



## NEWSLETTER

### Welcome back ..... sort of!

Do you remember the days when a Club Newsletter dropped through your e-mail 'letter box' every month? Well, Covid-19 put a stop to all that. It also put a stop to so much that we have enjoyed over the years and have, perhaps, taken for granted. It would be nice to think that this pandemic is on it's way out, but I don't think that is the case. There are still loads on new infections every day so we must all remain vigilant and, not only care for ourselves, but care for others as well.

With the easing of 'lockdown' many members have been able to get out on their bikes whilst still remaining 'socially distanced'. The 'informal' Sunday Club rides are a case in point. I was pleased to see a good number turn up at elevenses at Kinsbrook Vineyard this past weekend. I'm sure that there were plenty, like me, who were reluctant to take to the road during 'lockdown' but, now that the pressure is off, it's good to get out there and start pedalling.

Something you might like to think about is that there has been a great resurgence in cycling during this 'lockdown' period with a reported 1,300,000 bikes sold. How many of these will become members of cycling clubs, or will it simply be a case that in the next 12 months there'll be loads of cheap secondhand bikes out there? If you do see someone on a nice bright, shiny piece of kit, don't just ride by and leave them trailing in your slipstream, slow down and have a chat and let them know what a super social activity cycling really is. Tell them where the best roads are; let them know where they can get a decent cuppa; stop and help them if they need assistance; let them know what a great club Worthing Excelsior is.

Those of you who love to race must have been extremely frustrated by the fact that there has been no racing. The guidance from the CTT for time trials has recently been relaxed so that 'Type B' - Club events - could start from 13<sup>th</sup> July, but that 'Type A' - Open events could be held from 18<sup>th</sup> July. In addition, it is considered essential that the requirements set out in the CTT Covid-19 Risk Assessment should be followed. You will probably be aware that some Regions decided that it was inappropriate to have any time trials for the remainder of 2020 because of the possible impact on local facilities, local attitudes and the local environment. The decision whether to support future promotions rested with the local Regions.

In addition, CTT has commented that organisers may be nervous about running events. Promoting an event is a voluntary activity and people should not feel pressured to act in either way. Compliance with the CTT Risk Assessment is not an easy task, especially as so many of the officials are of an age where they may be considered at risk themselves, or may be caring for a person at risk.

The Risk Assessment provided by CTT in respect of Covid-19 includes items like ..... riders should not gather together; they should arrive 'ready to race'; there should be no results board; riders will be required to leave immediately on completion of the race; support will not be given to any rider who suffers a mechanical failure; riders should carry their own spares; there should be no 'pusher-off'; specific route directions should be marked for those signing on; no pens will be provided; there shall be no spectators.

The list goes on but, with this in mind, in common with many other clubs in the area, your committee has decided that it would be inappropriate to promote any further time trial events during the remainder of 2020. This includes the remaining Evening 10 series, the Hill Climb series and the Clonmore inter-Club 25.

For those of you who enjoy any event promoted under the auspices of British Cycling, at the time of writing, it is still not possible to re-introduce racing but British Cycling is currently working on plans to re-introduce certain racing formats. You will need to check the British Cycling website for updates.

I'm hopeful that we will all be back to normal soon – or should I say the 'new normal'.

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

You believe that if you haven't had a crash then you haven't been trying hard enough.

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

You remember wheel carriers; when sugar sandwiches were eaten instead of 'energy gels'; and when brake levers were for brakes – not for changing gear.

**Stay safe!!!**

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

[adrian.wecc@gmail.com](mailto:adrian.wecc@gmail.com)