



Newsletter- Sept 2022

Ladies and Gentleman

According to the meteorological calendar it is now officially autumn but if you want to hang onto summer for a little longer, stick with the astronomical calendar as going by that the autumn equinox isn't until the 23rd September this year.

I would opt for the latter if it guaranteed there would be no rain for a few more days but true to form (or Murphy's Law as it's sometimes called) the wet stuff is forecast for next week, which unfortunately is when six of us are riding to Paris and back.

Autumn is also when the Giro di Lombardia takes place. Also known as 'the ride of the falling leaves', this one day race in the Italian Lakes traditionally marks the end of the professional racing calendar, although with the advent of various Tours of places that feature lots of sand and no spectators maybe that isn't the case now?

I once managed to escape for an afternoon whilst on holiday in Lake Como and having hired a hybrid bike from a shop in Bellagio, I managed to slog my way up the 14% gradient to the 'Sanctuary of Ghisallo', a small church in a village called Magreglio. In 1949 Pope Pius XII appointed the Madonna of Ghisallo, (she being the Virgin Mary the church had been built in honour of) as the Patron Saint of Cyclists. Each year the Giro di Lombardia pauses at the church where the racers receive a blessing for their safe passage.

If you are ever in that region I strongly recommend that you make time to visit the church. It is full of vintage bikes and other cycling memorabilia and there is even a café and museum on site.



Time Trials

The Time Trial season is coming to a close but all the results for this year to date can be found at; <https://www.worthingexcelsior.co.uk/2022-season.html>

The Don Lock Evening 10 series attracted on average 14 riders each night, of which (on average) 5 were WECC riders. The Evening Hill Climb series wasn't as well supported though with an average of 5 riders competing, of which 3 were WECC members.

There has been a general decline in competitors across all Time Trial events nationally although that seems to be a common trend in many sports at club level. Cycling Time Trials (CTT) did run a survey to try and ascertain why this was but it would be fair to say it didn't really come up with any clear conclusions. Your Committee is keen to find ways to encourage more entrants to our events so if you have any idea's how this might be achieved please let me know.

Cyclo Cross

The Time Trial season may be ending but that just means it's Cyclo Cross time. If you are tempted by the fast paced racing involved details of our local league can be found here; <http://www.londonxleague.co.uk/>. You are too late to enter the first race being held on Sunday 4th September but there plenty more to follow. Club member Karen McGrath will be competing in WECC colours and I am sure you will want to join me in cheering her on.

Club nights

We will continue to hold our club night on the first Tuesday of each month. Until the AGM these will be held at the West Worthing Tennis Club in Titnore Way from 7.30pm onwards.

Associate membership of the Tennis Club is available to all WECC members free of charge. If you would like more details or to become a member, please contact Ken Newton at treasurer@worthingexcelsior.co.uk

Club rides

The annual club ride around the Isle of Wight is scheduled for Sunday 25th September this year. If you are intending to participate please let Dave Wilbor, our Runs and Touring coordinator, know via clubruns@worthingexcelsior.co.uk. Please also let Dave know if you are able to offer a lift to Portsmouth to another member.

Dave would also like to hear from you if you have any suggestions for new cafes where we can stop on a Sunday morning ride.

Club kit

As you will have hopefully seen in a recent email, there is now an opportunity to purchase club kit through Kalas, who are British Cycling's clothing partner. There is an online shop, which is open until 11th September, where you can order and pay for clothing with delivery 4-6 weeks after that. All items will come to me and I'll arrange distribution to you afterwards. Have a look at <https://myshop.kalaswear.eu/worthingexcelsior> and use the password we321. If you have a query and need further information please get in touch.

Facebook

Those who use Facebook are probably aware that there are two Worthing Excelsior pages. The official one is Worthing Excelsior CC, the other, set up back in 2009, is Worthing Excelsior Cycling Club. Clearly this is somewhat confusing and benefits no one so ideally it would make sense to close the latter one except no one apparently knows who controls it! If you know or indeed are that person please get in touch.

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