

Acorn Newsletter July 2007



Sherwood Cycling Club

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Well what strange weather we are having this year! We seem to lurch from the driest month on record to the wettest or the warmest to the coldest. At least we do get plenty of variety.

With the holiday season many of our members are venturing to mountainous regions. With a couple of groups going to the Alps, one to the Dolomites and a few doing l'Etape du Tour I am hoping for some interesting articles for the Acorn!

RACING NEWS

Paul Fostun was 5th in the Shewsbury Circuit Race on 30 June. After two second places at Mallory he did get first in the Under-16s but was beaten by two 14 year olds. He has also been 21st at Preston Park and 31st in the National Circuit Championships. Elder brother Matt had 7th in the Gerry Thurlow at Lincoln and 9th at Mallory in the E/1/2/3 race. Also at Mallory Ian Church took 8th place in the 3/4 event on 29 May.

Joe Peake was 11th in the 3rd round of the National Series XC MTB race.

Darren Hodgkinson won silver in the 45-49 age group at the European Duathlon Championships.

Craig Watson did 1:2:14 in the Rutland 25 and the 59:26 in the Mercia 25 where Martin Edjvet did 1:2:00. In the Witham Whls 10 Giles White did 22:33, Simon Hookway 23:09 and Craig 23:21. In our Open (slowest 120) 25 Martin did a magnificent 58:23 beating Craig's 58:45 and Steve Walsh did 1:4:21. Martin says it took him 1,865 days before he beat the hour!

CLUB NIGHTS

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold. 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 club nights are on Mondays 30 July and 20 August from 7.30 p.m.

CLUB RUNS

Saturday Club Runs leave Lowdham at 9.45 a.m. Sunday runs meet Shearing Hill/Burton Rd junction at 9.00 a.m. leaving 9.10 a.m. Wednesday runs meet at Lowdham 9.15 a.m. prompt.

TRAINING RUNS

On Wednesday evenings you now have a choice of training runs. The runs from Roko on Wilford Lane, West Bridgford continue at 6.30 p.m. but for those living the other side of town a run is now meeting at Lowdham at 6.00 p.m.

Check out the Forum for the latest news.

GO-RIDE YOUTH COACHING

The Go-Ride sessions on Wednesdays at the Paviers Rugby Club have not been proving successful with a maximum attendance of one youngster – our own Scott Hookway. Perhaps the venue is too far out or perhaps Wednesday is the wrong day.

The earlier sessions at the Wheldon School were well attended but participants came from the surrounding area. If anyone has any suggestions of a similar venue (but without the restrictions of no cycling on the grass!) they are welcome.

FORTHCOMING TIME TRIALS

The next Club 25-mile time trial is on Sunday 8 July. The start is in Barnstone Village at 9.00 a.m.

<http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course>

We then have the Club Championship and Halford Trophy 25 on Sunday 22 July at 9.00 a.m. on the A25/25 (Cromwell A1 course). The Halford Trophy is awarded to the winner on handicap – so don't forget your completed CTT Entry Form to each event so that you can get a handicap allowance.

The entry fee is £1.50 (under 16, 50p).

Tuesday Evening Tens – 6:45pm Start – Start at lay-by on A6097 about 0.6 miles north of Oxton Island until 14 August. Enter on the line, no form needed. <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

OPEN 25 AND 10

Matt Shaw successfully ran the Open 25 for the slowest 120 riders despite road works on the A1 clearing just in time. Mark Hulme, West Pennine RC won the event with 54:17. Apart from Martin's excellent 12th spot and pb (see above) another remarkable ride was the 1:04:52 by George Steers of the Rutland CC at the age of 84!

The Open ten organised by Jon Hunt on 30 June only attracted 74 entries, no doubt because riders did not recognise the new course despite it being a modification of the fast Tuxford course. Threats of rain deterred many from starting and James Perkins, Zenith CC won.

Thanks to Matt and Jon for all their hard work and thanks to all the other helpers without who these events would not happen.

YOUTH HOSTEL WEEKEND 6/7 OCTOBER 2007

Mike Wragg is organising Youth Hostel Weekend, hopefully, at Castleton YH for the night of Saturday 6 October. Transport of bags is available. Early booking is essential as Castleton soon becomes booked up. See the Forum, or if not on-line let me know if you want to go. The last two years we have enjoyed similar trips into Derbyshire.

EVENING TENS LEAGUE

Nigel has now won the Senior Fastest League as he has scored maximum points in 10 events. Giles looks like the favourite for second place.

Woody is leading the handicap section but Chris Draper is only 6 points behind and has only ridden 8 point scoring rides so far.

In the Junior section Paul is leading Matt but has ridden one more event.

Andy has broken the course record again with an astonishing 20:44 putting 1:15 into Nigel.

Watch out!

Three cars parked at the start were broken into the other week. It must have happened in the 15 minutes while no one was around.

	29 May	5 June	12 June	19 June	26 June	Act. Pts.	H/C Pts.
Verity Butler				27:59		2	6
Ian Church						0	0
Lesley Cliff	31:15			31:56	31:03	7	16
Cameron Davis		31:00		31:12	29:51	3	3
Chris Draper		28:04	27:17	27:31	27:15	9	25
Martin Edjvet	26:17		25:35	25:48	25:31	10	19
Ian Hales	25:01	25:00	24:17		24:37	12	18
Mike Hankin	25:43	26:40	25:29	26:10	25:17	10	17
Matt Hemsley	27:06	26:58	26:42	27:36	26:26	10	17
Darren Hodgkinson	24:57	23:37				9	13
Gisli Jenkins	25:19	26:36	25:11	26:35	25:18	8	21
Phil Marren						4	3
Paul Monaghan		24:15	23:02	24:51		31	16
Anton Newell	24:41					6	17
Tony Pickance	26:44			27:45		4	6
Matt Shaw				23:44	23:04	33	13
Phil Shaw		25:19			24:53	4	7
Mick Swords	28:59	31:08				5	8
Peter Thouless	27:26					2	1
Pete Walton	23:39					6	1
Craig Watson	24:39	24:50	24:06		24:06	16	11
Giles White	23:07	23:54	23:02	23:34	22:55	52	24
Nigel White	21:59	22:18		22:06		60	11
Nick Wight						3	2
Dave Woodward	24:26	24:36	24:00	24:31	23:42	27	31
2nd Claim							
Andy Proffitt	20:44		20:46	21:50			
Steve Adams				23:12			
Juniors							
Matt Fostun		25:48		25:10		18	11
Paul Fostun		27:37		27:26		21	17

CLUB CLOTHING

I now have a new stock of club kit.

A new item is the Atom Rain Jacket in the club design with pockets – useful when you want to take your glasses off and put them away without fumbling.

I have quite a range of sizes in stock so let me know if you want to call round to try or I can bring odd items down to the evening ten or the club room.

Jersey Coolmax/BioActive s/s ¾ hidden zip	£28
Jersey L/S Jacquard winter full zip	£36
Jersey L/S Jacquard summer full zip	£30
Jersey S/S Summer jacquard full zip	£26
Jersey S/S Summer jacquard ¾ zip	£25
Jersey no sleeves summer full zip	£24
Wind Vest - light gilet	£29
Atom Rain jacket- waterproof/breathable pockets	£46
Windtex winter jacket	£58
Skin suit Short Sleeve	£45
Skin suit Long Sleeves	£45
Super Roubaix winter bibtights	£40
¾ Super Roubaix bib tights with seat pad	£44
Bib Shorts	£30
Lycra bib tights (size 3 only)	£31
Gel Track Mitts	£10

RICCIONE BIKE HOTELS, ITALY

Pat and I have just had a holiday at one of the Riccione Bike Hotels on the Adriatic coast of Italy. There are several hotels offering a similar package including special breakfast, food and mineral water for the bike ride, cyclists' buffet in the afternoon, dinner (wine included), guided rides, bike store and workshop, laundry for cycling clothes and optional bike hire.

Going in June meant that we were in the main normal holiday season so the number of guided rides was limited. Some of the hotels do not offer cycling packages in the summer season. In the Spring and Autumn most of the hotels offer a choice of 3 or 4 different levels of ride each day and far more cyclists take part. There are also standard routes published on a map with some signing on the roads themselves.

The coastal strip is very much developed with each resort running almost seamlessly into the next. Traffic is generally spread onto a road near coast, then an A type road and a motorway. Cycle paths are also frequently supplied although normally only used by utility cyclists (and there are many of these). Inland the roads are quieter and hillier with many of the villages perched on the top of hills. All these roads are well used by racing cyclists – it is where Marco Pantani honed his climbing skills. You can visit his museum in Cesenatico – don't miss seeing the Port Canal area there, a very pleasant place to sit with a glass of vino.

If you are not just training there are many castles and nice villages to explore, but note that most visitor attractions/museums close from 12.30pm for a few hours.

After a substantial breakfast (I usually chose juice, muesli with yoghurt and fruit followed by scrambled eggs, ham, cheese, toast then rice cake or rye bread with jam washed down by coffee) we found that we could manage being out on the bike for 6 hours with just a banana, but were tempted to stop a few times for something extra. The local speciality snack is a Piadina, a flat bread served with a wide variety of fillings/accompaniments at a very reasonable prices.

We stayed at the Hotel Adlon, overlooking the beach, but because it was June there were not many cyclists staying. In fact on our first ride there were just our personal guide, Aldo and us! Aldo didn't speak any English though and he seemed reluctant to converse in Italian either! On our only other guided ride two German girls also came with us. They spoke English but not Italian and asked me to ask Aldo how far the ride was going to be. I got a reply from Aldo in Italian and told the girls in German, which tested my memory of languages somewhat!

We were the only English people at the hotel occupied mainly by Italians with a few Germans, Austrians and Swiss. The staff (they spoke English) were most helpful and friendly and facilities included air conditioning, satellite TV (no English channels, but we did have Eurosport in German!), beach towels, sauna, "hydro-massage" and free entry to a gym (never had time to go). The food was very good and varied. Before going we thought we might resort to eating out occasionally for more variety but there was no need. At dinner on the last evening Claudio, the hotel owner and Francesco the cycling organiser came over and presented us with certificate and medals causing much interest amongst our fellow diners!

You can fly direct (Ryanair) to nearby Rimini from East Midlands – we paid 1p plus taxes etc each way! The hotel provided the airport transfers as part of the package.

We hired bikes to save the bother of taking ours on the plane. We booked them in advance giving our measurements and they cost 100 Euros each for a week. Mine was a Fondriest and Pat's a Trek – spare tube and CO2 pump provided – both with compact chainsets. Ideally a triple would have been better for our lack of climbing strength.

The weather was excellent with plenty of sunshine and despite the temperature being 30°C plus it felt quite comfortable most of the time. Despite the reputation of Italian drivers we didn't have any problems as they appreciate what cycling is about, unlike at home! Signposts and maps are not particularly good resulting in a few extra kilometres some days (that's my excuse, anyway).

You can find details of the various hotels and packages on the website http://www.riccionebikehotels.it/en/hotel_riccione_bike.php