



MAIDENHEAD & DISTRICT CYCLING CLUB

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Pedalling since 1881

Classifieds

Road Bikes

Isaac Force 51cm semi-sloping geometry with Isaac fork & seat post. Campag Euros wheels + Record 10 ergo levers & rear mech. Chorus brakes & front mech. Shimano DuraAce chainset & TA Hergoa rings. Easton EC90 bars on Thomson stem. Cost £3350, want £2000. Dave 07900 801 598.

Road Bits

Principia Ellipse SX with Isaac fork & Easton EC90 seat post. Limited edition paint (only 18 worldwide); minor blemishes on lacquer. Cost £1400, want £600. Dave 07900 801 598.

MTB Bikes

Giant XTC Carbon (Medium) with Rebo Race fork & remote lockout. Mavic CrossTrail wheels and Hope Mono Mini disc brakes. Full XT group, carbon bars on hope stem. Never ridden. Cost £3300, want £2000. Dave 07900 801 598.

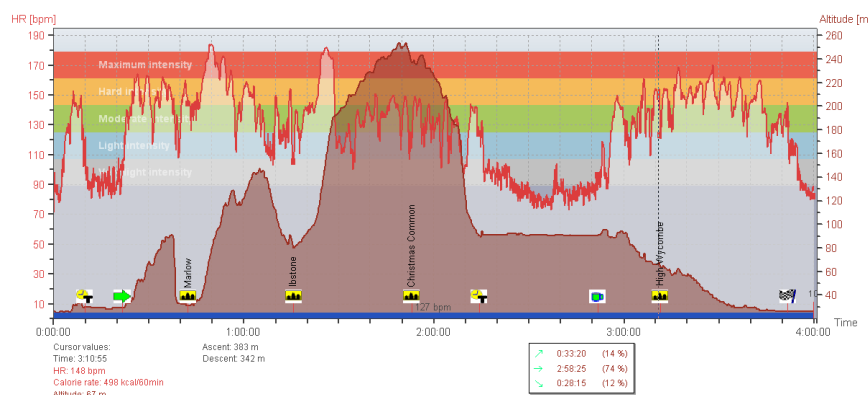
Cost £3300, want £2000. Dave 07900 801 598.



Tales from the Saddle

Sunday 3rd June dawned bright and sunny, and six riders turned out for the 9:30 ride. The weather stayed warm with little wind (a slight headwind on the home leg) - near perfect conditions. In a change to Dinton Pastures, we rode out towards a garden centre in West Wycombe. The hilly way... We headed north out of Maidenhead to the Bisham Abbey roundabout (reached max trip speed of 32.4 on the descent), over the suspension bridge into Marlow and up the Hilly 30 route to Frieth. From there we went straight on at the crossroads (where the Hilly turns left to the finish at the village hall) through Fingest and Ibstone. Then the route climbed up through a beech wood towards Christmas Common - a tough climb up a winding narrow lane where the top is always around the next corner. A poor gear selection left a couple of riders trailing & I was glad of the Rock-hopper's granny ring (5 mph on middle ring, changed to granny and upped the cadence to achieve 8 mph).

The distance was beginning to tell by this point, I was in real need of some food. Eventually we dropped down the A40 into West Wycombe and the garden centre/café for banana & cookies. After half an hour break, we saddled up for the home leg - right through Wycombe town centre (lots of stop/start) before the gentle drop through Wooburn Green and Bourne End. Heart rate Monday morning was still elevated "Training Effect", so a gentle 10 ride to ease out the legs & evening off was in order and by Tuesday AM it was back to normal.



Christmas Common is at the top of a hill... A very pretty beech wood lined country lane, but a tough climb and worth seeking out for power training.



Go-Ride Activities

Andy Small, Club Secretary

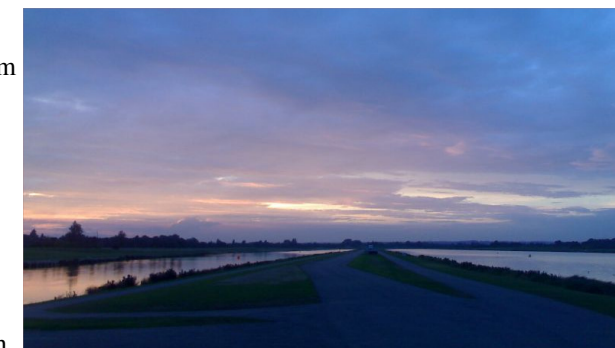
Way back in the AGM, the Club decided to get into gear and aim to achieve British Cycling's Go-Ride status. Several members have been working overtime to help with this, especially Paul Richardson and Nigel Shurben who decided to become our Level 2 coaches. They headed out into the wilds of Oxfordshire for several days training and stayed up far more evenings than is healthy filling out the paperwork. Now they just need some bodies to experiment on...

I must also mention Danuta Tinn who 'volunteered' to be our Welfare Officer at short notice. Her experience as a teacher will be invaluable as we get more involved in outreach work.

A couple of days at Burnham Upper School met with partial success; a couple of interested lads were seen but the limited support from staff and over-large groups meant they got lost in the chav, sorry, chaff. On the brighter side, it looks like some of the pupils at Slough Grammar School are inter-

ested in setting up a club on Wednesday afternoons. This will be a great chance for them to get into cycling (I remember wanting to go out training instead of standing by the goalposts but never had the nerve) and hopefully feed into our race calendar next year.

The main focus this Summer is to run a skills session at 10 am each Saturday morning from 28th July to 8th September. This is for 10 to 17 year olds who want to improve their handling skills and get a taste of competitive riding. Cost is £3 a session and held on the grass are behind the WAMDSAD clubhouse in Braywick Sports Ground. Bring your own bike, helmet, snacks and a drink.



Dorney Lake (September 2006)

Time-Trial Coaching Evenings

The Summer TT season is drawing to a close, and one or two of the novice riders have asked for some help on how to improve their times. Thinking about it, that's probably true for many of the rest of us too. The basic idea is, of course, get out there and ride your bike—but there are other factors too like gauging your effort, good bike positioning and

planning your training programme.

It's rather short notice but Paul Richardson will be running a couple of sessions on Tuesday evenings. First evening is **Tuesday 24th July**. It's £3 a session and if you are interested, please give him a ring on 01344 423402

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STOP PRESS

- Accident on 19 July
Anne Fuller (Reading CC) is up and around, fortunately suffering only minor abrasions and bruising after a car drove out into her at the H10/2 turn. Another SMIDSY driver!
- Dorney Sprint
This has moved from mid-September to Tuesday 31st July at 7:30 pm so it's easier to get to after work.

Time-Trial News

The time-trial season is drawing to a close, with this Thursday (26th July) being the last evening 10 on the H10/2. There have been a few wet evenings but we've been generally very lucky to avoid the worst of it (Burchett's Green roundabout was 9" deep in flood water last Friday morning). Turn out has been similar to last year with 476 riders up to the end of June. This has included several full fields on sunny evenings with 12-15 of our riders participating plus many other local clubs joining in. It's also allowed some novice riders to come along and try it, a number of whom have subsequently decided to join us. It's great to be at the roadside and see so many riders out there regularly.

John Woodburn has been leading the National Vets on Standard competition again and is currently the highest ranked rider with 3 events, and fourth overall with 4 of the 8 rounds completed. His highest 5 rounds will count so he has a great chance of retaining the championship.

Andrew Richardson entered the District GHS championship round, but had a bad day and didn't progress to the Nationals. This is disappointing for him, but all good experience.

Don't forget to enter our championship rides, and also let Andy know your Open times on events that qualify for the Club's BAR trophies.



Peter Weir in full flow at the WLCA 10 in March

Sportif News

Sportif (or sportive) events are mass start rides that typically cover 70-120 miles of challenging terrain. The riders are timed, and riders try to finish inside the designated period.

The rides have been more popular this year, with several riders heading out into the countryside at the weekends to test themselves against the challenging courses with names like 'The Dragon Ride'. Andrew Payne has been particularly active - here's an extract:

"Vincent Taylor and I travelled to South Wales to take part in this year's Dragon Ride. We had both entered the 200 km ride, but due to weather conditions while crossing the river Severn had serious discussions about opting for the short 135 km route. However on arrival at Bridgend conditions were dry, if a little cold (and better than the rain we had here most of that morning) so we set off in the second wave of riders around 8.05 am on the long route as planned. Despite the best intentions to stay together we quickly got separated. Once the ride settled down I spent most the ride in small groups varying in size from 2 to 9 riders taking turns on the front to ensure a reasonable pace was maintained on the flatter parts of the route. The ascents went well, but my max speed on the descents was only 35 mph while others reached nearly 50. Vincent suffered with a puncture and various small aches which slowed his overall progress."

Andrew finished in 07:09:04 and Vincent in 09:41:03.

We also had 6 riders enter the HighClere Sportif; Ian Blatchford, Vincent, Simon Greenland, Rolf Anderson and Gary Prichard riding the 74 mile route and Andrew riding the 120 mile route. Andrew beat his previous year's time by 45 minutes despite a slightly longer course. Rumour has it he's going to try for the Club 100 Championship by entering the WLCA 100 on 12th August - see the event list overleaf.

Reading CC are running two sportives on Sunday August 19th and would love support from our neighbouring clubs in the form of entrants. All proceeds are going to the Thames Valley Air Ambulance and the Cyclist's Defence Fund.

- Kennet Flyer 200km - the longest sportive in the UK this year we believe!
- Lambourn Chase 85km - shorter but just as challenging.

Both begin at Theale Green School just west of Reading.

CONTACT: Mark Lyford

www.readingccsportive.co.uk

Events

	Date	Time	Dist	Course	Notes
Thu	26 Jul	19:45	10	H10/2	10 Champ
Tue	31 Jul	19:30	1 km	Dorney	Sprint
Thu	2 Aug	19:15	10	H10/10	
Thu	9 Aug	19:15	10	H10/10	
Sun	12 Aug	19:15	100	H100/88	WLCA Open 100 Champ
Thu	16 Aug	19:15	10	H10/10	
Thu	23 Aug	19:00	10	HCC234	
Thu	30 Aug	18:45	10	HCC234	MG 10 Champ
Thu	6 Sep	18:30	10	HCC234	
Sun	30 Sep	10:30	Hill	HHC024	Hill-climb Champ, winner on aggregate time
Sun	14 Oct	10:30	Hill	HHC011	
Sun	28 Oct	10:30	Hill	HHC025	

Training Rides

	Date	Time	Location	Notes
Tue	24 Jul	19:30	H10/2	Time-trial (All)
Sat	28 Jul - 8 Sept	10:00	WAMDSAD	Go-Ride (J)

Kit Candy

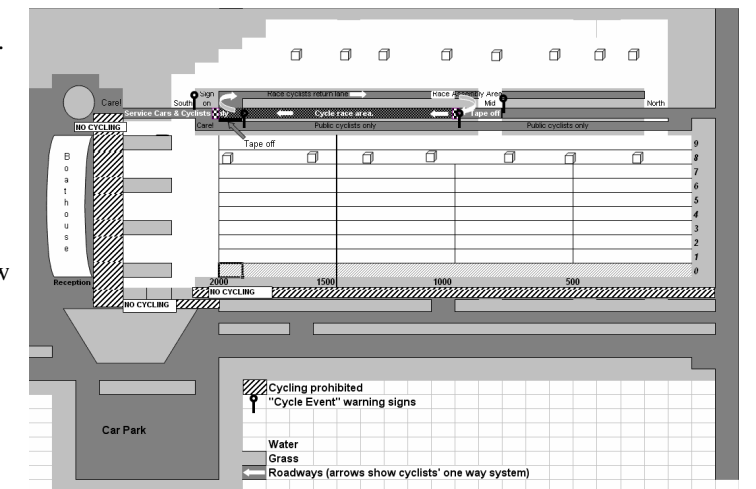


This newsletter's "Kit Candy" award goes to the new Shimano XLR mountain bike groupset, especially the functional design of the rear mech. It's incredibly light for mountain bike gear, and anodised in a dark grey with the contrasting areas machined away. The spider jockey wheels will be a pain to keep clean, but look cool when you get up close and personal.

Dorney Sprint Course

The Dorney course is on the Long Island at Dorney Lake. This is easy to find from the A4 towards Slough, turn right past Sainsburys Taplow and continue over the M4 into Dorney. Turn right here and continue about 300 yards to a sharp right, go straight ahead here into Dorney Lake (you'll be at the bottom right of the map). Park in the car park, and ride to the start behind the Clubhouse.

The course will open 15 minutes before the event to allow you to warm up. There's a 15 mph speed restriction for bicycles except on the marked course.



Mountain Biking

We've started some easy mountain bike rides over the Summer (the rain's been warm anyway...) with routes around Maidenhead along the Jubilee Path, Sustrans route 4 and up into the woods behind Knowl Hill. Once a month we start at The Lookout in Bracknell Forest where Jon Cross has led a more challenging ride out into single-track territory.

The ride is typically 10 to 15 miles at about 10 mph and is intentionally low key. Uptake has varied, but we've usually had one or two riders turn up. Often these are folks who would be intimidated by a typical Club ride and it's good to meet them and encourage them to get out on their bike.

For those more advanced riders who are looking for life beyond the TT scene, Jon is always happy to introduce you to the muddy side and can help you improve your skills or point you towards entry level competitions. It helps to have BC membership (and there are a few reduced rate subs available through the Club), and a good washing machine.

Remember you can look up the latest Club news on our blog:

<http://mdcc.blogspot.com/>