



## NEWSLETTER

### **Don't forget**

The Club AGM is to be held on Tuesday 18<sup>th</sup> February, 2020. Be there!!!

### **Thank you!!!**

It's pleasing to note that some members read these pages, and one who does is Nik Allen. Last month there was an appeal for the use of a petrol driven brush cutter to clear access to one of the garages owned by the Club. Not only did Nik provide the brush cutter, but he cleared the site as well. A heartfelt 'Thank you' to Nik from all on the Committee. Can we book you for next year?

### **On the subject of 'Thank you' .....**

A big 'Thank you' to Joan Lennon for organising the annual 'Worthing Winter Warmer'. It's not easy co-ordinating a full field plus a few extras making 173 all together and organising all the volunteers who came to help and all the catering and all the paperwork and clearing away at the end. Well done Joan.

### **Dates for your diary**

The first Club Time Trial - the Club Hardriders (in association with the SCA Hardriders) - takes place on 1st March, so get your entries in to the promoter. The following week is the Ashurst Circuit and the week after that is the Handicap 10 and you'll have to let Chris Putnam know in good time so that the field and handicaps can be sorted.

If you fancy a new bike then you should be aware that the London Bike Show is at Excel London from 27-29 March 2020. There is an increase of 23% in the number of trade stands this year. If you book on line quote CUK12 for a discount.

Did you know that 'Bike Week' is from 6<sup>th</sup> – 14<sup>th</sup> June, 2020. In 2019 over 300 registered Bike Week events were held, supporting over 25,000 people to enjoy cycling. 48% of these events were aimed at beginners. 35% specifically aimed as female friendly or women only events. 12% of the events were aimed at people with disabilities. So keep your eyes open for events near you.

And, if you miss that, you can join the New Forest Cycling Week which runs from 24<sup>th</sup> July to 1<sup>st</sup> August.

### **'What3words'**

Do you remember that last month I mentioned the 'what3words' app? Well, on Monday, in the middle of Storm Ciara, four poorly equipped idiots had to be rescued from Ben Nevis, in the middle of a blizzard with a wind chill of minus 20 degrees centigrade, by the Lochaber Mountain Rescue Team because, in the total 'white-out' of snow, the helicopter couldn't get near them because of the severity of the conditions. Fortunately, one of these idiots had a phone signal and, after having contacted the Police and downloaded the 'what3words' app, they were located and taken to hospital. The joys of technology! It's a pity they hadn't checked the weather forecast first. I'm sure there's an app for that.

## **Remember?**

Do you remember that, last month, I mentioned that ALL competitors in Time Trials MUST have a red light to rear of their machine? Well the CTT Guidance Note has just come out which states 'NO WORKING REAR LIGHT – NO START'. They have, however, confirmed that 'If the competitor's light should fail during the course of the event, this is not a breach of the regulation and the time or distance recorded by that competitor is good and shall be valid for all purposes.'

I'm guessing that that this last exemption doesn't apply in 24 hour events when a different set of legislation applies.

## **Aero bars**

CTT has sent out a reminder about aero bars – No! Not the confection. There is a Rule that says that you're not allowed to have any form of windbreak or protective shield. Apparently there are some Tri bars designed as a mono construction that do give some sort of streamlining effect. Armrests must be separate and not of a mono construction. That means that the arm rests must not be joined together or – to put it more simply – there must be an arm rest for your left arm and an arm rest for your right arm. If the arm rests are formed as one, or are joined together, then they should not be used in CTT events. You have been warned!!!

## **Inner tubes**

Do you remember a few months ago I opened a competition for the best use of old inner tubes? Well no one came up with any ideas, so the prize should now go to Schwalbe Tyres who have come up with a scheme to re-cycle old inner tubes. It's estimated that 10-20 million used inner tubes are discarded into landfills each year. Retailers who sign up to the scheme just have to take a full box of old tubes to DHL drop-off points and the tubes will be sent free of charge back to Schwalbe to be made into new inner tubes. This scheme has been running in Germany for five years and will be available in the UK in Spring/Summer.

## **The latest survey**

A new survey of 1500 people has gathered some hard evidence about cyclist's sex lives and lifestyles to find out if they are really 'superhuman' compared with the rest of society.

Before we get to the 'sex' bits (I might blush), some selected findings were that 60% of cyclists practice 'mindfulness' which can lower blood pressure, improve sleep and remove stress, compared to non-cyclists. It was also discovered that cyclists were more sociable with 15% socialising daily compared to 8% of non-cyclists. Cyclists also drink more than 4 cups of coffee a day while 47% get their five portions of fruit and veg a day compared to 35% of non-cyclists.

And talking about getting their portions (look away now if you're easily embarrassed), the survey reckons that 15% of cyclists have sex daily and 44% get a bit steamy on a weekly basis compared to 11% and 41% respectively of non-cyclists. Also (and this doesn't include me), cyclists also think of themselves as being more sexually attractive compared to 35% of non-cyclists. You should just believe what you want to believe.

## **And on the subject of Nuts**

Did you know that walnuts are good for you? Recent research by the Journal of Nutrition states that walnuts lower Cholesterol and reduce blood pressure and, because they are high in fibre, they're good for your gut as well. A daily serving of one ounce of walnuts is all it takes – that's about a handful of nuts.

## **Coffee**

Fancy a coffee before your ride? Caffeine levels can vary considerably between coffee types. Here are the values for some of the favourites at Costa.

Best pre-ride: Double espresso – 185mg of caffeine, 6 calories, 0.4g protein, 0.8g carb, 0.2g fat

Best mid-ride: Medium Americano – 277mg caffeine, 18 calories, 1.6g protein, 2.6g carb, 0.3g fat

Best recovery: Medium mocha – 75mg caffeine, 301 calories, 10.7g protein, 57.4g carb, 11.3g fat

So now you've learnt about coffee and walnut, it sounds like it's time for cake.

## **Politics**

A Private Member's bill to change existing legislation to introduce criminal offences of dangerous, careless or inconsiderate cycling has received its first reading in the House of Lords.

The bill, introduced to the House of Lords by Baroness McIntosh of Pickering, will receive a second reading in the chamber at a date to be announced.

It proposes introducing a new offence under the Road Traffic Act 1988 of causing death by dangerous cycling, punishable by up to 14 years' imprisonment under the Road Traffic Offenders Act 1988.

It would also introduce separate offences of causing serious injury by dangerous driving and causing death by careless or inconsiderate cycling, both carrying a maximum penalty of five years' imprisonment.

Be careful out there.

Do you remember the time when loads of 'travelling folk' set up camp on Broadwater Green. If my memory serves me correctly, there was a public outcry. So that this sort of thing doesn't happen again on either public or private land, the Government is proposing to change the law to criminalise 'unauthorised camping'. The proposals are directly aimed at 'Travelling Folk' but, in theory, it could directly result in people who go 'wild camping' such as bikepackers and walkers. So, if you're intending to set up camp on one of your tours, make sure that you have the land owner's permission.

## **New member**

A warm Worthing Excelsior welcome to Barry Whyler who has just joined the Club. Enjoy the ride, Barry.

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

You know that an IT Band has nothing to do with computers or music.

### **You know you're an old cyclist when.....**

You remember Bart's maps, rod brakes and cycling capes.

**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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