



Maidenhead & District Cycling Club News

February 2010



RANDOM THOUGHTS FROM THE EDITOR

Well here we are in 2010 with the racing season fast approaching and too few winter miles on the clock. It happens to me every year. I take a week off at the end of the season, one turns into two, two turns into three, and before you know it three months go by with little cycling to show for it. Looking out of the window, the sun is shining and it's not raining or snowing. It's time to dust off the bike and get pedalling.

That photograph of me is really starting to get on my nerves. The inane fixed grin staring out from the page at me. I'll have to change it for the next newsletter. I think that I look better when I'm grumpy anyway.

2010 looks like it will be a busy year for our go-ride coaching programme. We will soon have four qualified coaches in the club (myself, Nigel Shurben, Shea Hindman, and Andrew Richardson) We are organising an all-day session at a school in Windsor over the easter holidays, supported by the council which is a family day of fun cycling activities and bike maintenance sessions. We also have funding lines up to host a set of coaching sessions for young people in Old Windsor. Finally there is also the regular coaching sessions over the summer at Cox Green Leisure Centre. I would encourage you to get involved as it's great fun. At the least please come along and watch one of the sessions to find out what they're all about.

Finally I must say a big Thank You to Peter Bell, Joe Francis, and Mark Dewey (our new Social Secretary) for all their hard work organising this year's dinner and prizegiving at Eton College. It was a most enjoyable evening, with over three dozen members and their partners attending. The food and wine (chosen by Joe) was top class and everybody thoroughly enjoyed themselves.

Paul

VOLUNTEER OPPORTUNITIES

HERE are just a few of the opportunities available. Contact Peter or Paul if you can help:

- Start and Finish Timekeeper for Thursday 10's (Full training will be given)
- Spotter for the Finish Timekeeper. Calls the rider numbers out as they finish, and a good way to work up to full timekeeping.
- Pusher-off for Thursday 10's.
- Do you have any special skills or knowledge that you are willing to share at a club evening, or in an article for the newsletter?
- Volunteer Coordinator. Organising the other volunteers to make sure we are not left short-handed.
- Why not get involved with our go-ride initiative, coaching local children. Contact Paul for details.



CLUB RELIABILITY TRIALS

These simple forerunners of Sportives and Audax events have been an early season training event for cycling clubs for many years. We haven't run them for some time but with our increased membership the Committee has decided to run them this year with revised routes and distances to avoid the traffic the old routes encountered.

Everyone should have received details by now by email but if Peter has missed you, phone or email him to send details again or he can send you a paper version.

These events are open to members of other Clubs and cyclists who haven't joined a Club yet on a 'Come & Try It' basis.

There is a small charge for entering.

Dates are: 14th February 80+ km Start 9 am -9.45 am Bray Wick Sports Ground car park.

28th February 100 km

14th March 125 km

Remember the mileages in the Reliability Trials count towards the MDCC Sportive Trophy.

MEMBERSHIP FEES REMINDER

A reminder Club membership fees became due on the 1st January, 2010. However if you joined MDCC after 1st September, 2009 your membership lasts until 31st December, 2010.

Please will you make cheques payable to 'Maidenhead & Dist CC' to be given to Malcolm Brewer [membership sec/treasurer] or Peter Bell [gen sec].

You do not need to complete a membership form if already a member but do let Peter know if any contact details have changed.

Members are reminded to pay their fees promptly as the Club is not covered by our insurance if they are involved in an accident either on Club runs or races. This means a third party could claim against the Club.

It is also worth considering joining the CTC or British Cycling to gain legal personal protection backed by CTC/BC solicitors in event of an accident.

Membership Fees are as follows:-

	Veteran 60+	Senior 18+	Junior 16-17	Juvenile 12-15
Membership	£10	£15	£10	£5
Event Passport	£50	£50	£25	£25

The Event Passport pre-pays for all Club events for the year.



MDCC COMMITTEE MEETING

There is a Committee meeting on Friday, February 12th, 8 pm - 10 pm. This is being held on a Clubnight at St Lukes Church Hall, Norfolk Road, Maidenhead. The committee would be pleased to have Club members coming to this meeting and contributing their views. If any members have suggestions for Club activities or improvements that they would like discussed by the committee please let Peter know by Monday, 8th February or they can be raised at the Committee Meeting.

CLUB EMAILS: HOLIDAYS AND CHARITY RIDES/ SPORTIVES

The Club receives a fair number of emails about cycling holidays/Charity Rides/Sportives that we don't usually circulate unless they are local and relevant. If any member would like to receive these as a matter of course please let Peter know and he'll forward them to you.

EARLY SEASON TIME TRIALS

Sunday March 7th West London Combine '10' on the H10/2 Thicket Course. Being an Combine event entry is only £1.50 and you simply have to sign on the Club entry form to enter. Closing date for entries: Tuesday 25th February

Thursday, April 1st First Club '10' of the year. HCC 234, Shurlock Row , 6.15 pm start

Saturday, April 3rd MDCC Open Hilly Time Trial, 29 miles. Lane End-Stokenchurch-Christmas Common-Wallingford-Henley- Marlow-Frieth.

Closing date for entries: Tuesday 23rd March. Entry Fee £7.50 CTT Entry Form. Speak to a committee member if you haven't completed one before and want advice.

CTT AND LWDC HANDBOOKS

Peter now has good supplies of both of these handbooks. The CTT 2010 Handbook which lists all Open Events in England and Wales is £7 and the LWDC 2010 Handbook which lists all Club Events in our area is £4.50. These will be available at Club nights, reliability trials, committee meetings and club events or you can pick them up from Peter at 7, Belmont Drive, Maidenhead.

CLUB EQUIPMENT TO BORROW

Don't forget you can borrow the Club Bike Box to transport your bike by air to warmer climes for just £10 hire fee. Just book the dates you need it with Peter. The Club turbos are also available to be borrowed free. Samuel Hilton has the rollers at the moment so we are glad to see they are getting some use.

GS HENLEY

Club members will be interested to know that a new British Cycling registered cycling club has started up in Henley called GS Henley. We've had contact with them and they've expressed interest in riding our events as well as our reliability trials. They are hoping to run their own TT's up the Stonor Valley. One of their members is Rob Griffiths who won one of our Club '10's' on the Bath Road last year. They have an orange/back/white kit so look out for them.



WEST LONDON COMBINE AND WEST LONDON CYCLING ASSOCIATION EVENTS

MDCC is a member of 2 associations of West London cycling clubs that aim to provide events for clubs within the associations.

The West London Combine provides events that are a step up from Club Events. They have to be entered in advance but we only send in a list of riders that would like to ride. Entry is only £1.50 an event. They do have an event head quarters. You can find all their events here:-

<http://www.middlesexrc.fsnet.co.uk/wlc/tt.htm>

West London Cycling Association provides good quality open events on good courses that give first preference to members of WLCA clubs like ours. Entry is about £7.50 -£8.00 on a standard CTT entry form. Have a look at the website below for details. There are also a large number of trophies on offer from track events, 10's to 12 hour and Sporting Course series [SPOCO] which are worth looking at.

<http://www.mickfountain.co.uk/wlca/index.shtml>

JOHN PERCY

MDCC member John Percy came down on that deceptively icy Sunday a couple of weeks ago. He's broken his collar bone and so is off the bike for a few weeks. We wish him a speedy recovery.

Since writing this we have heard that John's son, Gavin who rides for the new Inverse squad, came down at Hillingdon and has also sustained a very nasty collar bone break. There must be some sort of award surely for two members of the same family breaking collar bones within a couple of weeks of each other. Gavin could be out for 2 or 3 months but we hope he makes a quick recovery.

HAPPY EVENT FOR PAUL AND CATH

New member Paul Todd and partner Cath are delighted to announce the birth of their baby daughter, Sophia Valentine Todd on Wednesday, 27th January, weighing in at 7 lb 5 oz. We haven't seen much of Paul since he joined in September as he sustained a nasty hand injury while riding to work which curtailed his cycling in the autumn. He tells me he's sorting out a trailer to take Sophia round while riding the '10's' so he hopes to do a lot more this coming year.

We all send our warmest congratulations to Cath, Paul and Sophia.

MDCC LADIES GROUP

The club has a Ladies Group and Linda Regel attends the Committee meetings to represent the Ladies's views. Linda joined the club last year and rides in the Thursday night time trials and on some of the Sunday rides. She is also hoping to complete some of the reliability trials, with her husband, Mark. If any lady member would like to raise issues for the Committee or has suggestions for the Ladies Group, please contact Linda at any time.

If any of our Ladies section would like a Girl's Night Out at a local restaurant - date to be confirmed, sometime in March, please contact Linda if interested. It would be a good way of getting to know each other.



NEW MEMBERS

Geoffrey Palmer joined in the autumn last year after riding regularly in our '10's'. He lives out at Camberley so we won't see him out on our Club runs that often but he is intending to ride plenty of our Club events. He is also an enthusiastic Sportive rider so could be in with a chance for the Sportive Trophy Competition.

Sarah Davies joined MDCC before Christmas and has been an enthusiastic member of the Clock Tower Club runs over the last few months. She has even been turning up when the weather was so bad no one else has. Sarah works for the Met Office so we expect she'll arrange for our Club Runs to be lit by a shaft of sunlight all the way round while all around is gloom and rain.

Jorj James joined us at the Boxing Day '10' after having ridden our Club events regularly for several years. Many of you will know him well and we are delighted to have him join us although he tells me we are only likely to see him at our Club events as his other days are already committed.

NEWS OF EX-MEMBERS

Mike Willacy has contacted the Club from Plymouth where he moved nearly 5 years ago. He's recently joined the Plymouth Corinthians after being in the CTC and is even threatening to ride some Club TT's. He wanted to know how Tony is and how the Club is going on. I've put him on our Club email list to keep him up to date and if any one would like Mike's email address just contact Peter.

TIME TRIAL SECTION

I hope that you are all looking forward to the new season of time trials. No sooner had we completed last years programme when we had to arrange this year's calendar.

This year we have expanded our usual open time trials to include an additional time trial on the H10/22 Marlow 10 miles (15/08/10). We now organise 4 Open events. Our first Open event is our Hilly 30 on the 4th of April. This forms part of the Derek Addaway Memorial Trophy [Sporting Courses Competition] which is open to all club members who complete this, together with the shorter Open event to be held on Sunday 23rd of May around the H15/10 Fifield circuit. The two 'Hilly' events in April and August are also part of the WLCA Sporting Courses Competition [SPOCO]

To prepare for this and the season ahead you can stretch your legs with the very first West London Combine event [Sunday, 7th March] on the H10/2 Maidenhead Thicket Course. This event is entered via a block booking that is organised by Peter Bell. If you want to enter this event please contact Peter.

Our evening 10's start on April Fools Day on the HCC234 Waltham St Lawrence course.

Through the main Time Trial season we are running 4 club 25's around the HCC001 West of London 25. This course covers 3 laps of the Drift Road circuit. The first of these is on the 25th of April. We hope that new club members will use these to develop their confidence in completing these longer events and to obtain a time that can be used when entering Open Events. Please remember that these events can also be used by new members to compete in the Best Novice Plague.

One other event that is popular with club members is the Team Time Trial run by the Antelope RT this event will year take place on the 17th of April. So if you are planning to get a team together you don't have long.

A full listing of all events are available through the published handbooks or via the www.cyclingtimetrials.org.uk and the www.lwdc.org.uk

For further details please contact Nigel Shurben.



MDCC EVENING PROMOTION AT SBR SPORTS IN WINDSOR

On Thursday 25th March SBR Sports will host an open evening at their shop in Windsor exclusively for MDCC members. The event starts at 5pm and carries on until 8pm. Just for us they are laying on:

- Free Bike Fitting Service For Club Members coming up on Thursday Evenings (normally £50.00 per fit)
- Free Foot Analysis for Running Shoes
- Free Drinks & Snacks
- Up to 50% off Running Shoes, (Asics, Adidas, Nike & Mizuno)
- Up to 50% off all cycling shoes
- 20% off all cycling clothing and accessories
- Up to 50% off Tri Clothing (Orca, Sugoi)

If you would like to take advantage of the free bike fitting service then you need to let Peter Bell know beforehand as there will be a limit on the number of people that they can fit in.