



## NEWSLETTER

### **The Big Bash**

A reminder that the Club Annual Awards and Prize Presentation will take place on 9<sup>th</sup> November, 2018, at the Worthing Rugby Club. The whole shindig will cost £20 per person so get your money to Ian Cheesman as soon as you can. This is an event you do not want to miss.

### **SCA Hill Climb**

Don't forget your entry for the SCA Hill Climb which takes place on 29<sup>th</sup> September, 2018 and doubles as the Club Hill Climb championships. It's a course you're not likely to get lost on. It starts at the bottom of the Steyning Bostal and goes all the way to the top. It's virtually on your doorstep so you've got plenty of opportunity to train over the terrain so you'll know where all the lumps and bumps are and know which gear suits your riding style. So many times in the past our Club has won the Team Championship so let's make sure that we win it again.

### **Mount Everest**

Have you 'Everested'? 'Everesting' is a cycling challenge where you pick any hill or mountain and ride up it over and over again until you've scaled 8,848m - the height of Mt Everest. Go on..... give it a go!

### **Timekeepers Course**

Su Balcombe and Mick Kilby are intending to run another course on Tuesday 25th September starting at 7:30pm. The venue is St. Paul's Methodist Church Rooms, Woodfield Road, Northgate, Crawley, West Sussex

Please let me know if you want to attend. If you are attending, then please take one of the Club stopwatches and a pen and paper to take notes.

### **Cafe Conversation**

**AP.....'** moan moan moan – I'm having to look after my daughters' dog. You know, I've never actually heard a dog fart before, but he does it all the time!

**JL.....'**Is he staying at your house?'

**AP.....'**Yup.'

**JL.....'**What about the smell?'

**TP.....'**The dog will soon get used to it!'

### **Tour of Britain**

This year the Tour of Britain started in Wales on 2<sup>nd</sup> September and finishes in London on Sunday 9<sup>th</sup> September. Geraint Thomas and Chris Froome are riding for Team Sky. If you want to watch the London stage, the start is at 3.30pm in Regent Street and is a 14 lap circuit taking in Piccadilly Circus, Trafalgar Square and Whitehall, before the finish on Regent Street.

## **The Cycle Show**

The Cycle Show 2018 is on 28<sup>th</sup> – 30<sup>th</sup> September at the NEC Birmingham and, this year and, on 29<sup>th</sup>, Alex Dowsett and Marcel Kittel will be there. AND if you use the code **CYCLINGUK** you'll get a special discount on the ticket price.

Visit [cycleshow.co.uk](http://cycleshow.co.uk) for details.

## **Question**

What is the OS grid reference for the Clubroom?

## **Tourist Trial**

If you can work out the answer to the above question you'll have no problem answering the questions for the Tourist Trial. This is a competition for probably the best trophy that the Club has to offer and is the most fun you'll have on a bike. You'll have questions on map reading/ Sussex/cycling and other fun bits and pieces. The route will be about 30 miles over roads you'll be familiar with so you're never going to get lost. The event will take place on Sunday 14<sup>th</sup> October. Watch for details. All you will need is your bike, a pen and paper, the Ordnance Survey map No 198 from the Landranger series (borrow one from your local library) and your brain.

## **Naked Bike Ride**

Did you know that riding a bike naked will not make you faster! Michael Hutchinson (Dr Hutch of Cycling Weekly) – multiple British time trial title holder – carried out research at Manchester Velodrome and discovered that riding in the nude gave no advantage over riding with Lycra. I'm rather glad about that, actually!

## **UCI World Championships 2019**

Another date for your diary. If you didn't know already, the UCI world championships are being held in Yorkshire from 22<sup>nd</sup> - 29<sup>th</sup> September, 2019 and will be centred on Harrogate.

## **Mike Burrows**

Who's he? Well Mike Burrows is 75 years old and he's going to try to break the existing speed record for a human powered vehicle – that's a bike to you and me. Mike has previous for designing bikes. He was the man who designed Chris Boardman's 'Lotus' bike when he won Gold in Barcelona. Mike is hoping to exceed 90 mph!

## **Record Breaker**

Riding a bike into a strong head wind is hard enough, but try doing it underwater. Yes, there's a record for that of course. In 2013 German cyclist, Jens Stotzner, managed to cycle 6,708 metres, completing 78 laps of a swimming pool. I hope he gave his bike a good service afterwards.

## **Electric bikes**

Police in Sweden have stopped a man after clocking him riding an electric bike at a speed of just under 100km per hour, which about 60mph. In line with European Union Regs., the maximum permitted power output for an electric bike in Sweden is 250 watts. Apparently the company that sold him the bike claim that they told him it was 'off road' use only. Whoops!

## **Jesse Norman**

I mentioned him in the last Newsletter so you all know that he's the 'Minister for Cycling'. Well, he's in the news again. The Dept. Of Transport has announced plans to update road safety laws to protect cyclists and pedestrians, This will include looking at Rule 163 of The Highway Code which, at the moment, suggests that motorists should give cyclists (and horse riders) as much space as when passing a car. This is likely to be beefed up making it clearer to motorists how to safely pass cyclists on the road. However, a spokesman for Cycling UK has commented that 'If the Government is serious about addressing behaviour that puts others at risk on our roads, they should grasp the

opportunity to do the job properly rather than attempt to patch up an area of legislation that's simply not working'. Cycling UK is concerned that, four years ago, the Government recognised that our road traffic laws weren't working and promised a full review of traffic offences and penalties, but we're still waiting for that to start. Instead, they've now launched a consultation solely about cycling offences in England, Wales and Scotland ignoring the wider issue of a total review of road traffic legislation that affects all road users. If you want to make a contribution to the consultation then have a look at the Cycling UK website.

### **Don't you hate it when.....**

you're riding along and there's white paint right across the road and there's no way around it and you pray that it's dry..... but it isn't. Guess who now has white wall tyres.

### **It's that man again**

Jesse Norman has stated that the 'Cycle to work scheme' is in the process of being updated and the Dept. for Transport will make a further announcement later in the year. Does that mean you'll be able to get that new bike by Christmas?

### **Mend on the move**

Do you often find yourself in need of advice when it comes to fixing your bike? BikeRadar teamed up earlier this year with Haynes — makers of manuals for all things — to release The Road Bike Manual app, a comprehensive guide to maintaining and repairing your bike, and it has now been updated with even more roadside fixes. The app is available on both Android and iOS for £2.99 and features step-by-step tutorials about every aspect of road bike repair from hubs to headsets and everything in between.

### **Answer**

TQ 144:046

### **You know you're a cyclist when**

.....when you cycle past shops checking your reflection to see if your position looks good on the bike.

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

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