



NEWSLETTER

Christmas Opening Hours

The Clubroom will NOT be open during the evenings of 24th and 31st December so if you want to munch on your mince pies/exchange gifts/deliver Christmas cards, you'll have to do it on 17th December.

Did you know.....???

Did you know that there is a website 'stolen bikes uk'? It might be useful if you are considering an on-line purchase of a second hand bike. It might also be useful if you get your bike nicked. There are several reports on there about bikes being recovered so it seems that there is a practical use for the internet after all.

Beer or Cider?

What is your 'go-to' recovery drink – Beer or Cider? Well it seems that moderate beer drinkers have a 42 % lower risk of heart disease than non-drinkers. Curious??? What about cider? It seems that, in addition to the benefits found in beer, scientists have found as many antioxidants in cider as there are in red wine which helps to fight dementia. When it comes to affecting the mind, beer is probably better for you than cider as beer can help problem solving whereas cider can flood your mind with endorphins, but too much and the extra alcohol can lead to depression, so be careful. As a recovery drink, beer is better than many sports drinks, but you'll need a bit of salt so treat yourself to a packet of crisps. The acid in cider promotes iron absorption, which is important because iron is a key part of your haemoglobin, which fuels your muscles with oxygen during exercise. If you have to make a choice, the antioxidants in cider probably make it better option, but enjoy in moderation.

Primary or Secondary position

Do you know the difference? Have you any idea what this is about? These philosophies are now being promoted by Cycling UK and British Cycling. Well it seems as though the Primary position is described as being 'in the centre of the leftmost moving traffic lane for the direction in which you wish to travel, and the secondary riding position as being about 1 metre (3 feet) to the left of the moving traffic lane if the road is wide, but not closer than 0.5 metre (1.5 feet) to the edge of any road.' Did you understand that? The Primary position is where you can best see and be seen. The Secondary position might be suitable if the road is wide enough to allow motorists to safely overtake. The additional dangers of the Secondary position are that you are vulnerable to car-dooring/pedestrians/debris in the gutters.

The biggest risk is, perhaps, from the motoring fraternity. Drivers are loathe to cross the centre line to pass - because they are obsessed with following rules rather than driving safely. The only occasion when a driver does cross the centre line is on a blind bend when they have spent more than three seconds behind a cyclist.

Whatever you do, be wise, be safe, be seen.

..... and if you do have an accident

There's a new app available called 'Busby' aimed at helping vulnerable road users. It monitors the sensors in your phone in order to automatically detect incidents like a crash or a fall. If 'Busby' detects an incident you'll be asked if you're OK. If you don't respond or move within 30 seconds 'Busby' assumes that you need help. If you don't confirm that you are OK, your emergency contacts will be sent to your location via SMS so that help can arrive quicker than before. All you have to do is download the free app.

Electric bikes

If someone offers you a cheap electric bike, be careful 'cos it might be nicked. A lorry load of 'Batribikes' have been stolen but, unfortunately, they didn't have any battery in them. Whoops!!!

'Muc off'

Do you use 'Muc off' to clean your bike? What do you do with the bottle when it's empty? I know we all feel guilty when we just throw our single-use plastics away for landfill or to strangle turtles and dolphins, but the good news is that 'Muc off' is now organising a refilling campaign with independent bike dealers where you can re-fill your bottle. The bonus is that you will save a lot of dosh 'cos the RRP will be £5.49 rather than £10.99 for a new bottle.

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

You can identify the make of tyre from the tread pattern

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

Mud flaps; Bonk bags and when water bottles weren't called 'Bidons';