

Acorn Newsletter

November 2018



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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New members this month are Chris Stewart (from some weeks ago, but I forgot!) and Paul Underwood bringing the membership to 118.

CLUB RUNS

Sunday meet at Lowdham War Memorial at 9.45 a.m. Note the later start time for the winter months.

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).

Follow this [link](#) for the location of the start point for all Club Runs. Please be prompt.

Sunday runs are about 40 miles from and back to Lowdham and include a cafe stop. I've not been up to these rides recently and will do an easier ride instead.

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 often split into 2 if numbers are large and are about 40 miles. The cafe stops are decided on the day. There is also usually a small "easy,easy" group meeting for a shorter ride and leaving at 9.30 a.m.

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 last group is the easier aiming for around 14 mph - often a bit slower to suit. The Easy Group has the intention of keeping a pace manageable by anyone on a road bike, the other group is more challenging depending on who is out.

On occasions, we do encounter incidents of bad driving on Club Runs, but it does not help matters if riders react angrily or aggressively. If we all try and be tolerant and behave sensibly it may improve relations with other road users and lead to us being treated with more respect. I know it is difficult when you have someone threatening your safety, but try retain politeness and not over react.

Most horse riders adopt this principle and, in turn, we try to be tolerant of horse riders and appreciate the difficulties they also face on the roads.

No particular incident has prompted this plea but we should try and promote harmony betwwen us and other road users.

WOMEN'S RIDE SATURDAY 3 NOVEMBER 2018

The women's ride on 6 October was cancelled because of bad weather. The next ride is on Saturday 3 November meeting 9.40 a.m. at the Lowdham War Memorial and will be about 30 miles going to Dove Cottage cafe near Plungar.

AGM, 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. All members are welcome to attend.

The next meeting is on Monday 26 November and the **Annual General Meeting is on Tuesday 11 December** also at 7.30 p.m. At this meeting Club officials will be elected and new volunteers are always welcome. Fees for Club TTs and Membership will also be decided. Members are also invited to put forward any propositions to the meeting and these should be sent to the Secretary Trev Adams 2 weeks before. Subject to time, discussion on any other business is allowed at the Chairman's discretion. Any proposals for Rule changes must be put forward in advance so that the membership has prior knowledge.

COLOURFUL CLUMBER AUDAX

Five riders from the Club took part (Saturday 20th October) including Dave Trevor, Brian Abbott, Wayne Bramley, Paul Mellors and Sue Revill a total. 97 riders took part. A chilly start but near perfect conditions for the 68 and a bit mile ride from Bolsover. The route changes slightly every year. This time it was out through Clumber Park, meandering north east through lanes and villages to end up at the Cafe half way around in Misterton and a welcome break.

The return journey went west across the top of the County and eventually south and back towards Bolsover. Paul, Sue and Wayne had plenty left in the tank to push on quickly back to the finish well. Brian and Dave took it steadier, but still put in a good effort and got back with a placing in the top ten. A great day out with excellent company!

OPEN TIME TRIALS FOR 2019

Roger Widdowson and Steve Littlewood are jointly organising two events next year. There will be a 10-mile TT on Saturday 6 July on the Long Bennington course (A10/14) and a 25-mile TT on Saturday 17 August based at Farndon using the A46 (A25/34).

Helpers from the Club will be needed on the day.

CLUB DINNER 2 MARCH 2019

The Club Dinner will again be at Mapperley Golf Club on Saturday 2 March 2019 .
<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.

Prize-winners are particularly encouraged to attend - it is a bit of an anti-climax making presentations to people who are not present. 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

TROPHY BASES

Our Racing Secretary Kevin Humphreys is sorting out the Awards ready for the Club Dinner and needs to arrange engraving ready for presentation at the Dinner. He, therefore, needs to retrieve the Trophy Bases from last year's awards.

If you have a base please contact Kevin to arrange return. Kevin Humphreys, 3 Richmond Gardens, Redhill, Nottingham NG5 8JS 0115 9268147 kn.humphreys@ntlworld.com

BOXING DAY 10

Our annual festive time trial starts on Wednesday 26 December from the lay-by north of Oxton Island at 10.30 a.m. Entries are on the line (£3) and the course is our usual [Club Ten Course](#).

This is an event just for "fun", you can race round or just go for a ride round the course (in fancy dress, if you like). Obviously the weather can be very cold so dress accordingly. If you have never ridden a time trial before it is a good chance to come and see what it is all about without worrying about your time.

WINTER BIKES

With the winter approaching it is time to get your winter bikes out. If you can, it makes sense to own a winter bike fitted with mudguards, heavier tyres and possibly more robust components. Salted roads, mud and water soon wear out light components, so clean up your precious summer bike and store it ready for the spring.

Having a second bike is useful if you have a technical problem with one bike. You can switch bikes and keep pedalling without having to wait for a lengthy repair. There is, of course, the old adage that the ideal number of bikes owned is $n+1$ where n is the number currently owned.

Mudguards also keep you warmer as they keep *you* drier as well as those riding with you. To work effectively you also need mud flaps front and rear. The rear flap is for the benefit of those riding behind you and should extend about 4" (10cm) lower than the centre of your wheel. If you don't have a flap you can easily make one using some stiff plastic (e.g, from a plastic bottle) and fit it with a pop-riveter. A bit of duct tape can tidy and smooth it off.

Your bike will get much dirtier in the winter but try and keep things under control. Try and keep the transmission clean and lubricated. Accumulated gunge will soon wear things out. Get a chain guage and measure your chain for stretch - modern narrow chains wear quite quickly and a worn dirty chain will wear out your sprockets, chain rings and jockey wheels. If you change your chain when it has stretched 0.75% your cassette should still be fine. A new chain may jump if used on worn sprockets and vice versa. Always have a test ride after renewing any components.

CLUB KIT by John Church

Pricing & Orders

As you already know, from the previous Acorn Newsletter, **the exclusive Club member rebate has now been increased to 35%** on the purchase of Club kit, but only up until 31 December 2018, so far.

Order Now Before The Price Window & Increased Member Rebate Closes – Snooze You Lose!

We've been offered a '**Price Window**', which together with the bulk order and Club member discount could reduce prices by up to 50%. Go to the ImpSport website and email your choices to me (exact model and size) and I'll put together a price window order. Size guide and sample advice is shown below and also at <https://www.yourclubshop.co.uk/size-charts>. Several items have already been pre-ordered, **so get those orders in before the cut off date of 15th November 2018!**

The New ImpSport Range

To see the Club ImpSport website page go to <http://www.yourclubshop.co.uk> and login using the code SHWDCC1304. For some garments in the new Tiered range there are now 3 garment types:

T1 Collection - Premium quality and comfortable fit, a perfect fit every time.

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

T3 Collection – Race fit, state of the art fabric technology and good for TT. (Impsport claim their skin suit is the most aero in Britain)

Choose from the existing Club design or there's also a new training jersey design as you'll have seen announced in a recent email and also now on the ImpSport website. Take your pick.

Not so relevant this time as the order will be a bulk order but - 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, address and bank account name and a cheque will be sent to you for 35% as an exclusive Club member rebate.

Existing Stock - Club Kit There's still some current stock at bargain prices:

		Size		No. Available
Leisure £1 each item	T- Shirts blue Sweatshirts	XL XL	42" chest 42" chest	5 3
ProVision £10 each item	Bib Tights with pad Bib Tights - no pad Bib Tights - no pad 3/4 Bib with pad Sleeveless Summer Jersey Atom Rain/Wind Jacket	3 M 1 S 3 M 3 M 6 XXL 3 M	32" waist 30" waist 32" waist 32" waist 44" chest 38" chest	1 1 1 2 1 1
ImpSport £30 each item	Bib Shorts Bib Shorts S/S Summer Jersey	S M S	30" waist 32" waist 36" chest	1 4 1

ImpSport Size Guide

For the regular club jersey and T1, the sizes are English, so if you take a large at M&S you'll need a large at ImpSport. If you like a more comfortable fit, then size up in the T1.

For T2 and T3, unless you like a tight race fit, then it's recommended to size up x 2 sizes.

I have some sample garments (jerseys and shorts) to try for feel and size. Just contact me to arrange, 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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Contacts: (click on name to e-mail)

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