



NEWSLETTER

Pete Weston

Many of you will have heard of the death of Club member, Pete Weston, and will be aware that his funeral was a very private affair. However, as has been previously circulated, Pete's ashes are to be scattered on Tuesday 13th November. There will be a gathering at the Car Park at The Devil's Dyke at 11.00 before walking to 'Ian's Gate' which is about a mile away. Remember to wear appropriate clothing as the winds do tend to blow somewhat briskly along the South Downs.

Highway Code

Do you remember that, some months ago, in the pages of the 'Newsletter' mention was made of the 'Dutch Reach' - not to be confused with the 'Dutch Pull' which means something entirely different - well our dear friend the 'Minister for Cycling', Jesse Norman, has stated that it will be included in the new edition of the Highway Code. If you've forgotten then it's simply a case of opening a car door with the hand furthest from it which encourages the driver/passenger to turn their head and look over their shoulder to see if there's a cyclist approaching. Simple!

It wasn't me, Guv.....honest!

OK..... Hands up! Who's got it? Who nicked Geraint Thomas' trophy from the Tour de France. This trophy - the Coupe Omnisport - along with others, was loaned to Pinarello for display at the Birmingham Cycle Show but, when they started to clear away at the end of the show, it wasn't there. It just shows how important trophies are to some people but not to Lance Armstrong (boo!!! hiss!!!) who had the nerve send a tweet 'G - bummer dude. I got 7 of em if you wanna borrow one.' Cheeky Git!!!

Tour of Britain 2019

Just in case you are planning your holiday dates for next year the Tour of Britain will take place between 8 – 15th September. The route hasn't been announced yet, and won't be until Spring 2019, but I bet the finish will be in London. Perhaps we could all go up there and watch? The Ladies Tour of Britain will take place between 10th – 15th June as it has been extended from five days to six.

Tourist Trial

For those of you who missed it - and it was nearly all of you - the Tourist Trial took place on Sunday 14th October. A simple but fascinating route saw competitors ride around about 30 miles of Sussex countryside and then answering questions on observations/highway code/cycling and other interesting bits and pieces. Apart from the little bit of rain a good time was had by all. The winner this year was Tony Palmer. Will your name be on the trophy next year?

Cycling UK

Did you know that Worthing Excelsior is affiliated to Cycling UK (formerly CTC)? You, too, can be a member of the Cycling UK at a discounted rate of only £24 per year. That's £2 a month – roughly the price of a cup of coffee.

What are the benefits I hear you ask? Well, for a start there's £10m third party insurance cover so, if you do knock over a little old lady or run your handlebars along the side of a car, then you're likely to be covered. You also get six issues of their 'Cycle' magazine and then there are loads of discounts including half price YHA membership; 15% off

at Cotswold Outdoor/Snow&Rock/Runner's Need; £5 off boxed cycle carriage with Eurostar, then there's 10% discount at Halfords store.

When making your application make sure that you include the Club's affiliation number which is **8001555**.

Other cycling organisations are available.

Evans Cycles

There was speculation that Halfords was going to 'help out' Evans Cycles, but that has been overtaken by Sports Direct taking over Evans with the likelihood that they will close about half the Evans shops. It's surprising what you can buy with £8,000,000.

Worthing Winter Warmer

It's never too early to start thinking about what is going to happen next year but don't forget our annual promotion which takes place on 9th February, 2019. After many years, Mick Irons has stepped aside and now the event is going to be promoted by Joan Lennon and Ken Newton. This is always a good event to get the stiffness out of your legs after a long, cold, lazy winter.

Psycho

Did you know that the first 'step-through' ladies bikes were made by the US-based Smith National Cycle Company in 1888 but were closely followed in 1889 by the Starley works in Coventry. They named their bike the 'Psycho Ladies Bicycle'. Perhaps 'psycho' meant something different in those days.

Back by popular demand

Yes, the Eastbourne trip is on again for February 2019. Clive has invited some of his chums from Tuff Fitty so it should be a good trip out. Remember, it's out on the Saturday 23rd and back on the Sunday 24th February. To book your place contact The Langham Hotel on 01323 731451 and, when you have done so, let Clive know on clivelett@aol.com so that he can co-ordinate everything.

Ouch!!!

You know how much it hurts when you bash your shins. It can be very, very painful. Whilst on holiday I bashed my shin. It hurt. It really did. There was even blood! And what did Mrs P say? 'Man up! You're a cyclist not a footballer'. No sympathy there, then.

How to be a better driver

A UK car insurance provider has claimed that road cyclists are safer car drivers than non-cyclists.

Specialist broker carinsurance4cyclists.com (Ci4C) is the first in the UK to observe the relationship between road cycling and a clean driving record. The broker analysed the claims data of drivers from the cycling community, mainly cycle club members and triathletes, over a 12-month period and found that road cyclists have less than half the number of accidents non-cyclists do.

'Bisogna cambiare qualcosa de drìo'

Roughly translated it means 'Something needs changing at the back'. This quote is attributed to Tullio Campagnola in 1927 when he was riding a race and had trouble changing a wheel. Back then, if a rider wanted to change gear, he had to take the rear wheel out and turn it around to engage a different cog. Apparently Tullio was going well in a race but couldn't undo the wing nut on his rear wheel in snowy conditions. Vowing to come up with a solution, Tullio worked on developing the quick release which he patented in 1930..... so the story goes. However, there

was no original patent filed for the quick release and it is possible that Campagnola simply developed someone else's idea. A good idea all the same.

Did you know.....???

Did you know that Preston Park Cycle Track in Brighton is the oldest surviving cycle track in the world? It was dug out by hand by the British Army in 1877 and laid with a cinder track. It was a hazardous track on which to crash as the cinders would have to be removed from the rider's lacerations with hot water and a scrubbing brush. Ooooh!!!

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

You don't need a hankie to blow your nose.....!!!

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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