



## Newsletter – November 2025

Ladies and Gentlemen

In years past during the winter months, if you didn't want to ride outside, your only real option was to stare at a wall whilst pedaling away on a basic turbo trainer. Now of course there are advanced trainers and multiple Apps that have really transformed the whole experience. Last week I even rode a virtual version H10/98 that a member, Steve Lewis, has created on Rouvy. It seemed very realistic to me, particularly when I suffered an attack of cramp when rejoining the A24 out of Ashington!

### **Annual Dinner and Presentation Evening**

If you have booked places at the forthcoming dinner on Friday 21<sup>st</sup> November please note that this is being held in the downstairs function room at Brewhouse and Kitchen, Wykeham Road, Worthing. Please arrive by 7pm and look out for Ian Cheesman who will hand you a name card containing your menu choices. The seating is around what is one large table so you can choose where you want to sit.

### **Le Col South Downs Hill Climb Series**

I am really pleased to announce that our very own Noah Stepney has won the Prince of the Downs Category (males, 17 or younger) in the recently completed Le Col South Downs Hill Climb Series, which the organizers say is 'probably the best hill climb series in the world!' Congratulations Noah on a great achievement.

**Winter miles, summer smiles?**

Cycling in the rain isn't exactly everyone's idea of a good time but the following, which I cribbed from the internet, seems an appropriate message for this time of year. Or alternatively, get a decent turbo trainer and a subscription to Zwift!

*Wet socks, cold fingers, and the constant spray from your back tyre can make even the most dedicated rider think twice. But rainy rides can do wonders for your mental toughness. They force you out of your comfort zone, test your discipline, and remind you that not every challenge in life comes with sunshine and a tailwind.*

*When you push yourself to ride in less-than-ideal conditions, you're training your mind just as much as your legs. You learn how to stay calm when it's uncomfortable, focused when it's messy, and determined when your brain is telling you to stay inside with coffee instead.*

*That grit doesn't just stay on the bike; it spills into your everyday life. Suddenly, traffic jams, tough workdays, and little setbacks feel more manageable because you've already faced harder things.*

*Here are a few practical takeaways for anyone willing to embrace a rainy ride:*

- ***Shift your mindset:*** Instead of thinking, "I have to ride in the rain," try, "I get to build mental strength today."
- ***Dress smart:*** Waterproof jacket, gloves, and maybe a cap under your helmet go a long way.
- ***Lower expectations:*** It's not about speed; it's about showing up and following through.
- ***Celebrate after:*** Hot shower, warm drink, and the smug satisfaction that you did something most people avoided.

*The next time you look out the window and see gray skies, don't just see bad weather - see an opportunity. Rain is temporary, but the confidence and toughness you build pedaling through it will stick around. Plus, when summer rolls back around, those perfect blue-sky rides will feel like a reward you've truly earned.*

### **Mountain Bike racing series**

If you are tempted to try off-road racing you could do worse than consider the Gorrick Brass Monkeys XC Endurance Winter Series. There are three events (30<sup>th</sup> November, 4<sup>th</sup> January and 1<sup>st</sup> February) all on courses in the North East Hampshire area, which having lived and ridden there for many years, I can confirm are excellent places to ride.

Basically you choose how long you want to ride for, select your age category and then complete as many laps as you can before the time cut off.

Entry is online via [www.tickettailor.com/events/gorrickmbc](http://www.tickettailor.com/events/gorrickmbc)

### **Looking for an adventure?**

On the 10<sup>th</sup> and 11<sup>th</sup> January there is a new 'boutique' show, The Gravel & Adventure Bike Expo which promises to offer the best of gravel, adventure riding and bike-trekking.

As well as new bikes and kit from the likes of Surly, Schwalbe, Teravail, Old Man Mountain, Fidlock, Kinesis, Vielo and Reilly, cycle travel specialists Italy Bike Hotels and Bicyclewanders will be on hand to help you plan your next riding trip.

There will also be 'Round the Campfire'' chats featuring a stellar line-up of adventure cyclists including Mark Beaumont, Josh Ibbett, Molly Weaver, Angus Young (who presumably isn't the AC/DC lead guitarist), Steve Bate and Duncan Covey; tips on where to travel to for the best gravel and adventure riding; prepping for a long distance trip; plus brand chats with off-road.cc's Liam Mercer on the latest bikes, bag sets, clothing and other kit to buy.

Sounds like an adventure in itself. Further information can be found at [www.adventureshow.com](http://www.adventureshow.com)

### **RideCymru**

If planning your own adventure feels a step too far you could look at an event called RideCymru which has the tag line; Take On the Wild Heart of Wales.

This is a three day event taking place between the 11<sup>th</sup> & 13<sup>th</sup> September in which you ride the length of Wales from Llandudno in the North to Cardiff in the South; taking in places like Snowdonia, the Cambrian Mountains, the Brecon Beacon, Gospel Pass and the Black Mountains along the way. That's a total of around 250 miles, or 85 miles a day and there are various packages available where you can choose your preferred accommodation from tents to hotels, with all food provided as well as medical and mechanical support.

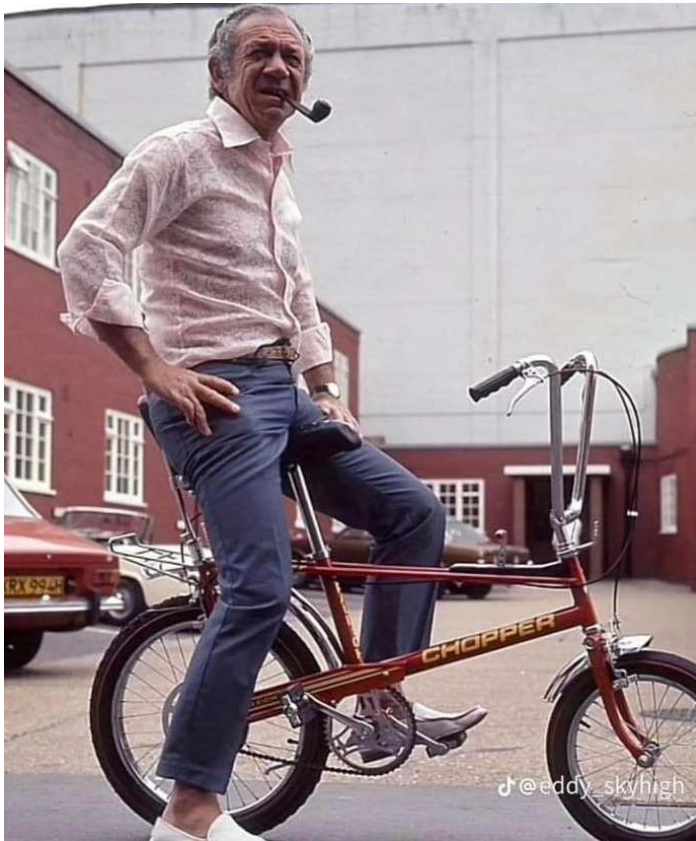
Further details at [www.ridecymru.co.uk](http://www.ridecymru.co.uk)

### **Life on Mars**

Rayleigh, the historic bike manufacturer, is now selling a new version of the 1970's icon, the Chopper for £999.

Available in Fizzy Lemon or Space blue with 3 speeds and one size fits all, they appear to be a faithful replica of the original complete with that long seat for giving friend's 'backies' on.

Those were the days!



Ian Thomas - Secretary