



NEWSLETTER

**THERE WAS GOING TO BE A PHOTO
HERE OF A DAMAGED CYCLE HELMET
BUT IT TOOK SO LONG TO DOWNLOAD
THAT I GOT FED UP WAITING – SO
YOU’LL HAVE TO USE YOUR
IMAGINATION.**

Helmet

It might not look like much but, if you look closely, you will see the helmet is irreparably damaged and there is the distinct impression of road gravel. This was a low-speed impact at perhaps 5mph when one of our Club riders had the misfortune to fall sideways and hit her head (and other bits) on the road. If she hadn't been wearing a helmet, would she have had a head injury? Undoubtedly. Did she avoid a serious head? Probably. This just shows how important safety wear is to all of us. Get well soon Sheila which brings me on to my

Moan of the month

Mum and Dad and the kids are out riding their bikes – Good! Children are wearing their helmets – Good! Mum and Dad are not wearing helmets – Bad! I am always tempted to stop them and ask 'do you want your children to be brought up as orphans?' Rant over.

Avenue Verte

A big thanks to Dean for responding to my enquiry. He and Nick did the ride along the Avenue Verte from Dieppe to Paris last August Bank Holiday Monday. 127 miles from Dieppe to Paris. They took four days to complete the return journey. The first 35 miles is on tarmac over a redundant railway line then on quiet country roads.

The accommodation was something else. Highlight of the trip, all home cooked French food, lots of wine and much homemade calvados. He actually gained weight!!!

Do you like cake?

The numbers attending Club elevenses seems to be falling. In fact in the last two years the numbers have halved! Is it because people have stopped eating cake or are they finding other things to do on a Sunday morning. Remember that it is important to keep your carbohydrate levels up if you're being physical so don't neglect the cake – or the Club rides.

On the subject of cake, Ken Newton is, once again, hosting elevenses at his home on 8th July. You do not want to miss out on this one. The cakes are fab! They make Mary Berry look like a 1st year Home Economics student. Just be there!

General Data Protection Regulations

I'm sure we're going to hear a lot more about this over the next few months but, once things settle down, it will be as if we had always lived with it. Meanwhile the Committee has been preparing a Privacy Policy Notice as we are required to do under this new legislation. It will be on the website shortly but, in the meantime, be assured that the Club will not be passing out your personal details to all and sundry for marketing purposes. For those of you ride time trials you may notice that the CTT has prepared new signing-on forms. Watch this space.

Who said?

Who said 'I'd rather drink Pinot Grigio from California than have disc brakes on my road bike'? – Answer below.

Warning!!!

If a deal sounds too good to be true it probably is. There have been a growing number of fake online bike shops cheating would-be bike buyers out of cash, and now Scott is taking action against some of the fraudulent websites.

Many of the fake sites advertise on Facebook, promising discounts on big-name brands of 80 percent or more. Scott is warning consumers that those who make payments on such fraudulent websites will never receive the ordered goods

Science

Researchers at Ulster University and Swansea University have discovered that smiling naturally improved athlete's performance by 3%. Apparently smiling relaxes the body and releases endorphins so – smile and ride!!!

Make your pre-ride snack dark chocolate to reap the rewards of an oxygen-boosting ingredient called epicatechin. Any excuse to eat chocolate.

To shave or not to shave?

Why do racing cyclists shave their legs? Professionals will tell you that it's for massage purposes or for first aid. It's easier to rip off a plaster if it's not stuck to a fistful of hair. However, Specialized did some wind tunnel tests and discovered that shaving the legs 'shaved off' (ha! ha!) the equivalent of about 7 seconds over a 40 km ride.

Club Open 25

Mick Irons promoted his last Club Open 25 on 13th May and, apart from the relatively small field, the event was a success, especially for Karen McGrath who broke the Club Ladies record set by Jan Scotchford many, many years ago. Well done Karen and a big thank you to Mick. You did the Club proud. Next year Claire Booker will be taking over. Good Luck Claire. We are here to support you.

Who would want to live in Hampshire?

Tavo Velez was cycling home along a shared footpath in Shirley, Southampton when he was confronted by two men who refused to let him pass and then threw him into the road where he was hit by a car and sustained a broken foot. One of the men then went to him and said, 'You should be cycling on the road.'

And the MP for New Forest East, Julian Forest, says that cyclists are putting pedestrians at risk because they can't be bothered to fit bells on their bikes. This is a man who, in 2014, spoke in Westminster about the danger cyclists presented to livestock, completely ignoring the fact that for the past 15 years there had been no reported incidents of cyclist causing death or injury to any animals and that, in recent years, two cyclists have lost their lives at a collision black spot in the New Forest.

Do you ride on cycle paths? Do you think that cyclists should have bells fitted to their bikes?

Club clothing

Remember- if you need to order Club kit on-line then you have to do it when the ordering window is open. Jeff Blunsdon is the man to contact if you need to discuss this. Winter is fast approaching - yes it is - so perhaps you need to think about sorting out your cold weather clobber.

Did you know?

In September 1893 Tessie Reynolds, at the age of 16, rode from Brighton to London and return in 8 hours and 30 minutes (her Dad did the timing) – a time that many would find hard to do today. But the biggest shock to the community was not the achievement, but the fact that she was wearing TROUSERS!!!

Sussex Day

How will you be celebrating 'Sussex Day'? Did you know it existed? Well it's on 16th June and this year it's on a Saturday. Perhaps the Duke and Duchess of Sussex will visit the County.

Useful tip

Remember –if you are involved in an accident involving a motor vehicle, don't forget to get the registration number of that vehicle. If the driver gives a 'Mickey Mouse' name the Police can always track the owner of that vehicle and find out who the driver was at the time if you have the registration number. Recently a cyclist got knocked off his bike by the passenger opening a car door (Remember to use the Dutch Reach) and had problems getting any compensation because he hadn't taken details of the car registration number.

Answer to 'Who said?'

Valentino Campagnolo – yes, Mr Campagnolo himself.

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