



NEWSLETTER

OPEN 25

Well - we had the open 25 and our thanks go to Claire for all her hard work. It's not easy pulling rabbits out of a hat when there's no rabbit in there, but she eventually managed to get every marshalling point covered. If you didn't get to the event HQ then you missed out on some lovely cakes donated by Club members. I can vouch for that because I tested most of them, which probably accounts for the fact that my ride after the event was a bit sluggish.

It's not about the money, but a tiny profit was made this year on the event itself. However, if you take out the cost of the hire of the event HQ, we probably had what accountants call a 'negative profit'. But, bearing in mind that there were over 30 riders and that the first rider put a fiver in the cake collection pot, the total sum raised on the day was £21, plus a US dime!!! Are cyclists really that mean?

Anyway..... Should we have such an event next year? The reason I am asking is that for the last two years there have been less than 40 entries and we are left to question whether all the hard work is worth the effort. If we did have another event, should we hold it on a different course? Should we have a different type of event? Should we have an event at a different time? Any bright ideas then pass them on to the Club President who is co-ordinating comments.

SPAM

I get lots of e-mail messages from people who want to make me rich, and Russian ladies wanting to 'make my life more exciting' and, no doubt, relieve me of some of that money. This all came about after I had opened an e-mail from someone who purported to be a member of the Club. It seemed perfectly innocent. The sender's name was correct and the subject simply said 'Help!' and asked if I was doing anything later that day. Unfortunately I opened the message believing that it was genuine, but, fortunately, I realised that this was a 'fake' message so I didn't respond. However, the sender now knows that my e-mail address is a 'live' address so I keep getting these Spam e-mails. What I, and the Committee, will now try to do is to put 'WECC' somewhere in the subject which should give an indication that the message is on Club business. You could, of course, just let the cursor hover over the sender's name and, depending on your server, it could give you the identity of the sender. If it doesn't say 'WECC' somewhere in the title - be suspicious!!!

Sir Bradley Wiggins

Coming to a theatre near you! Yes - Sir Brad is going to the Theatre Royal in Brighton on Monday 30th September.

The show will be moderated by ITV cycling's Matt Barbet who will also be putting your questions to Sir Bradley on the night. Ignoring the 'jiffy bag' question, what would you like to ask Sir Brad? I reckon, 'Is British beer better than Belgian beer?' would provoke an interesting response, or even 'Do you still ride your bike just for the fun of it?' Tickets are now on sale. Should be a fascinating evening.

Club Group Riding Etiquette

If you haven't read this on the Club website, perhaps you should. Times have changed a bit since it was first prepared some years ago. It's OK if you're riding on your own with aero bars, but your ability to respond to rapid changes of direction or emergency situations is, perhaps, more limited when you're riding in a group. If you have

nothing in front of you that's fine, but if the rider in front suddenly brakes, or has to make an emergency swerve because of pot hole, then you might have difficulty in responding. If they were that good for riding in group situations then the whole of the peloton would be using them, wouldn't they? Oh, and the bit about not shouting at motorists when they're in the wrong (Yes - I know - I'm just as guilty as everyone else) should, perhaps, be extended to other cyclists and road users.....

CFE-UK

Is your company accredited with the Cycle Friendly Employer Scheme? At last someone has realised that those who cycle to work are healthier than those who travel to work by car and, therefore, there is less absenteeism caused by sickness. They have also discovered that parking a bike takes up less space in the corporate car park than a car. It would seem that it is possible to get 6 -7 bikes in the same space as a car so, these two factors alone should give encouragement to employers to support the philosophy of riding a bike to work.

As an example, HSBC - the bank that has helped sponsor British Cycling - is cutting staff parking at two of it's regional centres and is, instead, going to spend £3million on initiatives such as bike parking and changing rooms for staff. One employee reckons that his cycle commute to work has halved since he ditched the car, and another reported that he used to drive less than two miles to get to his gym - because he could, but now he cycles.

Perhaps it's ironic that, given the financial, health and environmental benefits, employers will pay staff a mileage allowance for travelling by car whilst at work, but don't pay anything if you use your bike.

If your boss is interested then check out www.cyclinguk.org/CycleFriendlyEmployer

Tyres from weeds?

Many years ago I was told that a 'get you home' after a puncture was to stuff your tyre with grass. I've never had to try it, but I guess that you would need to harvest half an acre to get any success. Anyway - 'Continental Tyres' have produced a tyre made from DANDELIONS and they are going to trial these tyres at the Tour de France. Apparently, the rubber-producing trees only grow close to the equator, but the Russian Dandelion grows anywhere and produces the same sort of rubber found in trees. Not only that, but it can be grown on land unsuitable for food production and can be harvested each year rather than having to wait about 10 years for trees to mature.

They can come and harvest my garden anytime.

Lost Property

It always happens after a cycling event. There is always some kit that a rider leaves behind. This always causes a problem for the event promoter in trying to identify the owner and make sure that the kit gets back to the rightful person. So, before you drive off, make sure that you have your bidons, cycling tops, nasal sprays, wheels **AND** your bike. You wouldn't leave your bike behind would you? I mean that you really wouldn't want to leave your bike behind would you? Would you? I'm not naming names.....

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

Opening a muesli bar with just one hand is never a problem for you.

You know you're an OLD cyclist when you can remember.....

Wing nuts; cycling shorts with REAL chamois leather; the Milk Race; Simplex gears.....

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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