



NEWSLETTER NUMBER 3.

Cycling Weekly

Well..... did you turn up at 'Whispers' in your finest kit to have your photo taken? Only 17 Club members did. An article will appear in Cycling Weekly very soon. As a bonus, the Club has been given vouchers for £150 worth of SIS products. These will be distributed to the needy at the Club Room in the near future so watch out so you don't miss out. And you can get a free cup of tea whilst you're there.

General Data Protection Regulations

I lied..... Last month I said that the Committee did not believe at this time that the Regulations applied to us. I have now discovered that the Regulations do apply to any organisation that collects personal data and I am now awash with pages of info telling me what we should do if we have bio-metric sensors/retina scanning/ CCTV etc.

Yes, it's true that the Club collects information about the membership. When you signed up to join the Club, or whenever you fill in a form for a time trial or even just enter on the line, information is gathered about you. If someone takes a photo or video of you and puts it on the web page or even just publishes results, that is information about you. The key question is 'What does the Club do with that information?' The answer is simply that it manages the Club and passes on to you any information that might be relevant to the Club or cycling in general. **The Club does not, and will not, sell or pass on your personal details for marketing purposes.**

There will be more information on this later as CTT hopes to shortly send out some information that will be useful to Clubs (we haven't got it yet). Meanwhile, if you sign up for a Club Time Trial you will see a notice giving the basics of the Club's Privacy policy. If you don't want your details/photo in the public domain then let us know.

Moans

In the last Newsletter I told you about my favourite whinges and asked you about yours to be published anonymously so here are some of them but, I'm sure you'll be able to identify who sent them in.

1. Cyclists not using Campag or Italian framesets.
2. Whilst racing in a TT and being overtaken by someone on a mountain bike.
3. Being called 'Bob' when everyone knows me as 'Rob'..... ooops – sorry 'Bob' – I mean 'Rob'

'Dutch Reach'

Do you know what the 'Dutch Reach' is?not to be confused with the 'Dutch Pull', which is something entirely different and would never grace the pages of your Club's Newsletter. (I know you'll Google that). The 'Dutch Reach' is a method of opening a car door with the hand that is furthest from the handle so that the body is fully turned towards the door giving a driver/passenger an opportunity to easily look over their shoulder to see if a cyclist is coming up before opening the door and knocking them off. Once you get into the habit, it's easy. So try it and persuade your mates that this is good idea.

French Leave

Has anyone ridden the 'Avenue Verte' which is the cycle route from Dieppe to Paris? Any tips? Is accommodation readily available? Is it suitable for solo riders?

Question

Who won the first ever cycle Race? Answer below.

New Bike

Scene: Bike Shop

Customer: 'I want a new bike for my wife'

Salesman: 'Sorry sir. We don't do part-exchange'

Club Open 25

You should be aware by now that there will be no Club Run on 13th May because the Club is promoting its Open 25. If you haven't got your entry in by 1st May then you're too late so you might as well contact Mick Irons and offer to help.

If you can't be bothered to ride the event or to offer to help, you might like to visit a 'pop-up' cafe that the Sussex Nomads are going to set up at the Steyning Athletic Club in aid of the poorest villages in Moldova.

How fast can you go?

A Dutch group called The Human Power Team has set a new world record of 133.78kph on a section of road at Battle Mountain in Nevada USA.

Statistics

Did you know that 23% of statistics are made up on the spur of the moment? Actually, I just made that up, but a recent study has revealed that having lights on during the day and hi-vis clothing reduces accidents by 47%. I don't know how they worked that out, but being more visible seems like common sense to me. Not only that but, if you do get knocked over, then I guess that a judge will look more favourably upon any claim you make if you have done everything you can to make motorists aware of your presence.

Scientists say

Exercise in old age prevents the immune system declining. Scientists followed (not literally) 125 long-distance cyclists and found that they had the immune systems of 20 year-olds. Prof. Norman Lazarus, who co-authored the report, said 'If exercise was a pill then everyone would be taking it.' It doesn't have to be extreme mileage, so that's a bonus. So..... keep pedalling!!!

Useful tip

Always take a £5 note with you so that, if you get a split in your tyre wall, you can line the tyre utilising the 'plastic' £5 note and your inner tube won't pop out. If you can't afford a £5 note, cut a piece of plastic from the side of a milk bottle or use an old piece of inner tube. If you're 'flash' then you can use a £10 note.

Answer

An Englishman named James Moore. The race was from Paris to Rouen in 1869, a distance of 123km. He won in 10 hours 25 minutes – 15 minutes ahead of the second placed rider. It was on a velocipede rather than a chain-driven cycle, but he was English, and it was a race, so that is something that should be celebrated.

Quote

'Nothing compares with the simple pleasure of riding a bike.' J.F.Kennedy

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