



NEWSLETTER

Covid 19 – Club Rides

Well - 29th March has passed, which was the key date in the Govt's calendar to allow group riding, so those Sunday rides that you've been longing to do with your Club mates is back on. EXCEPT..... groups will be limited to SIX riders only. This doesn't mean that you'll miss out - it just means that you'll have to form part of another group. You can have as many groups of six as you like.

Cycling UK also recommends that all affiliated groups should have a 'Volunteer Covid Officer'. For the purposes of this, each group leader will be the responsible officer who will report to the Club Runs Secretary as appropriate.

However, it's all a case of being sensible. Be aware of the symptoms. If you're not feeling well, DON'T turn up for a ride. If you feel unwell during a ride, let the group leader know so that he can advise the other members of the group.

If you're feeling grotty after a ride, again you must let the Club Runs Secretary know so that he can warn others in your group that they may have to self-isolate. The leader of each group of six will take a note of who is in that group so make sure that he/she has your name so that, if a member of your group does get the virus, you can be informed. Make sure the group leader does have your details - and that includes 'Guest' riders. It's for your own safety.

You must also be prepared to fix your own punctures/mechanicals. Don't rely on others to help you at this time. It's not fair on you and it's not fair on the others.

Perhaps you should consider what plans YOU have in place should YOU need to have someone recover you either because you're unwell or have a mechanical.

Whilst some cafes may be open, others may only be providing a 'take-away' service. Some cafes will only be taking card payments so be prepared or you may go hungry/thirsty.

You must always be prepared to 'mask up' and 'sanitise' when appropriate.

Check out the Club website for Sunday rides.

Be visible – stay safe

I won't say that it's been a personal crusade of mine, but I've always been critical of those riders who choose to ride all in black. They seem to be totally unaware that, even on a bright sunny day, as soon as they ride into shadow, they become invisible. Whilst I appreciate that a following motorist should be aware of everything around them on the road and drive accordingly, some drivers are not that good so you have to give them a chance.

Recently I've had this circulation from CTT London South which tends to support my thoughts on this matter.

'In the interests of rider safety and in addition to the compulsory rear light required under regulation 14 (i), the advisory use of suitable hard shell helmets in competition for competitors over 18 years of age, London South DC strongly recommend that riders do not wear black or dark clothing during any event held on the public road. LSDC would ask that event organisers add this to their event briefing information from now on and support our continuing commitment to improving rider safety by making riders far more visible on the roads.'

Be safe- be seen

The World's biggest bike ride

Did you know that Bike Week, delivered by Cycling UK (formerly CTC), will be taking place from 30th May to 5th June, 2021? It's not about how fast or how far you ride. It's simply a case of just getting you, your family and your friends riding their bikes. You don't even have to ride on the road. You can explore the countryside off-road or just take your kids for a ride around the park. The theme of Bike Week this year is health and wellbeing and together, as cyclists, we can make the world a healthier, greener and happier place because more people will be cycling.

And, as part of the event, Cycling UK is launching the 'World's Biggest Bike Ride'. Last year thousands of people took part and tracked their daily updates on social media using hashtag **#7daysofcycling**.

Prostrate Cancer

Some time ago this Newsletter advised chaps to get themselves tested. Did you? Just recently I got an e-mail from Club member David Wilbor. David had entered the Prostrate Cancer UK Grand Depart Classic which was due to take place a week or so before the Tour de France. However, all things have changed and now the Grand Depart Classic will NOT be leaving from North West France but will be in Yorkshire to re-trace the 2014 TDF Grand Depart from Leeds to Harrogate travelling through Otley; Ilkley; Skipton; and thence through the Yorkshire National Park before heading to Harrogate. The route is approximately 118 miles long and officially described as 'Flat'.

That date of the event has changed too and is now going to be in September

He did mention this to some other Club members when we were able to ride out together and wondered then whether, if other Club members had signed up for this event, it was worth travelling as a group. Contact David if you are interested or check out the website <https://prostatecanceruk.org/get-involved/grand-depart-classic>

David's original plan was to raise a minimum of £1000.00 but is hopeful that I'll be able to raise more through his 'Just Giving' page.

If you do go then remember the mileage counts towards winning the Club 'Audax' trophy.

Be careful what you buy

Mavic wheels are good aren't they? I've got some myself. OK – mine are not superfast or superlight, but they're round and they go around. There are a lot better wheels, but these suit me. However, be careful what you buy because there are a lot of fake products out there.

Just recently Mavic launched a new range backed with a lifetime guarantee, but it appears that not all wheels with the distinctive yellow label are in fact Mavic wheels or meet the same standard as genuine Mavic products. Recently Mavic bought a pair of counterfeit wheels and put them to the test.

After completing all tests and analysing the results, Mavic has concluded the counterfeit wheels are “dangerous and will lead to serious injury or death”You have been warned!!!

Marshalls

The racing season hadn't even started when I had my first invitation to marshall. And, yes, I will be doing it. So, if you're riding the SCCU 100 on July 18th, expect to see me at the Ansty turn. It would be good to have a team for this event. I know you all like a challenge.

And - on the subject of Marshalls – be prepared to do your bit to support our Club events. The Don Lock Memorial Evening 10's will be starting soon. I've volunteered. Have you?

Oz racing

In the last Newsletter I mentioned our overseas member Tom Green. Well, we've just had an update on his racing in Australia where (lucky him) Covid restrictions are less. Anyway - he recently came 5th in the MWCC West Head TT over a hilly course of 45km with an elevation of 650m which meant a PB by over 3 minutes. He also came 5th out of 450 starters in the B2B Gran Fondo in Bathurst, starting up the famous - and famously steep - Mount Panorama motor racing circuit. Grades as steep as 1:6.13!!! Let's see how he does in the Grafton-Inverell race in May which is 220km and advertised as the toughest race in Australia. I wonder if he'll finish better than 5th. Have a look at Tom's Club website at <https://www.bicisport.com.au>.

Welcome back

You'll all be pleased to know that Alan Cooper has re-joined the Club, albeit as a second-claim member. Where have you been Alan? You've missed all the fun.

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