



NEWSLETTER

AGM News.....

What can I tell you? The 'usual suspects' turned up and a good time was had by all. There were no changes to the Committee or other officials – except that Mike O'Gorman has volunteered to be the Club Press Secretary. You will remember that Mike did a brilliant job on this a while ago and got the local papers to print what he sent them and not make it up as they went along. Do journalists really do that? Thanks Mike. One bright suggestion was that the Club promote a 'Come and try it event.' This would mean that riders with no Club affiliation could turn up and ride the event without having to comply with the CTT 'dress code'. We have to remember that there will be riders who haven't ridden such an event before so will need all the encouragement we can give them and, to give them peace of mind, make sure that the course has plenty of marshalls available. Unfortunately, it's too late to notify the CTT of our intentions for this year, but perhaps we can put it on the list for 2020. And those 'skinflints' on the Runs and Touring Committee have finally decided to award 3 points for each day of the Eastbourne Ride. That will make sure that those competing for the 'Runs' trophy will turn up in great numbers to stifle the competition. Not only that, next year will be the 10th anniversary of the 'Eastbourne trip' so we should have a bumper turn out to celebrate. Watch this space!

Timekeepers

Now that you've volunteered to be a timekeeper. Oh!!!.... You haven't? Then perhaps you should. Tony Palmer and Mick Irons will be giving training and refresher training to all of you who have volunteered to be timekeepers. The dates for these events will be announced shortly.

Remember that the more there are of you, the less you will have to do. Now that seems logical, doesn't it?

New members

We have some new members! A warm Worthing Excelsior welcome to.....

Sharon Wilson; Denise Page; Richard Hine and Tim Ransley – who did the legal advice bit in last month's Newsletter.

Course Records

CTT is moving into the 21st Century! A new function has been added to their website so that course records can now be added and updated. To view a course record: click on an event which is being held on the course you are interested in, go into Event Details, then on the lower half of the page on the left-hand side (underneath Organiser Details), you will see 'Event Details' and in that section 'Course', click on the blue course number and any records held will show. Simple!

Entered a TT and can't ride?

If you've entered an event on line and can no longer ride, you can withdraw your own entry via the website before the closing date. However, entries can't be withdrawn after the closing date. Ensure you are logged in, then click on your name in the top right... My Events > Completed Entries > Receipt > Withdraw. This will automatically refund the card used to enter.

Carbon rims – warning!!!

The Bicycle Association - which is an association of bike retailers – has been made aware of a safety issue that can arise from the need for very specific brake blocks to be used on some carbon rims. If non-approved after market pads (even those advertised as 'for carbon rims') are used and they are not compatible, there is a potential safety problem. So, if you have carbon rims and you need to replace your brake blocks, check your rims or wheel user-

manual to confirm their compatibility before use. If you have bought a second-hand pair and there's no user manual to go with them, check on the manufacturers' website to make sure that your getting the right brake blocks.

Drug Pedlar (Pun intended)

Former professional rider Juan Pablo Gonzales has been arrested on suspicion of trafficking and dealing cocaine in Italy. He rode for Team Columbia between 2012 and 2015. The Carabinieri found traces of the drug in the seat tube of his bike. Oooooops!

Money for nothing

Transport Minister Norman Baker has revealed that 78 locations across the country have been selected for road safety improvements.

£40 million has been allocated for the improvements and according to the DfT the design and layout of roads will be changed within the next 12 months. The South East gets £5.57 million but guess how much comes to West Sussex – Zilch!

How do you pass a pony?

..... or a horse? It doesn't matter what you think about horse riders [I've got pretty strong views myself], but they are entitled to ride on the road as much as we are and - no - they don't pay 'road tax' either. There ain't a lot of guidance in the Highway Code, but the British Horse Society has come up with some good ideas that are directed at both horse riders and cyclists.

Having seen a distressed horse with a broken leg lying in a ditch waiting for the Vet to turn up on a Sunday morning, I can confirm that it is quite a harrowing experience. That horse was not a young horse and had been ridden on the road on a number of occasions, but something had 'spooked' it. It's not difficult to 'spook' a horse, especially if the rider is a novice and not used to handling such a beast on the road. I'm not suggesting that what I do is the best way but I always slow down (I'm not usually going very fast anyway) and I always call out to ask if it's OK to pass. Quite often I get a cheery wave and a 'thank you', which is often a better response than I get from other cyclists on the road - but that's another matter.

Remember, it's not the horses' fault that it's on the road so don't have a go at the horse. There is room for everyone to have the pleasure of riding on the road.

Certainly don't do what Iain Plumb did. During a triathlon he overtook a horse on it's left hand side whilst other rider overtook on the correct side. He hit the horse and caused it to bolt. He was prosecuted and had to fork out £926. Not only that but he was banned from racing for life.

Am I a 'doughnut'???

The other day I was called a 'doughnut'. Is it because I am round and sweet? Is it because I am jammy? Is it because I am everyone's favourite? I shouted out a warning to a motorist because he was just about to 'T-bone' me as he pulled off the garage forecourt. He clearly hadn't seen me even though I had front and rear flashing lights and was wearing a hi-viz jacket a yellow helmet AND bright red socks. In return he called me a 'doughnut'. So - be careful out there. Not only are there a lot of cyclists with bad dress sense, but motorists who don't look where they are supposed to be going.

Blood pressure

Do you ever get your blood pressure checked? If you do, the next time you have it done ask what your Q-2 Risk Value is. This is a statistical risk of an 'event' such as stroke or heart attack in the next 10 years. Less than 10% is good; more than 20% you are likely to need drugs for blood pressure and maybe cholesterol. If you know your blood pressure then you can always check on-line with a questionnaire. What puzzled me was that my postcode was a factor. Curious.....

Did you know.....

Did you know that the first form of the 'bicycle' was the 'Draisine' developed by **Karl Freidrick Ludwig Freiherr Drais von Sauerbronn**? Now that's not a name that would fit on many down tubes.

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

You're not embarrassed having an STI, unless you have an Italian bike that should have Campagnolo.

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

adrianp.wecc@tiscali.co.uk