

Acorn Newsletter

January 2021



Sherwood Cycling Club

President: Mr Frank Beale

Web site and Members' Forum:

www.sherwoodcc.org.uk

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Happy New Year

CLUB RUNS

Sunday meet at Lowdham War Memorial at 9.45 a.m. for the winter period.

Saturday Runs meet at Lowdham 10.00 a.m.

Follow this [link](#) for the location of the start point for all Club Runs. Please be prompt.

Nottinghamshire is back into Tier 3 rules meaning a group of 6 can meet up outdoors in public places with social distancing. Club Runs can resume with a maximum of 6 in each distinct group. For the time being these will be on **Saturdays and Sundays only**. No café stops are possible but take-aways (eg. Little Jacks, Long Clawson, Dove Cottage, the pub at Hickling, Velo Verde, Southwell Garden Centre and Cafe Allez) may be utilised weather permitting. Some the rides will be non-stop but shorter at 35-40 miles. It is best to carry food in your pocket and take a bottle.

Keep aware of the latest rulings as a further lockdown may happen.

Of course, you should not go if self isolating or if you feel unwell. Hygiene is still important with regard to hand washing, sneezing, coughing or sharing equipment. Let's hope that vaccination leads us out of this pandemic, but it will take time.

ANNUAL GENERAL MEETING MONDAY 7 DECEMBER

We held the AGM on Zoom and disappointingly only six members participated.

There were no volunteers to take over as Club Racing Secretary but Trev Adams thought the evening tens could carry on but Sunday TTs are not likely to be held unless someone volunteers to take them on.

Trev Adams was voted in as an Honorary Vice-President.

There is also an opportunity to become a Committee Member without portfolio as both Dave Trevor and John Church have stood down.

The CTT have increased their levy for Club Events to £4 for 2021. This means we have to increase Club Event entry fees to £5, but we have left the price of Season Tickets at £50. Of course we may not have any Sunday events in 2021.

The proposal to give all paid up members a free membership for 2021 was rejected, so you will have to pay the usual membership fee.

CYCLE ROUTE CAFES - Sue Revill

The pandemic has bought many new experiences and changes to the way we live - many bad but some good. One of the downsides has been the proliferation of clichés, too many overwrought phases to emphasise the changes in these ‘historic, unprecedented times’. Everyone has to be concerned about the damage to business, travel, changes to shopping and the high street. On the BBC website I read about entrepreneurs adapting their businesses and one businessman who had (at the risk of employing one of those clichés) ‘re-imagined’ his redundant music and events business. After watching cyclists wizz past the garden at the back of his rented office space he had a ‘light bulb moment’. His office sits next to Sustrans Route 72, Hadrian’s Cycleway - so he converted the garden into an outdoor cyclists cafe - ‘simples’.

<https://www.bbc.co.uk/news/business-55016573> to read the full story on the BBC website.

The picture of the cafe and its location bang on the cycleway reminded me of similar cafes alongside the excellent dedicated and protected cycleways around the Dolomites, in Northern Italy. In 2016 we cycled from Verona to explore the Sella Rhonda/Alta Badia region. The cycling/walking infrastructure



was extensive, connected and of extremely high standard, there were traffic free bridges criss-crossing the river Adige, dedicated bicycle carriages on all of the trains and either racks or bike storage in the luggage compartments of all the local buses. Using local cycle paths and the [Eurovelo 7](#) (including the Val Pusteria) wherever we could, we visited Roveretto, Trento, Cavalese, Canazia, Cortina, Bressone, Selva, Merano, Caldaro and finally back to the airport at Verona. We had used large plastic bags to pack our bikes for the flight out from Birmingham. We stored the bags at our final hotel stay for the return flight. Some of the highlights included cycling over the Passo Pordoi into the cloud then freewheeling the descent from 2236m - we had to stop in Arrabba to avoid hypothermia, Paul was experiencing double vision - we queued for hot drinks along with a dozen motorcyclists all with the same idea. We followed the cycle ways along the beautiful valley of the Val di Fassa. After a 3 night stay in Selva we put the cycles into a gondola taking the easy way to Alpe di Siusi, followed by a stiff cycle ride to the summit then a 19 mile descent from over 2000 m - steep with numerous turns, heated rims untouchable from braking. Cycling the excellent dedicated route from Bolzano to Merano, along the valley of Val Passiria, the sun beating down and heating the tarmac so much that a weakened inner tube finally blew, we could barely stand on the path to repair the puncture. Later found small piece of melted rim tape - hot metal on thin rubber!

The region of the South Tyrol is stunningly beautiful with the backdrop of pink-grey granite mountain tops, lush green valleys, tranquil meadows, woodland and pretty alpine villages. There is plenty of accommodation of all types, being a vast popular ski area we had no problem checking in ‘on spec’. The history of the area is fascinating, sharing a border with Austria, it has been disputed and moved many times, the Ladin culture is unique, and most towns and villages have two names - Italian and German. The people living in this part of northern Italy make the most of the fantastic infrastructure, the routes were well used and cyclists were respected, there were plenty of facilities. Back to the cycle route cafes, they offered hot meals, sandwiches, glass of wine and always plenty of coffee. Many were located on the Via Pusteria, part of which runs through the vast vineyards of the Trento and the Veneto wine growing areas. Welcome breaks for the vineyard workers as well as cyclists.

SOUTH TYROL IN THE PAST

Sue's article brought back many memories of my cycle tours in this part of Italy in the 1980's.

Many place in Europe have been spoilt for cycling with bigger roads and increased traffic, but it seems that this area of Italy has been improved with many cycle ways and cafes catering for cyclists.

These days with the internet means you can find so much more information than you could back in the day. We used to have to carry a load of maps and rely on guide books. Of course you wanted to keep your luggage weight down so you kept the books to a minimum – perhaps just a small Berlitz guide, paper maps and a phrase book. A lot of things you just found by chance, but we must have missed a lot.

Before the first time I went, I spent some time trying to learn Italian, but when we got there we found most areas were German speaking! Fortunately, I did O level German at school so could remember a bit. Often the locals would mix German and Italian in the same sentence – I remember one guest house owner using Italian for the room (la camera) and German for the room number 22 (zwei und zwanzig). Like most holiday areas I'm sure more locals understand English these days – or you can use your smart phone to translate!

As Sue and Paul experienced, weather in these mountainous areas are very changeable – I've had melting tarmac one day, snow and ice another – so you need a variety of clothing!

With the current pandemic, planning such trips is not really possible until things get back to normal.

CLUB AWARDS 2020

With the disrupted season and many events cancelled, the awards this year are much reduced and there will be no presentation Dinner.

Trophy Name	Description	Winner	
Ladies BAR	Ladies BAR	Jo Corbett	23.390 mph
Ladies Evening 10	Ladies Evening 10s	Jo Corbett	36 Pts
Club Record	Ladies 25	Jo Corbett	1:2:56
Millenium	Evening 10s Handicap	Roger Widdowson	18 Pts
Veterans BAR	Vets BAR actual	Jez Willows	26.650 mph
Gino Brown	Vets BAR on standard	Jez Willows	+43:42
John Watson Memorial	10-mile Champion	Tom Foreman	21:28
Evening Tens League	Evening 10s Champion	Tom Foreman	36 Pts
Club Record	25 miles	Tom Foreman	51:10
Bavin Trophy	Club BAR 25/50/100	Jez Willows	25.092 mph
Roberts Bowl	10/25/50 miles	Jez Willows	26.650 mph
100-mile	100-mile	Jez Willows	4:28:11
Audax	Audax	Paul Mellors & Sue Revill	11Pts

CLUB KIT UPDATE

The Club member rebate is still 20%. There are Registered Club, Training or TT designs; login on the ImpSport website - <http://www.yourclubshop.co.uk> using the Club code SHWDCC1304. There are 3 fabric types:

T1 Collection - Premium quality, comfortable fit

T2 Collection - Race fit, specialist fabric, speed gains

T3 Collection - Race fit, state of the art fabric technology

Simply buy online from ImpSport and it'll be delivered directly to you. Then email a copy of your invoice to me and we'll send you a Club cheque for **20% of the invoice value as your Club member rebate.**

Existing Stock - Club Kit		Size		No. Available	Unit Price
ProVision	Bib Tights - no pad	1 S	30" waist	1	£10.00
	Bib Tights - no pad	3 M	32" waist	1	£10.00
ImpSport					
BC Registered	Bib Shorts	M	32" waist	1	£40.00
BC Registered	T1 Bib Shorts	M	32" waist	1	£53.28
BC Registered	T2 Bib Shorts	L	34" waist	1	£72.00
BC Registered	T2 S/S Road Jersey	L	40" chest	1	£63.36
BC Registered	Sportif S/S Road Jersey	S	Ladies	1	£33.60
BC Registered	Winter Jacket Full Zip	S	36" chest	1	£90.72
Training	Gilet Windproof	S	36" chest	1	£46.56
Training	T1 S/S Road Jersey	M	38" chest	1	£41.28

ImpSport Size Guide

For the regular club jersey and T1, if you're an M&S L you'll need an L at ImpSport. For a comfortable fit, size up by one size in T1 or size up 2 sizes for T2 and T3, unless you like a race fit.

Contact me to try sample garments or better still call ImpSport on 01522 778805 and visit their Newark factory.

John Church Email: john.church.fca@gmail.com

BOXING DAY TEN

At the last minute Trev decided to organise the Club 10 restricting it to members and maintaining Covid safe conditions.

It was a chilly, damp and breezy morning, but Tom won by over 3 minutes in a good time. Gary was riding his mountain bike and Roger was on fixed wheel.

	Name	Time
1	Tom Foreman	24:29
2	Mike Hankin	27:43
3	Llew Hancock	29:14
4	Gary Kondor	31:42
5	Roger Widdowson	34:04
6	Howard Clark	40:35

CLUB SUBS

Apart from those new members in 2020 whose membership lasts until the end of 2021 Club Subs are due in the New Year, see [Join us | website \(sherwoodcc.org.uk\)](http://www.sherwoodcc.org.uk)

The easiest way to join is via the British Cycling website or you can send a cheque to Howard. It is possible to do an on-line Bank Transfer- just ask Howard (or me) for details.

Contacts: (click on name to e-mail)

Secretary, [Trevor Adams](#), 21 Glendoe Grove, Bingham, Nottingham NG13 8SJ Tel. 01949 831427

Treasurer, [Martin Edjvet](#), 4 Teesdale Road, Sherwood, Nottingham NG51DB Tel. 07944 047450

Membership Secretary, [Howard Clark](#), 212 Southview Road, Carlton, Nottingham NG4 3QU Tel 0777 5768400