



NEWSLETTER (Covid – 19 edition)

Dates for your diary

In the last Newsletter I gave details of a number of interesting events that were coming up. Sorry about that!!!

However!!! Cycling UK is still promoting Cycling Week from 6th -14th June, but it's on-line and promoting the joys of cycling through a series of fun digital events that focus on health and well being.

Club events

To put it briefly, there are no Club events. All racing has been curtailed by both CTT and British Cycling and they have even furloughed some of their staff. I have been notified that the SCCU 100, which is the Club Championship and due to take place on 19th July, has been cancelled. Not only is it unsafe, unwise and unlawful to continue with these events, but it is the sensible thing to do.

The Club Room is closed because the Club decided that, in the early stages, it would be unwise to have social gatherings. Anyway, the Broadwater Community Association closed the premises so we couldn't use it anyway. The good news is that, when it re-opens, the Broadwater Community Association has confirmed that we will still be keeping to the same times and dates as before.

There will be no Committee meetings - possibly because many of the members are 'of a certain age' and would be at risk - and because gathering of more than two unrelated individuals are prohibited. However, if there is something of importance that needs to be discussed by the Committee, we can do it 'electronically'.

Thank you

You probably remember that the Worthing Winter Warmer took place in February. Well Joan Lennon has finalised the accounts and I've seen the results. Well done Joan. You did a great job so it's a great big 'Thank you' from all of us.

Covid – 19

At the moment there is more rumour, speculation, fake news, etc. about Coronavirus spreading faster thanwell faster than Covid 19. Believe what you want to believe, but stay safe.

If you do go for a ride, be respectful of other riders. Always give them a wide berth if you're overtaking. If you do happen to meet other cyclists, and you stop for a chat, remember to respect them and remember the 'social distancing' advice. I always like the expression of '6 feet apart or 6 feet under'. It may be a bit extreme, but if you're not concerned, the others may be. This is particularly relevant if you're wearing Club kit.

If you can read between the lines here then you've probably picked up the fact that I've had a complaint that someone wearing Club kit was disrespectful of some other riders and the complaint suggested that the individual was rude and abusive, even referring to one of the other cyclists as a 'control freak'. Not the behaviour one would expect from a member of Worthing Excelsior Cycling Club is it?

If you do go for a ride then enjoy the benefits of the quiet roads, but do be aware of pedestrians. They, too, are enjoying the motor-traffic free roads and, because of that, some have switched off their road sense and, as they

can't hear a car, forget the silent approach of the cyclist. This advice came from a pedestrian who had a 'close pass' with a cyclist '.....doing 80MPH!!! And he didn't even ring his bell.'

Lockdown

I know that the situation is changing almost on a day-to-day basis, but it might be interesting to other Club members to let them know how you fill the hours. I could go out for a bike ride, but I know I'd fall off and I don't think I could handle the guilt of being a further drain on the NHS. I know I'd end up at a hospital, which would be full of sick people and I wouldn't want to be in that environment. So I'll stick to riding around the garage. I have cleaned my bike several times - even that little hole behind the front brake - so I'll be ready when it's safe to ride. Apparently one country has allowed cyclists out on the roads in groups of no more than 10 and they must each be 10 metres apart. That would prove popular along the A272!

I was lucky that I was able to get 60 quids worth of paint before everything closed so that should keep me occupied for a while. I bought a greenhouse and had to paint and put that together. I even talk to my runner beans to make sure they're OK. I cut my grass twice in a week! My neighbour cut his three times!!! I've been baking bread and making cakes. I can now spell TikTok and I've even been on Zoom. I've even done an audit of my sock drawer. But what are you doing to keep the boredom coefficient down? Put your ideas on the Club Facebook page so that we can all have a laugh.

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 that Milk and Kellogs were cycle races - not what you had for breakfast; you checked your distances travelled not by Strava, but with a mechanical odometer down by the drop-outs on your front forks; you remember when you used Tread Stopping Compound.

Remember.....

When you ride your bike, ride as if you've just stolen it!

The opinions expressed above are not necessarily those of Worthing Excelsior Cycling Club, but could be the ramblings of a senile old duffer.

There probably won't be another edition of the Newsletter until there is something worth mentioning so, hopefully, that won't be too long and we can get back to normal.

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