

Acorn Newsletter

February 2008



Sherwood Cycling Club

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It is hard to believe we are only about a month away from the next racing season – but then there could be snow on the way!. Keep in touch on the Forum for training runs and Reliability Trials.

Following the untimely death of National Time Trial Champion Jason MacIntyre the Club has donated £20 to the Memorial Fund.

MEMBERSHIP RENEWAL

If you haven't paid your Club subs please send them with your completed forms to Rob Godfrey ASAP.

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.

CLUB NIGHTS

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold from 7.30 p.m. Click this link <http://tinyurl.com/ykzvku> for a map. The next club nights are on Mondays 25 February and 31 March.

PRO-VISION OVERSHOES

Here is a photo <http://www.flickr.com/photos/16038856@N05/2205726273/> of the NEW Thermo Max Aqua Repel overshoe for road and MTB. It retails at £24.95, Pro-Vision is offering this fantastic product to all Sherwood club customers at £15!! If there is sufficient interest I can order some.

Aqua Repel-Very Warm-Reflective side and back stripes-Reinforced toe-Velcro back for easy on and off-Open heel-Breathable. Sizes S 7 to 9, L size 9 to 11, XL 11 up.

J E JAMES CYCLES, CHESTERFIELD. OPEN EVENING WED 27 FEB 6-9 PM

On Whittington Moor Island (A61 Chesterfield to Sheffield road). Members are invited to an Open Evening (with refreshments) Shop Staff & Technical Representatives from the following Brands will be present:-

Tacx - Turbo & Virtual reality Trainers – Fortius Demo - Groupsets – try “Rival” group on the Fortius Real Life Video - Felt Bikes & Powertap – SiS Science in Sport – Free bottle & sample products, plus 15% off purchases over £20 on the night - Bikes & Bontrager components - and many more cycling goodies in store at the best prices!!

CYCLO CROSS REPORT BY TREV ADAMS

NDCXL Round 12 - Thornbridge - 29/12/07

Scott continued his good run of form to take 9th place in the U10's race out of a field of 32 riders. Patrick finished 7th out of 16 in the U12's. Pete Lifford rode the senior race, finishing 60th and Roger Hughes made his comeback after a shoulder injury to take 70th place.

National Cyclo cross Champs - Sutton Park - 05/01/08

Paul Fostun rode the youth race. He was gridded at the back of the 70-rider field, as this was only his 2nd ever cross race. He made a reasonable start and set about working his way through the field from the back. He eventually made his way up to 35th by the end, but in the latter stages was hampered by having to ride in the big ring as after his front changer broke.

Steve rode the Under 23 race and was hoping for a top 6 placing. He started well and went with an early break before puncturing whilst lying 6th. He had to ride half a lap on a flat tyre, which dropped him to 18th. He changed bikes and began to work his way through the field again, getting up to 9th place before breaking his rear mech. He ran to the finish line and just waited to be lapped, so that he could be given a placing. He was eventually placed 14th.

National Trophy Final round - Derby - 13/01/08

Paul Fostun rode the youth race, but was severely hampered by only having one bike in the muddy conditions. He struggled round to an eventual 37th place. Steve managed to break one of his bikes in the warm up (broken rear mech.), as it just clogged up with mud. Luckily, we had taken a 3rd bike, just in case. Steve was strangely gridded on the 5th row at the start. The race is supposed to be gridded on the series standings (Steve was 10th in the overall), so he should have been on the 2nd row. He made a reasonable start and was 18th as they came through the pits for the first time. He was having to change bikes every lap due to the mud, keeping his pit crew (mum and dad) very busy cleaning bikes. He tired a little towards the end and ended up 20th. This was still enough to give him 12th overall in the series and 3rd in the Under 23 category overall.

NDCXL Round 13 - Sherwood CC - Watchwood 19/01/08.

After conflicting and increasingly dire weather forecasts through the week (the latest forecast was for persistent heavy rain all day), the weather gods smiled on us and kept the day dry and warm for our cyclo-cross promotion at Watchwood.

A dedicated band of helpers were there at 9 am and it took us 2 hours to set up the course. Racing started at 12.00 with the Under 10's and Scott put in a fine performance, finishing 6th out of 26. The under 12's were next and Patrick put in another good ride to finish 4th.

The marshalling team were kept busy altering the course for the Youth race, then having to alter it again for the Seniors. We had Simon, Steve and Joe in the senior event along with 2 current national champions and the Junior World Championship team, who were on a training camp.

The field of over 80 riders looked an impressive sight as they thundered along the fire road at 20+ mph. Steve was tucked nicely in 2nd place with Joe also well up towards the front. By the end of the 1st lap, Steve was away on his own from a couple of chasers who caught him on the next lap. Unperturbed, he attacked again to go clear and kept his advantage to the end to take the victory. Joe tired a bit towards the end but still managed to avoid being lapped by Steve and ended up 31st. Simon finished 67th. There were 83 finishers.

The marshalling team's job wasn't over, as they then had to take down the course and retrieve all the posts and signs. A big thank you to everyone involved, especially those that were there all day. I had some very positive comments from riders who seemed to like the fast racing, making a change from slogging through mud.

Just two events remain this season.

Date	Venue	Club	Organiser	Phone
2 Feb	Allestree	Belper BC	Jonathan Marshall	07776 225717
9 Feb		Beauvale CC	Gareth Whittall	07973 791041

HOVERINGHAM HARE SUNDAY 23 FEBRUARY START MIDDAY

There is a Social Cycle Event HQ at the Reindeer Inn, Hoveringham for cyclists, non-cyclists and family. See <http://www.onewithnature.co.uk/home/events/hoveringham.html> Entertainment Tent with soup and barbecue.

Events include:

TSW Tasty Turbo Challenge, Micky Boys Mountain Bike Beauty, Cyclo-cross, People's Fun Race, Daft George's Team Relay (4 riders), Cock of Hoveringham handicap race

Lots of prizes. Proceeds to Hoveringham Cricket Club.

Registration £5 and £5 a race. Pre-entry 07855 745512 or EOL before midday.

More information phone as above or e-mail adam@onewithnature.co.uk

ROAD RACING

If you are contemplating road racing this year for the first time you may want to now how to go about it and what to expect.

If you are over 40 you will be eligible to join the League of Veteran Racing Cyclists (LVRC). Membership is £14 and they offer a comprehensive calendar of event run on an age related basis with entry fees of just £6. The website <http://www.lvrc.org/> gives details of membership, race calendar and all necessary documentation.

Most riders in these events are very experienced and include many ex-professionals. A good standard of racing is assured.

For other racing the main organisation is British Cycling and their website <http://www.britishcycling.org.uk> gives details of Membership and races. It is going to cost you more as a Senior Silver Membership is £35 and a Racing Licence is £31. New members and younger members can get reduced fees and Single Day Licences are also available. Entry fees are generally about £12-£14 with an addition couple of pounds for entries on the line (where permitted). You must also ride in Club Colours (unless representing another team e.g. East Midlands).

There are two basic types of races those on closed circuits and those on the open road. Under 16s can only ride on closed circuits. Local examples of these are Darley Moor and Mallory Park. The difficulties of running events on the open road mean there is not a wide choice of these events.

Closed Circuit Races tend to be shorter, flatter, faster and require better cornering skills. Longer, hillier courses are generally on the open road. There are exceptions of course.

Racing at speed in a group needs some consideration for safety. You must wear an approved helmet and it is a good idea to wear mitts to protect hands in the event of a fall. Your bike must be in good order – nothing loose, brakes and gears working well, tyres in good condition (firmly stuck on if tubulars) and handlebar plugs fitted (imagine the end of a handlebar digging into your leg!). Most importantly you must ride safely – hold your line, no sudden movements, watch what is happening all around you. Observe other riders and you will soon learn which ones to keep away from and the best wheels to follow. It isn't dangerous if you take care – I rode about 400 road races without a single crash, but I am risk averse!

One of the beauties of road racing is the unpredictability – Will a break succeed? – Shall I sit in or work? – Who are the main opponents? Each time you ride you need to observe, think and learn. I'll give a bit more of an insight next month.

BIKE BAG FOR SALE

Good condition £10. Useful for transporting bike by plane. Contact Ed Ward.

Club Racing Programme For 2008 Season

Date	Race	Start Time
Sunday 23 rd March	1 st Circuit TT	9:00am
Sunday 30 th March	2 nd Circuit TT	9:00am
Saturday 5 th April	RUDY PROJECT TT (Sherwood CC) (Entries close 18/03/08) - Craig Watson – Open Event	2:00pm
Sunday 13 th April	Oxton Bank – Hilly TT	8:00am
Sunday 27 th April	3 rd Circuit TT	9:00am
Sunday 11 th May	4 th Circuit TT	9:00am
Sunday 25 th May	1 st '25' TT – Granby Course A25/2	9:00am
Sunday 1 st June	2 nd '25' TT – Granby Course A25/2	9:00am
Sunday 8 th June	BDCA '50' – Judge Trophy '50' Club Championship – A50/12 – Open Event	6:30am
Saturday 14 th June	Open '10' – A10/14A – Giles White – Open Event`	5:01pm
Saturday 21 st June	Open '25' - A25/25 - Matt Shaw – Open Event	5:01pm
Tuesday 24 th June	The John Watson Trophy – Club '10' Championship	7:00pm
Sunday 6 th July	3 rd '25' TT – Granby Course A25/2	9:00am
Sunday 20 th July	4 th '25' TT –Cromwell A25/25 – Albert Sharp Memorial '25' TT Club Champs & Halford Trophy	9:00am
Sunday 7 th Sept.	Nottingham To Skegness Race	7:30am
Sunday 14 th Sept.	ANDCC Lighthouse Trophy – Granby Course A25/2 – Wayne Bradley – Open Event	9:01am
Sunday 21 st Sept.	Grand Prix De Gents – 2up Vet & Younger Rider – Circuit TT Course	9:00am
Sunday 5 th October	Hill Climb Championship & Freewheel Contest	10:30am
Friday 26 th Dec.	Boxing Day '10'	10:30am

The '100' Championship Trophy can be won by entering any open 100 mile event entered under CTT regulations. Finish sheets to Wayne before October 1st 2008, fastest rider wins!

Tuesday Evening Tens – Start at lay-by on A6097 about 0.6 miles north of Oxton Island from 8 April until 19 August (one extra event this year). The April events and the last two events start at 6.45 p.m. The mid-season events start at 7.00 p.m.

Entry Fees for Club Events (at the start) are now £2 (Juveniles 50p). Season Tickets are £25 (Juveniles £5). For Sunday events a completed CTT Entry Form is needed for handicapping purposes.

Open event entries in advance as CTT Handbook.