



NEWSLETTER

AGM

This is important!!! Don't forget that the Club AGM is being held at the Clubroom on 19th February. Remember that this is your chance to influence the direction of the Club for the future. It is also a chance for you to help the progress of your favourite Club. Be there!!!

Cheap stuff

There will be another sale of stuff from the Bike Store at the Club Room next Tuesday 12th February, 2019. Loads of bits and pieces going for half price or less. We all like a bargain don't we?

Specialized Bikes – immediate recall!!!

Have you got a Specialized bike? Specialized has issued an immediate recall on it's website for the steerer tube column on select Roubaix; Ruby; Diverge and Sirrus bikes. Jon Goulet, Director of Global Quality and Rider Care at Specialized said, 'Please stop riding your bicycle immediately and visit your local authorised Specialized retailer to have a new steerer tube collar installed at no cost to you'. Check their website to see if affects you.

London Bike Show

The London Bike Show returns to London's ExCel from 29th to 31st March..... just in case you want to replace your Specialized.

Time Trials

Don't forget that the time trial season is upon us. Some of you have been racing already! The Club Events Handbook is on the website, but the first Club championship event is the Hardriders held in conjunction with the SCA Hardriders on the 3rd March. The first Club promotion is the Ashurst Circuit the following week on 10th March. Remember that for any Club promotion you are required to have a working rear light!

Oldies Rule

New data shows that the UK's older generation are the most active, with those in their 50s riding further and faster than any other age group.

The stats also showed that those in their 50's are also recording almost double the number of annual activities than those between the age of 18 and 29.

Online app Strava digested data from 36 million users in its 'Year in Sport Report' looking closely at the 1 billion kilometres ridden across the 42.3 million rides posted by riders in Great Britain and Northern Ireland. It was the generation born between 1959 and 1968 that get out on two wheels most. Young riders proved unsociable beasts compared to those in their 50's surveyed as the latter saw two thirds regularly take part in group rides. Maybe a sign as to why the traditional cycling clubs seem to be lacking in younger members.

In fact, a separate study of 834 ex-Tour de France riders who raced between 1930 and 1964 found an increase in their lifespan of 17%, which is eight years older than average.

BUT..... don't do what Carl Groves did. Carl claimed that contaminated meat was the reason he tested positive for epitrenbolone after the US Masters Track National Championships. Grove, at 90 years of age, the oldest

participant in the event, had won the men's 90-94 sprint title in July..... 'Contaminated Meat'??? Haven't we heard that reason before?

C'mon you youngsters! Where are you?

Looking for inspiration?

Have a look at the 'Race at your Pace' website. They have a monthly challenge for people to get fit and you get a medal if you complete your challenge. The challenges cover running, cycling and swimming so we are in there somewhere. It's simply a case of entering the distance of your choice - 50/100/200/300/400/600 miles – all to be completed on two wheels although you can do it on a stationary bike at the gym. At the end of the month they will e-mail you to see if you have been successful. Obviously there's a cost implication but it's £10 to enter and you get a medal. For £14 you get a medal AND a compression top. There's a different medal and a different top for each month so you could have your own award ceremony and a whole new wardrobe of compression tops.

You've crashed.....

With contributions from Tim Ransley, Friend of Worthing Excelsior and Associate Personal Injury Solicitor at Bennett-Griffin, Solicitors - Email: tr@bennett-griffin.co.uk. Tim has represented number of injured cyclists in claims where there has been no fault of the rider.

The first thing you should think of is NOT 'Is my bike OK?'.....

Why did you crash? Did you get knocked off? Did you drop into a pothole? Did someone step out in front of you? Did someone open their car door? Did your bike let you down?

If the accident wasn't your fault then get evidence.

But here are Tim's top tips.

1. **Get yourself safe!** You may still be in danger. If you can't get out of danger then shout or wave to get the attention of others.
2. If you are on your own and the other party is aggressive then **don't hesitate in contacting the Police.** If the Police do attend then make sure you get their details. If you need medical help then get an ambulance. If you've damaged your helmet then go to the hospital for a check up. The benefit is that someone, somewhere, will be keeping a permanent record just in case you don't.
3. **Take your time. Don't be rushed.** You may be in shock so don't rush away. In fact it would be unsafe to do so. If people have stopped then don't get all British about it. Accept friendly help and assess whether you are fit enough to pedal off.
4. **Evidence! Evidence! Evidence!** Take the details of anyone who might have caused the collision. If you do one thing, take a photo of their registration plate as lawyers can carry out a search to find the relevant insurance just from the reg plate. If anyone witnessed the accident, get them to write their details in your phone. Independent witnesses will often decide a case in your favour. Take photos of the area; as many as you can that show the scene. Remember people's memories fade, so snap away, even if you think it irrelevant. If a pothole caused you to come off your bike, take photos of it, but also of the general vicinity so it can be identified later. If there are other potholes, take pictures of those; (it gives the impression of a poorly maintained road). If you can take a photo that shows the depth of the pothole, even better. Above all though, don't put yourself in danger doing this, you can always come back later with a friend.

5. **Check your bike** over to see if it is safe to ride away. Only ride off once you have looked for damage to the wheels, components and frame (especially important with a carbon frame). When you get back home, have an experienced bike technician inspect your bike. If any claim is successful, these are the type of costs that will be recoverable.

Thanks Tim.....!!!

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

You know an alternative meaning to the word 'bonk'.

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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