



NEWSLETTER

Covid 19

Guidance from Cycling UK is that we can ride in groups of up to 30 now, but ask yourself, is this sensible on Britain's crowded roads? The answer is probably 'No!' which is why our Club 'Group Riding Etiquette' limits our own groups to a sensible number. Perhaps we are the sensible ones? Whatever the size of your group, go out and ride, but be safe.

With the anticipated 'Freedom' date of 21st June not too far away, is it possible that we will have that long-awaited AGM? Currently there is concern that the 'Indian Variant' might become a problem so we'll have to see that happens. Whatever the case, I cannot foresee there being an AGM before July.

Meanwhile, if you do have any concerns about the Club then don't hesitate to get in touch with a member of the Committee.

Isle of Wight

Once again the President, Rob Downham, is organising a trip to the Isle of Wight so mark your diaries for 15th August. Further details will be published shortly. Remember that it's classed as an 'all day event' so there's extra points in the Club Runs Points Competition.

'Puppy paws'

It has come to the notice of CTT that there have been a number of instances reported to event organisers where competitors are seen riding with their forearms resting on the top of the handlebars - the so-called 'puppy paws' position.

This position has been banned in UCI events as it is considered dangerous, even for professional riders. All competitors are asked to note that riding in such a position is also considered dangerous while competing in CTT events.

'Riding in such a position will be deemed as being a breach of CTT Regulation 20(a): 20. Observance of the Law All competitors in, or in the vicinity of the event, must observe the law of the land relating to road use. In particular, but without prejudice to the general principles of this Regulation, competitors must: (a) not ride in a manner that is unsafe either to themselves or to other road users.'

Any competitor in a CTT event observed riding in such a position will be liable to disqualification from the event and possible further disciplinary action.

You have been warned.

Some courses

On some CTT courses it is not considered safe to ride using tribars while navigating a roundabout. For safety reasons, many districts have now introduced local regulations to prevent this on certain roundabouts on some courses. Any such local regulation will be printed on the start sheet for the event.

So that you don't get disqualified, make sure, that for every event you ride, you read the start sheet carefully so that you are familiar with any specific requirements in relation to the event so that you are aware of any local regulations that may apply.

You will know that we have local restrictions on our own courses, notably the 'no right turn' after the finish of the Evening 10 on the G10/98, so be aware of restrictions on other courses by reading the start sheet before you start!

Be safe. Be seen.

You will recall that a couple of Newsletters ago I mentioned concern with the CTT London South about riders competing in dark clothing. They have just re-issued their advice whilst acknowledging that it is not mandatory.

'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.'

Perhaps this advice is suitable for ALL riders whether they are racing or just out for a social ride.

Women's Tour de France

Tour de France director Christian Prudhomme has confirmed that there will be a women's version of the Tour de France on the racing schedule for 2022.

Does that mean I've got more cycling to watch on TV when I should be out riding my bike?

Bike maintenance

The BIG BIKE Revival we are cycling UK

CYCALL & CYCLO ANALYSIS will be running free 'training' sessions to encourage people to learn key aspects of cycle maintenance and safety. Numbers are limited so please call Martine on 07784918122 to book a place.

(The cycle track is the northern corner of Brooklands Park, next to Western Road)

3rd July 2021 24th July 2021 11th September 2021 2nd October 2021

11am -2pm

Dates subject to change &/or cancellation due to weather

For more info/updates call Martine on 07784918122, check the Facebook Page www.facebook.com/CycallWorthing or the CYCALL website www.cyall.info

#BigBikeRevival

Department for Transport

New Member sort of

Many of you will remember Jeff Blunsdon as a former member - well, he's re-joined. Welcome back Jeff!!

Don Lock

You may remember that last month I made mention of the stone sculpture that is to be erected in Worthing and that it was hoped to have it in place in time for what would have been Don's 85th birthday. Unfortunately the whole process has been delayed because the water-jet stonecutter in Scotland broke down and the replacement parts had to come from Japan. As a result, we are now looking to the middle to the end of July.

How to annoy a motorist

Ride in the middle of the road so they can't get past.

Lean on their car whilst waiting for the lights to change

Cycling two abreast

Stopping at a red light then walking across the junction

Riding past cars stuck in traffic

Riding slowly where there is no room to overtake

In a social setting, telling someone that doesn't ride a bike that you're a cyclist

Simply owning a bike

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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