul Wilson, 19 Lascelles Avenue, Gedling, Nottm. NG4 4GB e-mail paulsuewilson@gmail.com telephone 0778 8976488.

Places are limited and bookings are already coming in, so don't delay.

GARMIN ROUTES

Many people now use a GPS device to record their cycle rides and, depending on the capabilities of the device, can preload a course to follow a route. It can get a bit tricky if you have to divert because of a road closure or abandon because of bad weather or mechanical breakdown. My Garmin is the most basic and does not have mapping, so I rely on my own knowledge of roads. If I had mapping I'd have to stop and put my reading glasses on to see it!

Most will be familiar with Strava and the Club has a [group](#) (Sherwood CC) that you can join and, depending on privacy settings, you can see other members' rides and they can see yours. It is good practice to hide your location (usually your home) so that other people (like burglars!) won't be able to see where you live and when you go out.

You can also do a lot more with Strava regarding training, challenges, beating times for segments etc. – personally I don't bother with any of these, I just log my rides.

If you want to download course the Club also has a Garmin Group (Sherwood Cycling Club) that you can join and this has numerous [courses](#) logged. Many of these are routes to cafes that we frequent and members can add other courses for the benefit of other members.

As with a SatNav when driving (I don't have that either) don't just follow it blindly, have some idea where you are going and stay alert. Try to keep a picture of the route in your mind and memorise some of the features along the way – that hump back bridge, that steep hill, the County boundary, that unusual church etc.

REAR LIGHTS IN TIME TRIALS

There is now a new Regulation of Cycling Time Trials that riders will not be allowed to start a time trial (**including Club Events**) without a working rear light, either constant or flashing.

Anything that improves safety must be a good thing. I usually have a flashing rear light for all my riding. However, there can always be arguments against – imagine a situation where a light fails and the rider is hit from behind. “I didn't see him, his light wasn't working, so it is his fault”.

Lighting has improved enormously in recent years and you can get bright lights rechargeable and pretty reliable at a reasonable price.

ANNUAL MILEAGE

Another year has now passed and after a difficult start, where I only did 150 miles during the whole month of January when I had a persistent cold and sinusitis I managed to clock up 5670 miles for the year. The prevalence of rain for the last 3 months haven't helped either.

This was my third lowest annual total over the last 58 years! I don't know what my highest total was as in my most active years I didn't keep a record but I regularly did 12,000 miles plus for a total over half a million – well short of the million miles recently achieved by 82-year old Russ Mantle averaging 14,700 miles a year for 68 years.

I think Mike Hankin is the Club's biggest mile eater at present with around 14,000 miles in 2019 - still a long way to go the catch Russ Mantle!

I see that Cycling Weekly has just launched a challenge to get readers to do 5,000 miles in 2020. They say “We've set that target as we think it is tough but achievable for the average rider if they stick at it.”

How about giving it a go?

And don't forget to enjoy it.

CLUB MEMBERSHIP 2020

Just a reminder that Club subs are now due.

CLUB KIT by John Church

The exclusive Club member rebate is still 20%.

Choose from the registered Club design or the Training and a TT design, all shown on the ImpSport website at <http://www.yourclubshop.co.uk>, just login using the code SHWDCC1304. There are 3 garment types:

T1 Collection - Premium quality, comfortable fit

T2 Collection - Race fit, specialist fabrics, aerodynamic and speed gains

T3 Collection - Race fit, state of the art fabric technology and great for TT

For individual orders, go to the ImpSport website and buy online as normal and the item will be delivered directly to you. Then email a copy of your invoice to me, giving your name and address and a cheque will be sent to you for **20% of the invoice value as an exclusive Club member rebate.**

Existing Stock - Club Kit

Great stock at bargain prices + some of the regular and Training kit too:

		Size		No. Available	Unit Price
Leisure	T- Shirts blue	XL	42" chest	1	£1.00
	Fleece Jackets	L	40" chest	1	£1.00
	Sweatshirts	XL	42" chest	2	£1.00
ProVision	Bib Tights - no pad	1 S	30" waist	1	£10.00
	Bib Tights - no pad	3 M	32" waist	1	£10.00
ImpSport					
BC Registered	Bib Shorts	M	32" waist	1	£40.00
BC Registered	T1 Bib Shorts	M	32" waist	1	£53.28
BC Registered	T2 Bib Shorts	L	34" waist	1	£72.00
BC Registered	T2 S/S Road Jersey	L	40" chest	1	£63.36
BC Registered	T1 S/S Road Jersey	M	38" chest	1	£41.28
BC Registered	Sportif S/S Road Jersey	S	Ladies	1	£33.60
BC Registered	Winter Jacket Mens	S	36" chest	1	£90.72
Training	Gilet Windproof	S	36" chest	1	£46.56
Training	T1 S/S Road Jersey	M	38" chest	1	£41.28

ImpSport Size Guide

For the regular club jersey and T1, if you take a large at M&S you'll need a large at ImpSport. If you prefer a more comfortable fit, and most do, then size up by one size in the T1. For T2 and T3, unless you like a tight race fit, then it's recommended to size up 2 sizes.

I have some sample garments (jerseys and shorts) to try for feel and size. Just contact me to arrange a viewing, or call ImpSport on 01522 778805 or visit their factory at North Scarle, Newark.

If you have any questions or need further information, just email me.

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A Happy New Year to Everyone

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