



NEWSLETTER

Tourist Trial

Are you ready for this seasons' Tourist Trial? Sometimes described as the most fun you can have on a bike. It takes place on 6th October and starts at 9.00am from Washington. I could tell you where elevenses is, but I won't 'cos that's part of the mystery of the event. I may let those who don't want to compete in this event where elevenses is on the morning of the event..... but then I might not. They'll just have to follow the competitors around. The route will take you about 30 miles around local roads, with which you will be familiar, and will end fairly close to the start so you won't have to ride an extra 10 miles or so to get back to base. All you'll need is an Ordnance Survey Landranger map No. 198 (borrow one from your local library); something to write with; an imagination and a sense of humour.

mmmmmmmmmmmm!!!

Have you signed up for the Club Annual Dinner and Awards evening? I have because I've seen what's on the menu. Don't forget to get in touch with Cheesy to book your place. We are at The Fox this year and there are limited spaces and they're going fast so get in quick so that you're not disappointed. It's only £22.50 per person for a three course meal with coffee and mints. Be there!

Audax/Sportives

Some of you may not know it but there is an award for the Club member who has accumulated the most mileage for riding Audax and/or Sportive events. The qualifying period is from 1st October to 30th September so, if you think that you might be a candidate for the award let Graeme Gill know.

Prizes

On the subject of awards, if you were one of the prize winners last year, can you please make sure that you return the trophies to Graeme Gill a bit sharpish so that the necessary engraving can be done on the trophies for this year's winners.

The Ray Douglass Memorial Open 25

You may recall that the last Open 25 event we had was not an overwhelming success. We had just over 30 entries and this number was reflected in other events on this course. In fact, a recent event on this course ended up with only 20 riders! It is also true that this year's promoter struggled to find sufficient officials from Club members to support her in this promotion. You will also remember that the Committee put out a plea for someone to promote the event for 2020. Needless to say there has been no response. The Committee did consider other courses and other opportunities but, after careful consideration, it has been decided that the Club will NOT be promoting an open event in 2020. The situation might change in future years of course. We'll just have to wait and see.

Weight Watchers

You may remember that one of our members (no names) decided that he ought to lose a bit of weight 'cos his saddle fell in half. Well, if you trawl through the internet, you'll find all sorts of suggestions that include promises of a weight loss of 24lbs in a fortnight; how to turn your body into a fat burning machine; all the

extra foods you need to eat to guarantee weight loss; supplements from health food stores that make you thin as a stick, so it's no wonder the world of the less-than-slim is a confused one.

One theory seems to be to go for a long ride before breakfast, but that seems a bit risky as it must throw your blood/sugar levels into confusion and you'll end up having a wobbly and falling off. I know that hospital food guarantees weight loss, but I'd rather not chance it.

High intensity workouts are in vogue but the director of one leading gym equipment supplier reckons that people go to the gym just to look good and that all the machines are calibrated so that customers just 'feel' that they've had a good workout.

'Diet' is a four-letter word that I prefer not to use, but the Keto Diet reckons that you can get thin by cutting out carbs and eating fat. Now that seems counter-intuitive (good word that!) that you should eat fat to get rid of fat. Loads of people reckon it works, but the side effects could be fatal. I'll give that one a miss.

Well – it looks like the GOYA Diet for me. Now where did I hide that bar of chocolate?

The Cycle Show

Have you got your tickets for The Cycle Show yet? It's being held at the NEC Birmingham from 13th-15th September. If you miss that then you can always pop down to London to the Rouleur Class which is being held at Victoria House, London from October 31st – 2nd November.

Velolife Cafe

That's one cafe that the Runs Committee will have to cross off their list for a future elevenes venue. This cafe used to be a failed pub, but in 2016 it became a cafe catering mainly for cyclists. It seems that the local Council received complaints from neighbours so resorted to taking enforcement action against the cafe. A Government Planning Inspector ruled that Velolife could continue as a cafe and a cycle repair shop, but organised meetings of cyclists must not start or finish at the cafe. It banned the cafe's use by 'congregating cyclists, including, but not limited to, cycle club members arriving by any means including car, van or cycle at any time of day or night.' Initially the Council threatened to take enforcement action against local cycle clubs, but then realised that they didn't have the authority to do this, so then had to write to apologise and say that they wouldn't. But how can the Council enforce this ban? If I turn up for a cuppa with a couple of mates, how would the Council know that we 'organised' a visit and how would the proprietor know whether the visit was 'organised'?

What is ironic is that, since all the publicity, business at Velolife Cafe is booming. What is also ironic is that the Council supports the cyclist theme for the cafe. What is even more ironic is the Tweet from the Leader of the Council, Simon Dudley which states 'Cycled to [@thevelolife](#) to chat to fantastic owner Lee. He's got a great setup here for cyclists to enjoy.' Councils - don't you just luv 'em?

Jeremy Clarkson

Remember him? This man has now been relegated to asking questions on a TV quiz show. This is the man who hates cyclists, but was recently photographed riding a bike in London. Well his mate, James May - that's the scruffy one, not the hamster - who used to be on Top Gear, has suddenly decided to have a 'love in' with cyclists and is recently quoted as saying. "Please let's not have any of this road sectarianism, we have enough common enemies like potholes, legislators, bad drivers, bad riders, dogs, goats, donkeys walking around in the road, ice, mud... all of those affect all of us, don't worry about cyclists.

"Don't worry about cyclists, don't buy into the anti-cycling thing. It's not worth it. Live free. Live in peace. Live with your brothers and sisters in love."

Tell that to your mate Jeremy.

Sussex Roads

It's official! Sussex roads are now officially the most dangerous road in the country for cyclists. Hampshire did claim earlier this month to hold the record for 2018 with 567 crashes, but newly released data indicates that Sussex surpassed that figure with 600. There were also 13 crashes where a cyclist hit a pedestrian, but the data doesn't indicate who was at fault.

What is worrying is that the Sussex Police spokesman said, 'It could be as simple as being knocked off by a car door opening or being clipped by a bus in Brighton'. Doesn't he realise that these sorts of actions actually KILL people.

Whatever you do - be careful out there!

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

You know that 'No one gets left behind,' actually means 'You'd better keep up.'

You you're an OLD cyclist if you remember.....

'Rotrax' frames; cotter pins; Reg Harris

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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