

# Acorn Newsletter

February 2007



## Sherwood Cycling Club

President: Mr Frank Beale

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Another new member this month is Steve Pye.

Membership renewals are due now. If you haven't already sent your money and form to Karen yet please do so without delay!

### CLUB NIGHTS

We have had our first meeting at the new venue the Arnold & District Victory Club, Church Drive East, Arnold. It was good to see some new faces there and hopefully we can make it a popular social event. As you head from Sainsbury's in Arnold towards Arnold centre Church Drive East is the first road on the left. Click this link for a map or view <http://tinyurl.com/ykzvku>

The next two meetings are on Mondays 26 February and 26 March from 7.30 p.m. Come down and join in the Committee Meeting. There is also time for a drink and chat afterwards.

### CLUB RUNS

Saturday Club Runs leave Lowdham at 9.45 a.m. Sunday runs meet Shearing Hill/Burton Rd junction at 9.30 a.m. leaving 9.40 a.m. Wednesday runs meet at Lowdham 9.15 a.m. prompt.

So far we have been quite lucky with the weather through the winter. I turned short on one Wednesday run, as I was nervous about slipping in the snow although the roads we chose were ok (I am just ultra-cautious these days) but I haven't missed a Saturday, Sunday or Wednesday (yet!).

If there is a risk of ice, you can check out the Council salting routes by going to [http://www.itsnottingham.info/highways\\_in\\_winter.htm](http://www.itsnottingham.info/highways_in_winter.htm) for Notts., or <http://tinyurl.com/ysngok> for Leicestershire. You can't be certain that roads on the salting routes will be ok but you can avoid those that are not salted. Of course, if conditions are really bad then don't go out. Missing a day's ride is better than months off injured!

Runs continue to be well supported (too well sometimes on Saturdays with as many as 60 riders). Normal Sunday runs have a manageable group of 10-20 riders, while the stronger riders have now embarked on the Reliability Trial season for more of a challenge.

## **CYCLING ROUTES**

<http://www.bikely.com/> is a website specifically for logging cycling routes worldwide. You can put your own routes on for others to see complete with a description. It may be a training route, leisure ride, sportive, race, off-road, commute or whatever. The routes can be seen on a road map or a satellite view and you can also look at a profile of the route to see the climbs involved.

I've put a couple of Club Run routes on and it is quite easy – you just click along the map and add in any information as you wish. The more technically gifted can also transfer routes from GPS gizmos!

It can be a useful site if you are going on a cycling holiday to get some ideas of where to ride.

## **JUDGE TROPHY**

**Written by our President Frank Beale (current President and ex-International Rider)**

I was reading a recent edition of the Nottingham Evening Post “Bygones” when I came across an article about Charles Judge. He was a President of the Sherwood in the thirties. Our Judge Trophy for the 50-mile Championship is named after him – I won this in 1959.

I knew he was a baker on Mansfield Road but I didn't realise he was such a good racing cyclist. He was a life member of the North Road Cycling Club and held the Yorkshire Road Club gold medal for the York to London ride. He was Captain and Secretary of the Nottingham Bicycle Club and served as Chairman of Arnold Urban District Council for two terms.

If you win this splendid silver trophy you now know a bit of the history behind it.

## **GO-RIDE**

The monthly sessions at Sherwood Pines continue with a 10.00 a.m. start on the second Sunday of the month. Simon Hookway and Craig Watson are now training up as coaches.

## **75<sup>TH</sup> ANNIVERSARY T-SHIRTS**

Craig still has some smart black T-shirts to commemorate the Club's 75 years. They are priced at just £7. Contact Craig 0115 9566385.

## **CLUB CLOTHING**

I am getting a bit short on certain items and will be getting an order together soon. If you have any specific requirements, particularly for unusual sizes please let me know. This will be the only order for new kit during the year, I cannot get one-off items.

Jersey BioActive s/s ¾ hidden zip	£28	Skin suit Short Sleeve	£42
Jersey L/S Jacquard winter full zip	£35	Skin suit Long Sleeves	£43
Jersey L/S Jacquard summer full zip	£30	Arm Warmers printed lycra	£9
Jersey S/S Summer jacquard full zip	£25	Super Roubaix winter bibtights	£40
Jersey S/S Summer jacquard ¾ zip	£25	¾ winter bib tights with seat pad	£44
Jersey no sleeves summer full zip	£24	Bib Shorts	£30
Wind Vest - light gilet	£27	Lycra bib tights (size 3 only)	£31

I also have some Gel Track Mitts in club colours for just £10 a pair and some gloves for £12.

## **CYCLO-CROSS SATURDAY 3 FEBRUARY 2007 - CANCELLED**

**Trevor Adams has had to cancel this event. The strong winds in January brought down a lot of trees and made any circuit impossible. It was too late to find an alternative venue.**

### **WHY CYCLE?**

I stumbled upon a website the other day that highlighted many reasons to ride a bike. There are numerous benefits to health and fitness. It is an efficient, low energy, clean way to travel. It is cheap with easy parking. All wonderful things, but not the prime reason for enthusiasts to cycle.

As a sport or a pastime cycling is very diverse. Racing can be a track sprint or a Tour de France. You can be on road or off road. Do a club run, a sportive or tour the world. Ride fast or slow, long or short and you still get a similar enjoyment.

To see if you are really an enthusiast ask yourself “Do I cycle to keep fit or do I keep fit to cycle?” Affirmative to the latter is necessary to become a “real cyclist”.

What is the real attraction though? Is it linked to competition or a sense of achievement? This is part of it, but not the prime reason. Even when your competitive urges have waned and your achievements become minor you can still go out and really enjoy a ride.

Is it the actual physical exercise of pedalling? Well exercising can give you a “high”, but if it were just that we would enjoy riding on a turbo trainer. The words “enjoy” and “turbo” are not used together!

I think it comes down to the almost “magical” properties of a bicycle. The way you can just balance (well most of the time) on two square inches of rubber and travel under your own power at five times walking speed for about the same effort. You can travel at a speed that allows you to cover a decent distance whilst appreciating the countryside.

The bicycle is truly a wonderful invention. Enjoy it!

### **VOLUNTEERS**

You may recall that the Club has decided to draw up a rota to designate members to help out at events. The process is now starting and the main need for helpers is in the Open events detailed in the Calendar below.

If anyone has a preference for helping at a particular event please let Dave Gartside know ASAP (tel 0115 9525881 e-mail [d.gartside@ntlworld.com](mailto:d.gartside@ntlworld.com)).

Volunteers for helping out at Club events are also needed. We are particularly short of timekeepers for Sunday events. Anyone who wants to learn timekeeping (it isn't difficult) can turn up at any Club event and assist and learn at the same time.

### **CLUB DINNER 2007**

We aim to hold the Club Dinner at the Richard Herrod Centre again this year. Any suggestions for changing the venue next year are welcome but as venues get booked well in advance we need ideas for 2008 at least 12 months before.

Other social events are possible during the year but they need members to support them. One idea is perhaps to hold an end of season buffet at the Arnold Victory Club (new Club Room).

## CLUB RACING PROGRAMME 2007

Date	Race	Start Time
Sunday 18 March	1 <sup>st</sup> Circuit TT –20 miles (lay-by north of Oxton Island)	9:00am
Sunday 25 March	Rudy Project Course AS/6 – 1 Lap Willoughby 15 miles	9:00am
Sunday 1 April	2 <sup>nd</sup> Circuit TT	9:00am
Sunday 15 April	3 <sup>rd</sup> Circuit TT	9:00am
Sunday 29 April	4 <sup>th</sup> Circuit TT	9:00am
Sunday 13 May	1 <sup>st</sup> '25' TT – Granby Course A25/2	9:00am
Sunday 20 May	2 <sup>nd</sup> '25' TT – Granby Course A25/2	9:00am
Sunday 27 May	Oxton Bank – Hilly 27 TT (A614/B6386 junction)	8:00am
Sunday 10 June	BDCA '50' – Judge Trophy '50' Club Championship *	6:30am
Saturday 23 June	Open '25' – Slowest 120 riders - A25/25 -- Matt Shaw *	5:01pm
Saturday 30 June	Open '10' – Preference to W & J – A10/14A – Jon Hunt *	5:01pm
Sunday 8 July	3 <sup>rd</sup> '25' TT – Granby Course A25/2	9:00am
Sunday 22 July	4 <sup>th</sup> '25' TT – Cromwell Course A25/25 – Club Championship & Halford Trophy	9:00am
Sunday 2 September	Nottingham To Skegness Race 75 miles – Burton Road	7:30am
Sunday 9 September	Grand Prix De Gents 20 miles – 2up Vet & Younger Rider – Circuit TT Course	9:00am
Sunday 16 September	ANDCC 25 Lighthouse Trophy -- Granby Course A25/2 – Wayne Bradley *	9:00am
Sunday 30 September	Hill Climb Championship (Terrace Hill) & Freewheel Contest (Harby Hill) – Free entry for these.	10:30am
Wednesday 26 December	Boxing Day '10' (lay-by north of Oxton Island)	10:30am

\* Open event. Entries must be sent to the organiser for receipt by the Tuesday 11 days before the event.

For Sunday Club Events enter on the line with a completed entry form.

'100' Championship Trophy can be won by entering any open 100 mile event entered under CTT regulations, Finish sheets to Wayne Bradley, Racing Secretary before 1 October 2007. Fastest rider wins!

Tuesday Evening Tens – 6:45pm Start – Start at lay-by on A6097 about 0.6 miles north of Oxton Island 10 April until 14 August.

Entry fees £1.50 or £20 for the season. Under 16s 50p or £5 for the season.