



NEWSLETTER NUMBER TWO

'allo everyone.....!!!

Was the first Newsletter any use to you? It was never intended to replace the Worthing Wheel or the excellent Club website, Whatsapp or Facebook, TwitFace or any other sort of media. It was just another way of making sure that we are all aware of what's going on in the cycling world. Let me know if there is anything you want included. If you've got any snippets of useful info then we can pass it on.

Potholes

One thing already passed on is this snippet I had from Derek Pearce..... 'As for potholes – many of us have Smartphones. There is an App called 'Love West Sussex'. Using this, one only has to photograph the pothole, the GPS on the phone identifies exactly the location of the offending pothole and all you have to do is answer a couple of questions and then hit the 'send' button. The photos are sent direct to the Highways Dept who have a legal obligation to do something about this in a set time.....I was sceptical about this until I tried it with a crater at the end of my road. Within a day someone had been and marked this hole, a couple of days later it was filled. Imagine my surprise!!'. Thanks Derek. Just the sort of info we need.

Charities

Last month I mentioned that AgeUK was after donations and, this month, I've been notified of an event entitled 'Cycle to the moon', which is a fund to raise awareness of Prostate cancer. This event is a chance for members of the public to show their support through cycling miles on the road, in the gym, at home, or anywhere, during the month of May. There are now, reportedly, more deaths from Prostate cancer than Breast cancer and yet there's no national screening programme for Prostate cancer. If you're interested in supporting this event then e-mail saveedad@tackleprostate.org or go to www.tackleprostate.org or, better still, get yourself checked out. Remember it's spelt PROSTATE not PROSTRATE – that's just lying down and you don't get cancer from doing that.

29th April 2018

You haven't forgotten, have you? This is the day you **have** to attend 'Whispers' Cafe at Billingshurst. No notes from your Mum or Doctor's certificates will get you out of your responsibilities. You are there to let the cycling world know what a terrific Club you're a member of. 'Cycling Weekly' will be there with a journalist and a photographer to record the event. **Remember, no excuses will be accepted..... and don't forget to wear your Club kit.**

13th May 2018

..... and don't forget that there will be no Sunday Club ride on 13th May 'cos it's the Club Open 25. So you must get your entries in early to beat the rush, or give your name to Mick Irons as a willing volunteer.

Isle of Wight

Bob Downham is, once again, organising a day trip to the Isle of Wight. He's going there on 10th June so why not join him? Contact Bob for details. He'll love your company, and the roads there are brilliant. I went there late last year and the road surfaces were smooth and not a pot hole in sight.

Useful Tip

Don't rely on the cheap plastic tyre levers you get with a puncture repair outfit. They won't work when you want them to. Believe me – I tried and failed, miserably.

Welcome

Welcome to our two new Club members – Florence and Lily Maragaroli. Will we see you at 'Whispers' on 29th April?

Security

Paul Tuohy is the Chief Exec. of Cycling UK (formerly CTC). He recently had his bike nicked. If it can happen to him then it can happen to you. He was lucky – he got his bike back. Will you?

Question

Last month I asked about Christian Adam of Lubeck who set the record for riding backwards whilst playing a violin. This month I'll reflect on the much easier record of just simply riding backwards and ask how far did Andrew Hellinga ride backwards in 2013? Answer below.

Racing

Well, you can read all the Time Trial results on the Club Website, and it was good to see that Nik Allen smashed the course record for the Long Furlong Circuit, but I wonder if John McGrath would have gone any faster if he hadn't been riding his wife's bike?

What do you hate?

The Hands-free - rides along without holding the bars. OK, if you're a Tour pro that might be OK, but you're not, so don't. And it's not a good example to show new members.....and as for taking Selfies when riding – that's a definite 'no-no'.

The Litter lout - who throws down his gel wrapper/food wrapper/punctured tube.

The Unsociable git - the rider who fails to acknowledge another rider.

The Stealth rider - wears only black so you can't see them in shadow, at night or in heavy rain.

What your favourite whinge????????????? Let me know and I'll publish.... anonymously

The General Data Protection Regulations

The General Data Protection Regulations come in to force on 25th May, 2018, and whilst the Committee does not believe at this time that the Club is required to comply these Regulations, you can be assured that personal data (ie names/addresses/email addresses/telephone numbers) that is kept by the membership secretary is password protected. Details will only be used for the passing of communications from the Club to yourselves. The Club will only hold the details that you provided on your application form. The Club will not pass your personal details to anyone outside the Club.

'Pop-up Cafe'

It's unfortunate that the date clashes with our own Club Open 25 but Sussex Nomads are having a 'Pop-up' cafe on 13th May, 2018, at the Steyning Athletic Club in support of a charity to reduce hardship in Moldova. Our event should be over by the time they set up so you can always pop round there for an extra cuppa and make a contribution of kindness.

Preston Park Cycle Track

Racing at Preston Park Cycle Track (or Velodrome as they like to call it nowadays) starts soon so check the Sussex Cycle Racing League website for details. Even if you don't want to race, why not pop along there and give some support. It's free!!! It should be a nice ride out from Worthing and back, and they do sell tea and cake there.

Learn to love the motorist

Okay! I know that we all hate motorists. When they cut us up, or hoot at us, we have been known to react unfavourably – even mind mannered me! But let's learn to love the motorist. If the driver gives you a wide berth then give him a 'thumbs up'. Often you'll find that a 'thumbs up' to the first in line will encourage the

rest of those overtaking to move over rather than play that silly game of 'let's see how close we can get before knocking him offwhoops!'.

Answer

337.6 km..... but you must ask yourself - why?

The opinions expressed above are not necessarily those of Worthing Excelsior Cycling Club, but could be the ramblings of a senile old duffer.