



## NEWSLETTER

### Good News!!!

Remember that in the last Newsletter I mentioned that over 1,300,000 bikes had been sold and encouraged you all to go out and seek some new members for the Club? Well the good news is that we have got a new member – well two actually.

The new member is Kelvin Newman. I've not met him yet but, having seen comments on the Club Facebook page, he's very enthusiastic and looking forward to doing a bit of racing. Welcome to the Club Kelvin.

Not to be confused with Kelvin Newman is Mark Newnham. He's decided to come in from the wilderness and has rejoined the Club. Welcome back, Mark.

### What do you say to a friend who wants to take up cycling?

Your best mate, who has long ridiculed you for riding a bike, has suddenly decided to have a go at cycling. What advice do you give them? Pick three of those below and let me know and we'll see what the best answers are. If you've got any other ideas then pass them on.

- a) Say 'Don't!!!'
- b) Tell them to get a mortgage so they can get a 'decent' bike.
- c) Advise that they get a lobotomy as it's cheaper and less painful
- d) Sell them your old bike that's been rusting in the shed for the past 10 years
- e) Recommend that they get a good pair of shorts as they won't need underwear (This might be a bit awkward if your friend is a lady and you're a gent)
- f) Tell them to stand in front of a mirror fully dressed with helmet and Lycra on and see how ridiculous they look. If they can cope with that then they can deal with anything
- g) Recommend they learn some new swear words because their current lexicon is bound to be insufficient
- h) Teach them how to mend a puncture
- i) Give them a road map with all the decent coffee stops marked
- j) Get them to enjoy the countryside. It's not just about the road
- k) Convince them that pain is Nature's way of telling them they're still alive
- l) Tell them to join a good cycling club

## Club Runs

Don't forget that the Sunday Club rides have started again – socially distanced of course. It's good to meet up again over a cuppa and a slice of cake.

## Tour de France

If you can't get to France to watch Le Tour, make sure that you watch on TV – if not for the racing, watch it just for the scenery. Remember, it starts on 29<sup>th</sup> August and finishes (hopefully) on Sunday 20<sup>th</sup> September.

## Reading matter

This fell into my 'Spam' box the other day. It was a message about Brian Jones of Horsham Cycling Club. It seems that Brian has written a book entitled 'Misspent Dotage' and recounts his relationship with the bicycle as he rapidly approached his 57<sup>th</sup> birthday in a state of ever-increasing obesity. Now he has racked up nearly 600 time trials and ridden in the UCI Masters track Championships. The book costs £9.99 plus postage. If you're interested then contact Brian on [bsj@outlook.com](mailto:bsj@outlook.com)

## Spam

On the subject of 'spam', I understand that, if you think your e-mail account has been hacked, you can check by visiting <https://haveibeenpwned.com> and enter your e-mail address. You can also check if your password has been exposed in any data breaches.

If you do receive any scam e-mails, forward them to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

You could also run a Malwarebytes application using <https://www.malwarebytes.com>. This will perform a full scan to ensure that there is no malicious content.

## Are you interested in a new sports recovery drink?

I don't usually pass on adverts 'cos I didn't want this Newsletter to be a sort-of 'Friday Ad' or 'Exchange and Mart' except, of course, if a Club member wants to buy/sell something. However, this popped into my in-box the other day and I thought I'd pass it on for what it's worth.

'Enhanced Recovery<sup>TM</sup>' is an innovative, ready to drink recovery product, that kickstarts muscle repair, refuels glycogen stores and aids physical rehydration. It combines the highest quality stabilised, non-oxidised Omega 3 oil with proteins, carnitine, electrolytes and vitamins with fruit juices and is aimed at all people who exercise regularly.

England Athletics have announced Enhanced Recovery<sup>TM</sup> as their exclusive recovery drink partner.

Enhanced Recovery<sup>TM</sup> is looking for established cycling and triathlon clubs to take part in a performance trial of their product in return for feedback. You don't need to be a racer, just someone who cycles regularly and takes their exercise seriously.

If you would like to try the product, please complete the short online pre-trial survey via the link below, and provide your current fitness data, you will then be sent out a box of 24 x 250ml ER drinks. There will be a short follow up survey midway through the trial and then one at the end, with a request for your up to date fitness data.

<https://www.surveymonkey.co.uk/r/5CFGC9P>

Your support will be greatly appreciated and invaluable to the shaping of the product moving forward.

If you have any questions, please feel free to contact Charlie Mulraine via [charlie@thegearchanger.com](mailto:charlie@thegearchanger.com)

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

You buy a car based on whether or not a bike will fit in the back..... not whether the family will fit in.

### **You know you're an OLD cyclist when you remember when**

The start was called the Start rather than Le Grand Depart, the route wasn't called 'Parcours' but simply the route and water bottles weren't called 'Bidons'

### **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.**

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