



## Newsletter – October 2024

Ladies and Gentlemen

### **Annual Dinner & Presentation Evening**

Firstly a message from our Social Secretary Ian Cheesman;

*Dear All,*

*It's that time of year again when we celebrate another year of Worthing Excelsior and it's achievements by holding the Annual Dinner and Prize Presentation. The venue will be The Fox at Patching on Friday 22nd November 2024 from 7 pm onwards.*

*The tickets will be partially subsidised by the club so tickets will cost £27 per head which is for a 3 course meal and coffee. For those of you that have been before you'll know that the food is very good and it's a good evening out. If you'd like to come along then please contact me at [cheesy12@talktalk.net](mailto:cheesy12@talktalk.net) or via text/WhatsApp on 07931863447. Let me know how many tickets you'd like, your menu choices (including any allergies) and preference of persons you'd like to sit with (Please note that I will do my very best to accommodate all requests but am limited by the size of the tables and the space available at the venue). Payment can be by bank transfer to Ian Cheesman, Barclays Bank, Account number 40469645 Sort code 20-98-74 with your name as a reference or by cheque made payable to Worthing Excelsior Cycling Club. The deadline for letting me know will be midday on Friday 8th November 2024. The menu is:*

#### *Starters*

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*Deep Fried Brie served with plum chutney*

*Calamari Rings with sweet chilli sauce*

*Deep Fried Whitebait served with tartar*

*Homemade soup of the day*

*Mains*

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*Grilled Fillets of Sea bass served with lemon and parsley butter, prawns and asparagus*

*Sweet Potato Curry (Vegan)*

*Braised Steak served with herb dumpling and root vegetables*

*Homemade Lasagne with Garlic bread and salad*

*Desserts*

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*Fruit Crumble with custard*

*Chocolate brownie with ice cream*

*Vanilla Cheesecake with blueberry compote (Vegan)*

## **Member Survey**

Thank you to the 39 members who completed the recent survey about the Sunday morning rides. That is an excellent response considering the size of the club and I know that the Committee is most grateful to you for taking the time to let us know your thoughts. Thanks also to Ali Weinberg for organising and for pulling the results together which will hopefully be circulated in full shortly by email. Very briefly though there were no major concerns with the pace or distance ridden by the respective groups and café location and rider etiquette are generally fine although there could be some improvements. Attached below is the Club's group riding etiquette which I would encourage you to read. Finally there were some concerns raised about rider safety getting to Washington starts because many will ride up the A24 to get there. To assist with this we have now introduced a meet up point at 08.45 outside Findon Garden Centre where those who wish can form up and ride to Washington in a group. I should add that the Committee do not endorse turning right at the top of Washington Bostal and recommend either continuing down to the roundabout or stopping and walking across the carriageways

## Group Riding Etiquette

Worthing Excelsior C.C. Club runs are group rides taking place on public roads and those taking part are expected to obey the Highway Code, and ride sensibly with thought for your own safety and that of other club members and road users.

- Remember The Highway Code - your own safety and the safety of others is paramount.
- Ensure that your bike is roadworthy and you have adequate equipment to effect puncture repairs etc.
- If there are large numbers of riders, they should be split into groups. We do this according to each rider's ability.
- Ride in formation, no more than 2 abreast, always maintaining a space between your front wheel and the wheel you are following. Avoid overlapping your front wheel with rear wheel of the rider in front.
- Make space for vehicles to overtake, ride in single-file where necessary. A group of 12 or more to ride in single-file means a fairly long line of riders to be overtaken safely. It's probably not a good idea to wave a motorist through if you are on the back of the group, let the driver make his own decision.
- Give early warning of hazards, approaching cars, potholes, debris etc.
- Ride at a steady pace. We do our best not to leave anybody behind, but if you are turning off from the route please advise others that you are doing so that they don't turn around and look for you.
- Ride with hands on the handlebars, riding "No hands" in the group is dangerous and unacceptable! Do not use "Aero bars" whilst riding within a group this is also unacceptable, we have to be mindful of the safety of others when riding. Gentle use of the brakes whilst riding will help you to maintain a steady pace with other group riders. Never slow suddenly without warning shout to those behind you.
- Ensure that you give positive hand signals for turnings so that those behind, including motorists, are aware of route changes.
- Shout out if you have a problem and slowly ease into the kerb, don't try to correct a fault whilst riding, this is dangerous! If someone else has trouble, wait and help if you can, you may well be the next victim.

- Advise the ride leader if there is a split in the group, reduce your speed or stop at a sensible location until the group reforms. Always allow the group to reform at the tops of hills.
- Please remember we are representatives of the Worthing Excelsior and our sport, and as such we should always be mindful of your behaviour to other road users and the impression that they take home.
- Don't argue with motorists and other road users--even when they are wrong!

### **Death of former member**

It is with regret and sadness to report the death of former member Paul West who was, by all accounts, a very active member of the club in days past. Sadly Paul passed away whilst on a cycling holiday in France having suffered, I believe, a heart attack. There have been several posts on our Facebook group about Paul and if we receive news of when his funeral will be the information will certainly be passed on.

### **Tour of Lombardy**

Also known as the ride of the falling leaves, the Tour of Lombardy is traditionally the final race of the pro season and takes place next Saturday, 12<sup>th</sup> October. It includes an ascent of the Sormano, a private road 'only' 1.6km in length but with an average gradient of 16.6% and a maximum of 23%. It was included in the 1960-1962 editions of the race before the riders simply refused to ride it but was reinstated in 2012. Today the road is extremely smooth tarmac on which every metre is marked to let you know how much suffering you have still to face. Il Lombardia also features the Ghisallo del Madonna climb, at the top of which is perched a small chapel where the riders stop to be blessed. If you are ever in the Lake Como area you really must pay this a visit.

### **A fall from grace?**

Problems continue to beset the bike industry with only this week i-Ride, the distributors of Orro bikes, Fulcrum wheels and Prologo amongst others, going into administration and laying all their staff off. In case you missed it Ride London have announced there won't be an event in 2025 and whilst they are saying they are taking a hiatus to consider the future direction of the event, many are speculating it won't make a return. Who knows where it has gone wrong but I saw a review of the Enve Fray in a cycling magazine which described it as being a 'fine example of what real riders should be riding'. The trouble is its £11,000 so hardly affordable by many.

To be fair other 'hobbies' I enjoy are suffering similar problems; Two motorcycle dealerships locally have or are closing down and fishing tackle shops are shutting up everywhere so I don't know where I'll be purchasing my maggots in the future!

## Weight Weenies

The 'drop' handlebar must be the least used component on a modern bike, so if you are a cyclist who frets endlessly about shaving a few grams off your treasured bicycle I've got a great tip for you...saw them off!



And if that doesn't satisfy you, you can always take a drill to various components; more is sometimes less after all!



And finally I leave you with a poem, sent anonymously to the editorial offices of Worthing Excelsior Cycling Club. Enjoy and may your wheels continue to turn smoothly!

Ian

## Swish

Swish - The sound of a bicycle wheel as the smooth rubber kisses the tarmac underneath them.

Swish - As the pace picks up over the flat terrain of the valley floor, the more frequent the sound becomes; swish, swish, swish until they merge into one and the passing wind is all that infiltrates our ears.

Swish - Now the road starts to ascend and as the gradient increases so the sound becomes less frequent, as it settles into a steady metronome type beat....swish....swish....swish that becomes increasingly less audible as it is forced to compete against our laboured breathing.

As the climb continues ever upwards towards that place where the gods sit on high, so each rider's heart beat rises in unison until, like a fish out of water, we are gasping for breath, praying for the end to be in sight.

For those less brave of heart or who aren't servants to the Lord of Suffering there may be an ungainly, shameful even, end; the swish now replaced with the clicking of metal cleats on tar macadam. But surely that won't be you or I?

Swish; over the top we go, speed picking up, gears sweeping across the block...swish, swish, swish until it's no longer necessary or even possible to peddle anymore as we sweep downwards like some Raptor homing onto its prey that it has sighted in the green fields below.

The swish is gone now, replaced by the smooth, gentle ticking of the freewheel as the landscape flashes by whilst us riders try to emulate the extreme positions our heroes assume in a bid to gain every possible aero advantage.

The cafe is waiting for us, the sound of clinking of cups and teapots, laughter and chatter as the ride is relived.

But all too soon, or maybe it has been too long, we return to our steeds and the swishing of the wheels is once again repeated; uphill, down dale and across flatlands, ever homeward bound, the rider secretly pleased to have survived another ride but nevertheless still feeling a tinge of sadness that the end is in sight.

Later once home, showered and refreshed but with aching limbs, lying on the settee, pretending to watch the latest stage of some tour or other, or maybe it's yet another one day Classic, eyes nod and peace comes as the memory of that musical sound from our wheels lull us to sleep,

Swish, Swish, Swish