



## NEWSLETTER

### **Tourist Trial 2018**

Don't tell me that you've forgotten about this already! This event, which is often described as the most fun you can have on a bike, will be taking place on Sunday 14<sup>th</sup> October. The start will be at the Star Trading Estate, Partridge Green, which is just a teeny bit north of Stan's Bike Shed. It will be over roads you will be familiar with and the route, by my calculations, will be about 30 miles – unless you get lost of course. All you will need is a bike, an Ordnance Survey Map in the Landranger series No. 198 (borrow one from your local library), pen/pencil and paper and don't forget to bring your brain to deal with some of the somewhat odd questions you may be asked about cycling/Sussex/and anything else I can think of. The prize for the winner is a superb silver rose bowl which will be presented at the Club Awards Night.....which brings me on to

### **Club Awards Night**

At the risk of repeating myself, this year the Club Awards Night will be at the Worthing Rugby Club on 9<sup>th</sup> November. This year there will be a choice on offer so watch out for circulations about the menu. Ian Cheesman is standing by ready to take your money.

.....and on the subject of grub don't forget the.....

### **SCA Lunch**

Once again Robin Johnson is promoting this event on 25<sup>th</sup> November at Dial Post Village Hall. It's within riding distance of Worthing - just enough distance to burn off those extra calories you would have consumed - and you'll be home for second dinners later on. You could even fit the SCA lunch in after a Club ride of your own. Check out the SCA website for details, or contact Robin directly. It's only 12 quid a head!

### **ESCA Reliability Trial**

The East Sussex Cycling Association Annual Reliability Trial will be taking place on Sunday 18<sup>th</sup> November, 2018 and will cover a 50 mile route starting and finishing at the East Hoathly Sports Pavilion. Many years ago Worthing Excelsior won this event but, in recent years, we haven't been anywhere near the top of the leader board. Is it time you supported the Club in this event? Contact Rob Downham for details.

### **Cheap Kit**

Following the closure of The Bike Store, the owners of the premises have a lot of clothing that they are prepared to sell at less than 50% retail price and it's all going on sale at the Clubroom on 16<sup>th</sup> October so, if you're looking for a bargain, then the Clubroom is the place to be.

### **The Rouleur Exhibition**

If you missed the Birmingham Bike Show, then how about The Rouleur Exhibition at Victoria House, London, between 1 – 3<sup>rd</sup> November. There will be loads of 'stars' at this event including Eddy Merck, Sir Bradley Wiggins, Fabian Cancellara, Sean Kelly, Paolo Bettini, Maurizio Fondriest, Lizzie Deignan and many, many more. Check out the Rouleur website for details.

## **The Surrey Hills**

If you love riding the Surrey Hills and have been interrupted in your travels by oil drilling rigs and/or protesters then you'll be pleased to know that the exploration company has opted not to renew its lease on the site and will be ceasing operations in the area.

## **How light is your bike?**

Weight of a bike can be seen by some as being important. The lighter the better, isn't it? That's why the UCI brought in rules about the minimum weight of bikes but, apparently, some track cyclists years ago used to fill the seat tube with ice before having their bike weighed then park their bike in the sun. A drain hole in the bottom bracket would be important I think.

## **A63**

It may mean nothing to you, but Highways England was considering applying for a Traffic Regulation Order to ban cycling on a 15-mile stretch of dual carriageway in East Yorkshire which forms part of a popular time trial course. Thankfully they have scrapped this idea but, whilst no ban has been imposed, applications for future time trials are reported to have been withdrawn. Is this the 'thin end of the wedge'?

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

You need a heart valve replacement and ask if you have a choice between Presta and Schraeder.

## **Question**

Who said 'When I see an adult on a bicycle, I do not despair for the future of the human race.'?

## **Evans/Halfords**

Just in case you missed it in the News – Evans Cycles is running out of funds and Halfords have made an offer. Would you rather get your kit from Evans or Halfords? This puts everyone in a quandary. Do you support your local cycle shop to keep them in business, or do you support Evans to keep them in business, or are you happy to buy your kit at Halfords?

## **VeloSouth**

If you missed out on the cancelled VeloSouth event, which was the 100 mile sportive on closed roads mainly within Sussex, there will be an opportunity to ride Velo Birmingham on 12<sup>th</sup> May, 2019 which will be 100 miles of closed roads leaving the Centre of Birmingham before passing through Warwickshire, Solihull, Sandwell and Dudley. They have a limit of 17,000 riders and registration starts on 4<sup>th</sup> October.

## **Cattle Grids**

Do you ride carefully over Cattle Grids? Northumberland County Council believes that cyclists are a danger to themselves so erected 'Cyclist Dismount' at the approach to Cattle Grids in their area. Someone complained indicating that, if the Cattle Grids are dangerous, they should be removed or made safe. Such was the nature of the complaint that the Council removed all the 'Cyclist Dismount' signs.....all 270 of them!!!

## **Small Claims**

In an attempt to reduce the number of 'frivolous' claims for personal injuries, the Government proposed in 2016 to raise the minimum from £1000 to £5000. When you consider that 70% of cyclist's compensation claims are for injuries less than £5000, this would have meant that many would have missed out on their little bit of justice. The proposals would have meant that people claiming compensation for injuries worth less than £5000 would not be able to recover their legal costs, even where the other party was to blame. This would have affected not only cyclists

but motor cyclists, horse riders and pedestrians. The Government has now dropped that plan following pressure from cycling groups. Yippeeee!!!

## **WHO**

WHO – the World Health Organisation has just published an article in The Lancet that suggests that 36% of adults in the UK are insufficiently active. 1.4 billion adults around the world have a greater risk of Type 2 diabetes, cancer, dementia and cardiovascular disease because they do too little physical activity. Dr Randy Rzewnicki, Health Policy Officer at the European Cyclists' Federation said 'We can save 100,000 lives in Europe each year if every adult adds 15 minutes of walking or cycling.' I think that he actually means 15 minutes per day and NOT 15 minutes per year as seems to be indicated. So..... keep pedalling!!!

## **Have you got a dog?**

This may seem an odd item to bring up but – do you have a dog? Does it travel in the car with you? Is it secured whilst in the car? The reason I ask is 'cos the other Sunday I was crossing the A24 towards Dial Post. I had had to wait a while for traffic to race by before I managed to get half way across and then wait again for the northbound lane to clear. It was while I was waiting in the central area when a dog came up to me. You can imagine my surprise. I managed to make it 'sit' and grabbed hold of it's collar before looking around to find the owner. A very distraught owner then rescued the dog which had jumped out of the car window and managed to cross two lanes of fast moving traffic just to be with me. So, if you have a dog, make sure that it is secured in the car whilst travelling. I can't be there to rescue every dog!

## **Answer to the Question**

H.G.Wells

**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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