

# Acorn Newsletter

March 2008



## Sherwood Cycling Club

President: Mr Frank Beale

Web site: [www.sherwoodcc.org.uk](http://www.sherwoodcc.org.uk)

Forum: <http://forum.sherwoodcc.org.uk>

Editor, Ed Ward, 52 Shearing Hill, Gedling, Nottm NG4 3GX Tel. 9615477 [edwinward@btinternet.com](mailto:edwinward@btinternet.com)  
Secretary, Dave Gartside, 141 Kent Road, Mapperley, Nottm NG3 6BS Tel 9525881 [d.Gartside@ntlworld.com](mailto:d.Gartside@ntlworld.com)  
Treasurer, Martin Edjvet, 5 Fourth Avenue, Sherwood Rise, Nottm NG7 6JB Tel. 9620572  
[martin.edjvet@nottingham.ac.uk](mailto:martin.edjvet@nottingham.ac.uk)  
Membership Sec. Robert Godfrey, 6 Regents Place, Wilford, Nottingham NG11 7AY Tel. 9815226  
[e-mail\\_memberships@sherwoodcc.org.uk](mailto:e-mail_memberships@sherwoodcc.org.uk)

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### HAVE YOU PAID YOUR SUBS YET?

Club subs were due at the start of the year and some members have still not renewed. If you haven't paid yet please get your cheques and forms off to Rob Godfrey immediately.

New members this month are Joe Gosling (Junior), Philip Toy (Senior) and Deryck Leivers (2<sup>nd</sup> Claim).

### **RUDY PROJECT TIME TRIAL SATURDAY 5 APRIL 14.00**

The Club is promoting the second round of the Rudy Project TT based on Willoughby on the Wolds. Entries (£8) to Craig Watson, 9 Glendale Close, Carlton, Nottm. NG4 1PF to arrive by 18 March. Vets, women, juniors and disabled do one lap (14.5 miles) and Senior men 2 laps. The start and finish are now at Willoughby see map on this link:

<http://www.bikely.com/maps/bike-path/AS6-Rudy-Project-TT-Circuit>

Helpers are being recruited now please contact Dave Gartside (0115 9525881) or Craig (0115 9566385) if you can be available.

### **CLUB RACING**

The first two events are on Sundays 23 and 30 March starting at 9.00 a.m. at the lay-by north of Oxtan Island. Circuit TTs from the lay-by on the A6097 north of Oxtan Island (where the evening tens start). It is two laps of A6097 to Northgate Island, left on A614, straight across the Longdale Lane Island to the B6386. Left down to Oxtan Island and left on A6097 to complete the circuit.

As an option you can ride a private trial of just one 10-mile circuit (beginners, the less fit or less ambitious!) but you must make this clear to the timekeeper at the start. View the course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-20-mile-Circuit-Time-Trial>

Remember to bring a completed CTT Entry Form to each event so that you can get a handicap allowance. The entry fee is £2.00 (under 16, 50p). To save paying every time you can prepay with a season ticket for £25 (under 16, £5) and this covers all Club TTs including Evening Tens. Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxtan Island 8 April until 19 August. April events and the last two in August start 6.45 pm mid-season events start at 7 pm. View course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

## **CYCLO CROSS REPORT BY TREV ADAMS**

### **NDCXL Round 14 - Belper BC - Allestree Park - 02/02/08**

A hard slog as the overnight snow melted and turned the ground to mud, with a good deal of running involved each lap. Steve Adams was 6th, suffering with a sore throat and tight chest. He dropped to 12th at one point but a last lap surge saw him catch 5 riders to end up 6th. Pete Lifford and Simon Hookway both suffered from clogging as they only had one bike. Pete finished 55th with Simon not far behind in 57th.

In the U10's, Scott Hookway kept up his run of good results with 4th place, whilst Patrick Hughes rode equally well to finish 3rd in the U12's.

### **NDCXL Round 15 - Beauvale CC- Bulwell Hall Park - 09/02/08**

A new venue for the final round of the league. A mixture of rough grassland and woodland, the course was mainly dry but included some very wet boggy patches and a stream crossing. In the U10's, Scott collided with another rider and finished an uncharacteristic 8th. Patrick didn't ride the final round, nor did Steve. It was left to Simon and Pete to fly the Sherwood flag in the senior race. Again they finished almost together, with Pete in 47th place and Simon in 50th. Although the race was boggy in parts, the bikes didn't clog up like the previous week. It was dry, warm and sunny for the final round. What's the betting the road season will bring snow, cold, win and rain?

### **NDCXL Overall**

Scott finished 3rd overall in the Under 10's League. A great achievement in only his second year of racing. He still has another year in this category and stands a good chance of winning the overall next year. Patrick was also 3<sup>rd</sup> overall in the Under 12's category and is showing a lot of promise for the future.

In the Senior League, Steve finished 32nd overall despite only riding 7 rounds. He scored 695 points, averaging 99.3 (100 points for a win). He also won 3 rounds, including our own promotion. Pete was next, finishing 61<sup>st</sup> with 412 points, then Simon 67<sup>th</sup> on 387 points. Joe Peake was not far behind in 69th on 369 points, then Roger Hughes 93<sup>rd</sup> with 145 points and Karen Lifford 126<sup>th</sup> on 35 points. Steve and Pete are ineligible for the club championship as they are second claim members, making Simon Hookway the Club Cyclo-Cross Champion.

## **RACING NEWS**

The new road season is already here and our riders kicked off in the Coalville Whls 25 at Griffy Dam. It was a hard windy day and Darren Hodgkinson was our fastest with 1:01:24, Giles White did 1:04:58 and Dave Woodward 1:05:41. Next day Darren ran the Sleaford half marathon in 1:20:14 for 7<sup>th</sup> place and best in his age group – fit or what?

Joe Peake was our only rider in the Hoveringham Hare event. He won the cyclo-cross and after a 5-minute rest was 9<sup>th</sup> in the MTB race, then 3<sup>rd</sup> in the handicap race.

## **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 31 March and 28 April.

## **ROAD RACING FOR BEGINNERS - Ed Ward**

I spent many years riding road races and, although I only had a handful of placings and no wins, I did get the experience of being in breaks, hanging on to a bunch and getting dropped. Unfortunately, I lacked the explosive power (and fast twitch muscle) and nerve to sprint well. It is worth doing specific training to improve your sprinting strength and technique to maximise your chances of success.

When riding a road race you need to be confident in handling your bike maintaining awareness of what is going on around you, knowing the line to take around corners and how to position yourself and work in a group. Beginners sometimes think that sitting on the back will give the easiest ride. Normally, this is not so (especially on short twisty circuits) – you will find yourself constantly chasing and closing gaps until you run out of energy. I once rode a circuit race at Feltham that was around a block in an industrial estate against some good riders. A lap took about a minute with four corners. Unfortunately, we had to line up in numerical order and I was near the back. I was at my worst on this type of circuit and so couldn't move up the group and my race was soon over when the front of the group caught the back. In another event on a 6-mile circuit I was dropped on the first lap but managed to get back on a little climb. Realising the need to get nearer the front I moved up to the front and worked with the leading six. A few miles later we had broken away and I finished fifth (in line with my poor sprinting!).

Try and keep near the front when climbing. If you are a weak climber and start the hill near the front, you may slip back through the group but still be hanging on at the top. If you are strong you may get in a break. Of course, everyone else may well have the same idea so you have to fight for a position at the front!

When riding in a group it is best not to alienate yourself with dangerous or inconsiderate riding or by being abusive. Keep friendly with other riders and they will be more likely to co-operate with you. Of course, you may encounter some dubious behaviour from others at times! It all adds to the experience but don't let it upset you.

As an example back in the sixties I was riding my first event on the Forest Recreation Ground – a very tough closed circuit. At the start, the Commissaire (official referee) told us the first lap would be neutralised i.e. a rolling start after riding a lap. On this “neutralised” lap riders were attacking and breaking away. I didn't bother because I naively thought the bunch would be re-grouped for the official start. In reality I was dropped before the start – I never believed “neutralised” again!

On another occasion in a road race I was leading about a dozen surviving riders before the finish. With 500m to go there was a sharp right hand bend with a central refuge manned by a Special Constable. I went to the left to avoid possible disqualification but all the riders behind me went to the right, cutting the corner and leaving me trailing in for eighth place.

You never stop learning in road races and some riders may give you reliable advice (but don't believe everything!). I rode the Kesteven GP (86 miles) in the sixties. I had ridden out to the start in Ancaster so I was well warmed up. In the first 50 miles I was chasing down every attempted breakaway. One of the more experienced riders (a GB rider) saw what I was doing and advised me not to do so much as it was still a long way to the finish and the action hadn't really started yet. Sound advice, I later got dropped and finished 5 minutes down.

Tactics need to be flexible to suit the circumstances. We had a team in the Paragon 3/J race (1970, I think). It was the same day as Paris-Roubaix and it was cold, wet and windy. At the time Tony Bullen (remember this Tony?) was coaching a young team from Beeston RC. He was giving them some sound advice in the HQ before the start, but one of our riders overheard – something about not going too hard early, save it for later etc. So we hatched a plan to attack from the start. After the first lap there were only 12 riders left and the Beeston team had gone. Trevor Beal (Clarion) broke away alone and I went after him. Things didn't work out though - I punctured as soon as I caught him and he stayed away for a solo win! That was another lesson – you get far more bad luck than good luck.

Road racing will make you into an all round rider improving your bike handling skills and also stretching you into making extreme efforts. Whilst riding against much better riders will stretch you, don't overdo it. There is little point riding an event where you are so outclassed you get dropped in the first mile.

Competitors in road racing can often be classified into different types. Here is a non-serious list of types you may encounter. I have assumed male riders here but it can equally apply to females – I understand they can be even more ruthless!

### **Classy**

This is the type that we all want to be. At ease in a bunch, can work hard and make everyone suffer, ride away on the climbs, know which is *the* break and can win the sprint. Try and avoid riding in the same event as one of these.

### **Sit-in Sprinter**

This rider may struggle on climbs and when it is really hard. Hides away until the final kilometre. If you want to beat him you'll have to get rid of him before the finish.

### **Bunch Engine**

A strong rider (often fast in time trials) who goes to the front soon after the start and tows everyone along at 27 mph. Most of the bunch is pleased to have such a rider to do all the work until the last few kilometres. Great to have such a rider with you in a break.

### **The Persuader**

This can be quite a noisy rider who shouts a lot and tries to organise working. In my day this included most riders from Merseyside! Can be an asset in a break or to get the bunch working to bring back a break but make sure the Persuader also does his share – he would really like others to work for him.

### **Social Rider**

This rider just likes to get out cycling with a group. Main ambition is to finish in the bunch without too much distress. Has a dream that one lucky day he gets a placing.

### **Dunce of the Bunch**

Has all the latest gear but hasn't a clue about racing or riding in a group. Switches around in the group attracting abuse from other riders. Often jumps off the front for no apparent reason and drifts to the back after 100 metres.

Have fun!

## **SPECIALIZED CHALLENGE SERIES AND GIANT DIRT DEMO DAYS**

15 March	<a href="#">Carron Valley, Stirling</a>
30 March	<a href="#">Hamsterley Forest</a>
13 April	<a href="#">Cannock Chase</a>
11 May	<a href="#">Nant Yr Arian, near Aberystwyth</a>
18 May	<a href="#">Swinley Forest, Bracknell</a>
8 June	<a href="#">Forest of Dean</a>

Specialized and Giant have set up six new events for 2008 to give you a chance to challenge yourself and test ride Specialized and Giant's bikes on some of the UK's best trails – click on venue links.

Specialized and Giant have partnered with Singletrack, Lupine, Sram, SIS and Dirt Divas to give you even more technical support and the

guarantee of a safe and fun ride on Specialized and Giant's demo bikes.

Each Challenge Series has a demo for both men and women of all riding abilities and a Challenge to take part in should you wish to do so. Click on <http://dirtdemo.singletrackworld.com/>

## **FOR SALE**

Polar CS200 CAD heart rate monitor, cycle computer with cadence. Brand new, unused still in box £75 ono contact Deryck Leivers 07811 791091.

## **CLUB DINNER**

Advanced notice that the next Club Dinner is provisionally on Saturday 7 February 2009 at the Ramsdale Golf Club, Calverton.