



NEWSLETTER



A reminder.....

The Clubroom will be closed on 24th and 31st December, 2019, but you can still celebrate the New Year by going on a Club Ride on New Year's Day. Elevenses will be at the RSPB Centre at Wiggonholt Common.

Annual Dinner and Awards Evening

Those of you who missed it missed a treat. Sorry Mike! Good to see that you're back in the saddle. 'The Fox' was an ideal venue and the food was excellent and generous and served swiftly and cheerfully. Cheesy was at his M.C. best to the amusement of all and the embarrassment of some. (Were sausages on the menu, Mr President, or was that last year). Anyway, it's all booked for 6th November, 2020 so get your name down early.

Awards

On the subject of awards, there was surprise that no one offered themselves as a candidate for the Audax award for the most miles covered in such an event. 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. I know that many of you rode the Worthing Winter Warmer (and will, no doubt, ride it again in 2020) but were you aware that this is a qualifying event? If you add this mileage to a couple of sportives then there's a good chance that you'll pick up some silverware at next year's Annual Dinner and Awards Evening.

Worthing Winter Warmer

Don't leave it to the last minute to get your entry in for the Club annual Audax event which takes place on 8th February 2020. The start is at Dial Post at 9.00am and covers a total of 105K to be completed within 7 hours. Joan Lennon is promoting this event again so, if you're not taking part, contact Joan as I'm sure she'll find you a job to do to help out the Club.

What's the difference between a 'Sportive' and an 'Audax'?

Basically, in 'Sportives' the riders are pretending that THEY ARE IN A RACE but, in 'Audaxes', the riders are pretending that THEY ARE NOT!!!

CTT AGM

The CTT AGM was held on 2nd December and I haven't had the Minutes yet, but a little bird has told me that you will require lights for any Time Trial, as you do for any of our own Club promotions, but the CTT has 'bottled out' on whether ALL riders should wear helmets. At the moment, it's only Juniors that have to wear helmets. So CTT are still more interested in what a rider looks like rather than a rider's safety.

There was one item on the agenda that piqued my imagination. We all know that you can't race with earphones in (except hearing aids), but Yorkshire District wanted to add a Regulation that states 'Competitors must not use bike mounted speakers to listen to music during competition.' You wouldn't really want a series of woofers and tweeters on your bars, would you?

CBD

Who remembers Floyd Landis? You know the winner of the Tour de France in 2006 who was stripped of his title after proving himself to be an absolute dope. Guess what he's doing now. Surprise!!! Surprise!!! He's growing CANNABIS!!!!!!! His scheme is not for those who want to just light up and space out. He is producing non-psychoactive cannabis oil for various remedies.

It is claimed that cannabis oil - otherwise known as cannabidiol (CBD) - can aid cyclists in their recovery and can alleviate pain. It's claimed that it is a natural alternative to ibuprofen, an antidote to anxiety, an aid to sleep and a post-workout recovery booster. Those are some of the claims about CBD oil. CBD does not change a person's state of mind when they use it. There are side effects when using CBD and these include nausea, fatigue and irritability. (Sounds just like me anyway!). CBD can also increase the level of the blood thinner, Coumadin.

In terms of athletics, hemp-derived CBD was removed from the World Anti-Doping Agency's list of prohibited substances earlier this year.

Products containing CBD are on the market in the UK, but, if you decide to use these products, be very careful. Whilst the growing of cannabis in the UK is OK under licence, the manufacture of CBD oil in the UK is prohibited, so any products containing CBD have to be imported, and there is no effective control of the ingredients. Some products tested contain no CBD at all whilst others have been found to contain an unacceptable level of the psychoactive ingredient. You have been warned!

New Year's Resolutions

What's your New Year's Resolution? I know – you're going to get fitter than you were in 2019 and you're going to ride loads more miles. If you're really going to hit the gym then be careful. Experts from Firstbeat, leaders in advance performance analytics reckon that there are times when you should NOT try and blow your brains out on the treadmill or the bike. There are times when smashing your session could actually be causing your body negative damage. Heavy training can increase your stress levels and affect your ability to recover. So, when should you not go for broke? Well Firstbeat believe that if you've had a stressful day; you've had a bad night's sleep; you're still hung over from the night before or if you've already done too much in the gym, then this is not the best time.

So, if your New Year's Resolution diary states that you HAVE to do that workout but your body says 'No!', then listen to your body.

Velolife

Remember a couple of months I mentioned the conflict between Velolife Cafe and the Royal Boro' of Berkshire and Maidenhead and that said Council was taking the Cafe to Court to get an injunction to stop cyclists going there? It seems that one complaint to the Council by a neighbour was enough for the Council to throw the book at the Cafe and serve Enforcement Notices and threaten local cycle clubs with enforcement action. The good news is that the Council has now backed down just a few days before the Court hearing so we can all relax and have coffee and cake in the knowledge that no one is breaking the Planning laws.

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

Your bikes have nicknames

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

You remember Nervex lugs; carbide lamps; when sugar sandwiches were eaten instead of 'energy gels'.

So..... to save myself loads of money buying Christmas cards for you lot and subsidising the Royal Mail may I wish you all a very Happy Christmas.

.....and in case you didn't get a 'motto' in your Christmas cracker - try this.

'Why musn't you eat Mini Babybel at Christmas?'

'Because it's the baby cheeses'

Groooooan!!!

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