



## NEWSLETTER



### **Elevenes/Yellow Book**

Don't forget that the 'Yellow Book' that details all the Time Trials that you'll ever want to take part in will be on sale at Washington Village Hall from 10.15 until 11.45 on 27th January. There will be mountains of bacon butties and mugs of tea so get there early and beat the rush.

### **Don't Forget!**

Don't forget to enter the Worthing Winter Warmer on 9<sup>th</sup> February, 2019. 64 miles of pleasant countryside roads. Just the sort of thing to get your blood pumping after a sluggish winter. Are you riding or are you hiding? Contact Joan Lennon to let her know if you are available to help if you're not riding. Details on the Club website.

### **Club AGM**

Don't forget that the Club AGM will be held at the Clubroom at 8.00pm on Tuesday 19<sup>th</sup> February, 2019.

### **New Members**

We have some new members!!! Welcome to Colin Toppin, Rob Quayle and Shaun Frost. See you at the Clubroom or at elevenes sometime.....

### **Old Members**

Don't forget to renew your subscriptions to the Club. Go to the Club website, click on 'The Club' then 'Membership' in the drop down box and there you are. Simple! Contact Mick Irons if you're unsure of what to do.

### **CTT**

I promised all you TT riders that I would keep you informed of the results of the CTT AGM – well I have now received the latest Newsletter which, to be frank, doesn't tell a lot. There were motions before the AGM regarding rider safety suggesting that ALL riders have helmets and that they have front and/or rear lights. There's no mention of that in their Newsletter and (at the time of writing) the Regulations haven't been changed. There's plenty in the Regulations about how a rider should be dressed, so it makes me wonder whether they're more interested in how a rider looks rather than being aware of the rider safety, especially bearing in mind that the events are promoted in their name and under their Rules!

.....and for those of you who missed out on the Blazing Saddles 50 because of a short course – here is a new Rule

'Should an event be held on a standard distance course and it subsequently be found that the actual distance of such course is less than the stated distance for such course, unless a complaint in writing to that effect is received by the National Secretary (Competitions & Development) within 28 days of such event, all competitors' times recorded in that event shall be valid for all purposes (to include the BBAR) except for any claim for a competition record.'

There's also a new Rule on 'aerodynamic' tri-bars. You can't have them. These are the type of bars that have a form of windshield on the front to make you think you're going faster than you really are.

There are bits about course measurement and sanctions, but they probably won't affect you. If in doubt then check the CTT website for all the Rules and Regulations.

## **Wonderful Losers**

There's a new documentary film coming out called 'Wonderful Losers' and it might be worth a watch if you get the chance. For most of us, professional cyclists riding at the back of the race are simply losers. They are the water carriers, domestiques, gregarios, who sacrifice their careers and forego personal victories so their team leaders can win. They have no chance of victory. What drives them on to keep putting their bodies on the line through excruciating pain and demoralising anonymity? Arunas Matelis followed these riders for 7 years during the Giro d'Italia and revealed the unseen world from the point of the doctor's team. There's a trailer on [www.wonderfullosers.com](http://www.wonderfullosers.com)

Thanks for the tip Dean!

## **Ladies**

Did you know that NEW for 2019 the East Sussex Cycling Association (ESCA) will be holding a Ladies Points Competition AND a Ladies 100 mile trophy.

## **ESCA**

.....and on the subject of ESCA, there is a brand new web site at [www.eastsussexca.org.uk](http://www.eastsussexca.org.uk) AND a new Facebook page at [www.facebook.com/groups/EastSussexCA](http://www.facebook.com/groups/EastSussexCA).

## **Zwift**

British Cycling has agreed a two-year partnership with virtual racing and training app Zwift which will include an 'eRacing' National Championship next year open to everyone.

Both women's team Canyon-SRAM and men's World Tour team Dimension Data have used Zwift competitions to 'talent spot' riders in the last two years.

In 2016, Leah Thorvilson won a contract with Canyon-SRAM, while Tania Erath did the same last year while Ollie Jones earned a contract with Dimension Data under-23 Development team, and British Cycling will use their 'indoor national championships' to help find any potential future stars, too. Soooo - keep pedalling!!!

## **Sustrans**

For those of you who have never heard of Sustrans, I can tell you that it is a charity making it easier for people to walk and ride and has identified and supervised the maintenance of the National Cycle Routes. They have recently conducted a review of these routes and, locally, have identified National Route 223 around Christ's Hospital for an upgrade. They are working with West Sussex County Council to divert the existing on-road section to a disused railway line which will increase the length of the traffic-free greenway and link directly with Christ's Hospital Railway Station.

## **What do you do if your bike gets nicked?**

There's a new 'insurance' out there that you might like to consider. Apparently their philosophy is that if there's someone out there who has their bike nicked then everyone in the group makes a contribution. If no one loses their bike then no one pays. To quote one of the founders of the scheme, 'The insurance is really meant for real cyclists who take care of their gear while having a damn good cover for your bike.' The name of this insurance?..... LAKA

LAKA say the cost is split fairly across the group and is capped at market rates. They claim that members have saved more than 70% compared to market prices. There is, apparently, a free perk of third party insurance with £2 million global coverage. They also reckon that there will be further perks rolled out over the coming weeks.

## **Did you know.....???**

Did you know that the 'Rainbow Jersey' doesn't really have the colours of a rainbow? The rings on the 'Rainbow Jersey' are the same as the Olympic colours – blue/red/black/yellow/green – which represents the five continents. Wearing the 'Yellow Jersey' wasn't always popular because the colour yellow was associated with Cowardice in 1919, and Eugene Christophe, the first wearer of the 'Yellow Jersey', said that it made him feel like a canary!

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

If you're a man, your legs are smoother than your wife's/girlfriends legs

If you're woman, you spend more money on your shorts than you do on your lingerie

**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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