

Acorn Newsletter

January 2007



Sherwood Cycling Club

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Happy New Year to everyone.

More new members this month are Matt and Paul Fostun and Phil Marrens.

After a winter of getting in the base miles the New Year is the traditional time for racing members to start building up their training for the coming season. Let us hope the weather is reasonably kind. Don't overdo it or take risks in bad conditions – keeping healthy and uninjured are the first priorities!

AGM 11 DECEMBER

Once again we had a disappointing attendance particularly from the younger and racing members. When I first joined the Club, we used to have the AGM on a Sunday morning - not very popular with the riding members, who had to sacrifice their weekly ride - but we still attended.

Frank Beale was elected as our new Club President. Frank first joined Sherwood in the 1940s and was an International rider in his younger days. He still rides now but at a more relaxed pace!

Dave Gartside has taken over as Club Secretary until a permanent Secretary can be found. Any volunteers? The duties are to help manage the Club as a contact point, occasional letter writing and producing minutes and agendas for meetings.

Dave Woodward replaces Trevor Adams as Club Representative (representing the Club at external meetings such as CTT). Joanne Lifford replaces Neil Walker as Young Members Representative (to reflect the views of younger members at committee meetings).

Harvey Maddock and Steve Flaherty were also elected as Committee Members without portfolio.

There was just one minor change to Membership Fees whereby the rates for Associate (ie non cycling) members and second claim members were equalised at £6.

Trevor Adams proposals to encourage volunteers were passed in part. Qualifying helpers in 2007 can earn credits to gain a 50% reduction in Membership Fees for 2008. Dave Gartside's proposal to introduce a rota for active members to be allocated duties (such as marshalling) was also passed.

MEMBERS, YOUR CLUB SUBS ARE NOW DUE! - Karen

Membership renewal time has come round again, could you please complete the membership form sent with this newsletter and send your form and payment (cheques to “Sherwood Cycling Club”) to the address on the form as soon as possible. Prompt payment makes management of the Club’s finances much easier, it also makes my task of managing the renewal process much easier and if you haven’t renewed by the end of March you will be deemed to have resigned and lose the benefits of membership.

It would be really helpful if you could complete a renewal form in full as we are in the process of setting up a new secure membership database and I would like to make sure we have everyone’s details correct from the start.

CYCLING TIME TRIALS HANDBOOKS 2007

Karen is placing an order for handbooks (essential if you are riding Open Time Trials) at a preferential price of £5.50 (if we order at least 10). Place your order with Karen before 22 January to take advantage of this. You can include payment with your Club Subs – just add a note.

NEW CLUB ROOM

Thanks to member Harvey Maddock we now have a new venue for Club meetings at the Arnold & District Victory Club, Church Drive East, Arnold. As you head from Sainsbury’s in Arnold towards Arnold centre it is the first road on the left. Click this link for a map or view <http://tinyurl.com/ykzvku>

The room holds 60 people and could be used for social events as well as normal Club meetings. There is a small stage and dartboards.

There is also a small bar in the room. This would not be open on a Club night but could be if we had a social night with sufficient numbers. We can use the main bar to socialise after meetings.

There is an opportunity to make our monthly meetings more of a social occasion and, hopefully, get more than just the Committee there. Members could then get to know each other better. Perhaps we could even hold the Annual Prize Presentation there with a buffet laid on? If there is sufficient interest, the room could be used for turbo training sessions, coaching talks etc.

It is up to you, the members, to make it a success.

The dates for meetings in 2007 are Mondays 7.30 pm- 9.30 pm. (The Club opens at 7.30 p.m.)

29 January, 26 February, 26 March, 30 April, 21 May, 25 June, 30 July, 20 August, 23 September, 29 October, 26 November and 10 December (AGM)

HOVERINGHAM LUNCH SUNDAY 17 DECEMBER

Thanks to Ann Spencer for organising the lunch at Hoveringham enjoyed by 20 diners.

GO-RIDE

The monthly sessions at Sherwood Pines continue with a 10.00 a.m. start on the second Sunday of the month. A venue is still being sought for other sessions after we had to stop using the Wheldon School. These were proving popular but a rule was enforced forbidding cycling on the grass.

75TH 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 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.

Saturday runs have been attracting large numbers – 56 one week! This does make things a bit difficult on the road and at the café stops but we do normally split up at some point in the ride.

Sunday runs are about 50 miles returning about 1.30 p.m. If you want something a bit more demanding there are alternative longer, faster rides on Sundays. Start is usually 9.00 a.m. from Wilford Toll Bridge (north side of river). Some weeks the meeting place is varied, use the Forum or ask to find out where.

Having two runs seems to be working well with the fitter, keener riders enjoying a harder ride while the rest of us have a more relaxed sociable ride.

BOXING DAY 10

The weather was quite reasonable for the time of year chilly, dry, no ice and not a lot of wind and so we had quite a good entry with 13 riders and plenty of supporters. No one had to worry about coming last - as I was riding!

Best TT bikes were left indoors as befits the time of year and Nigel took his commuting bike round to claim best time. Good to see some junior riders with new members Matt and Paul Fostun in their first race. Matt had the good manners to apologise after catching me for a minute after 2 miles!

Thanks to Wayne for timing and assistants Matt Shaw and Pat Gutteridge.

Nigel White	24:52
Giles White	25:29
Al Simpson	25:31
Darren Hodgkinson	26:22
Matt Fostun	27:13
Phil Shaw	27:35
Dave Woodward	28:05
Matt Hemsley	28:56
George Thackray	29:45
Craig Watson	30:33
Paul Fostun	30:37
Ed Ward	33:46
Gary Goacher (PT)	28:56

CLUB CLOTHING

I still have a stock of Club Clothing. I haven't placed a new order yet as we still have quite a good stock of both winter and summer wear. Make sure you have what you need for next season. Once the stock gets a bit lower I will place a new order and you can then order specific items.

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

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

CYCLO-CROSS SATURDAY 3 FEBRUARY 2007

Don't forget Trevor Adams is promoting the final round of the Notts & Derby League on 3rd February 2007. The race will now be at Watchwood/Fox Covert Plantation. The entrance is on Gravelly Hollow, the closed-off road that runs from Patching's Farm towards Burnstump Crossroads.

Offers of help will be most welcome. Trev needs help setting up the course from 9 a.m. to 11 a.m. and dismantling after the finish. Helpers for marshalling and judging are needed from 12.00 onwards. Main race is 14.15 and will finish at 15.15. You can come all day if you want, or just part of the day. Any help will be appreciated. Contact Trevor Adams 0115 961 4415.

MY FIRST "COMPETITIVE" RIDE – Ed Ward

Back in 1962 (or was it 1963? - my memory fails me) I had not raced but used to ride on CTC club runs and do some long (120+ miles) lone rides. When news came out of a "Standard Ride" (a bit like a "Sportive") covering about 110 miles in the Peak District I was most interested. Roger Codling had devised the devious route to include some formidable climbs. Some of the CTC "elders" declared the course as too hard – this made it all the more attractive to me!

The rules were that you had to have mudguards and a saddlebag to take part. This was no hardship as most of us adopted these as standard for our recreational cycling. We didn't have the same range of gears either with just 5 sprockets, lots of steel components and quite heavy wheels with wide section tyres.

For this event riders could opt for a time limit of nine or ten hours. I wanted to make sure of qualifying so cautiously chose the ten hours mark.

I set off in the first group out through Eastwood (no by-pass then) and Ripley to Whatstandwell. Unknown to me at the time Ian Hallam (only a young schoolboy then, but destined to be a top rider) was in this group. As we climbed up towards Wirksworth I found myself alone at the front. I pressed on through Brassington to Hartington and Warslow. Here a rider from a later group (Ted Smart, who is still cycling) caught me. I sat on his wheel as his pace was rather fast for me. As we climbed over Morridge, I learnt an early lesson. He turned round and said "It's about time to have something to eat". I thought we were going to stop and eat, but no, he reached to the side pocket of his saddlebag, took out a sandwich and ate it without slowing. This is where he dropped me, as I had to stop to get at my food (no jerseys with pockets then!).

The terrain was now tough past Royal Cottage and over to Allgreave. Then it got even harder into Macclesfield Forest with the 1 in 4 climb of Chapel Hill – I walked. There was a checkpoint at the top and a welcome cup of tea (we didn't expect energy drinks and food to be provided!). Just after here I was caught and passed again. This time it was Pat Gutteridge and Roger Codling, who were setting a pace too fast for me.

I climbed alone up to the Cat and Fiddle, and then bypassing Buxton via Harpur Hill there was an easier section over Flagg Moor before dropping into Bakewell. Another tough climb soon followed with Rowsley Bank onto Beeley Moor. Getting near home now! Through Wessington to Alfreton and then straight back via Pye Hill to finish after 8 hours 40 minutes and to earn a medal (my first ever!) to say I had done the course inside the 10-hour limit.

Although it wasn't a race, I was fourth fastest and one of the youngest to make it round! These days we wouldn't encourage youngsters to attempt such a ride – it shows how times have changed.