



## Weekly Newsletter – 25 August 2016

Hi Everyone

### CORAL TAYLOR

As many of you will have read in last week's newsletter Coral's funeral is to be held at Aldershot Crematorium on 30th August at 3.45. Dress is to be informal (no black ties), no flowers but donations to British Heart Foundation. Our thoughts are very much with Ron and his and Coral's family.

### NEW WEBSITE – JOINING INSTRUCTIONS

The website migration will take place over this coming Bank Holiday weekend. As an active (paid-up) member, you should receive an invitation via email, so follow the process below to sign in to the new site. If you don't receive the email, then please contact Mike at [membership@fcc.ork.uk](mailto:membership@fcc.ork.uk)

#### 1. Friday 26<sup>th</sup> August

- a. You will receive an email from Farnborough CCC via [cyclingclubsoftware.com](http://cyclingclubsoftware.com) with the following text:

*"You have been invited to join a network called "Farnborough & Camberley CC" on Cycling Club Software*

*To register your account, please follow the link below:" ....*

- b. click on the highlighted link and you will be taken to the following screen with your email address pre-populated:



HOME ▾ PROSPECTIVE MEMBERS ▾ LIVE ▾ SOCIAL ▾ ROAD ▾ TT ▾ EVENTS ▾ CONTACT

**MESSAGES**

Enter the following details to complete your registration. [DISMISS](#)

**CREATE AN ACCOUNT**

First Name\*

Last Name\*

Email Address\*

Password\*

Password Confirm\*

Registering indicates your consent to receive Farnborough & Camberley CC newsletters and that Cycling Club Software and its partners may contact you about relevant products, information, services and research surveys via email. You can opt out at any time via the unsubscribe messages in the emails you are sent.

By clicking "Register" you confirm that you agree to our [Terms Of Use](#), [Privacy Policy](#) and [Cookie Use Policy](#)

[SIGN UP](#)

Already have an account? [Sign in](#)

Please complete your name and password details and click “Sign Up” – you will now be registered and able to see all of the website content.

Note: Please use your genuine first and last names – once you are registered you can change your display name in your profile to a nickname of your choice – other users will see your display name on the forums. See the next section for more info.

Non-members will only be able to view a restricted part of the website.

- c. You will receive a further email with 2 pdf attachments:
  - i. New Member Notes - Instructions on how to complete your member profile details and connect your profile to your Strava account (if you have one!) so your ride details can be automatically imported to your club profile. **Make sure you set your Visible setting to “Members Only” unless you would like casual visitors to the site to see your rides.**
  - ii. FCCC Website User Notes – A copy of the online user guide available either through the “Members” tab or the link at the foot of the web page under “Member FAQ’s”. **We strongly recommend you take the time to read these notes before plunging in to the website.**



## 2. Saturday 27<sup>th</sup>/Sunday 28<sup>th</sup> August

- a. To provide a small overlap between old and new, the URLs [www.fccc.org.uk](http://www.fccc.org.uk) and [fccc.org.uk](http://fccc.org.uk) will still take you to the old website over the weekend. Members might want last minute info on Sunday's rides or download documents or pictures from their old profile.
- b. Once registered on the new site, members can use it over the weekend if they choose. Note that for Saturday and Sunday only the address of the new site will be [fccc.cyclingclubsoftware.com](http://fccc.cyclingclubsoftware.com), but as this is temporary there is no need to update your bookmarks or links.

## 3. Monday 29<sup>th</sup> August

- a. [www.fccc.org.uk](http://www.fccc.org.uk) and [fccc.org.uk](http://fccc.org.uk) will be redirected to the new site, and the old site will disappear. If you have any pictures or documents uploaded to the old site, then you have until Monday to retrieve them.

Please email any questions you have regarding the website to [webmaster@fccc.org.uk](mailto:webmaster@fccc.org.uk)

## WEDDINGS!

Fingers crossed for great weather this weekend for the weddings of our club members:

Helen Wiles and her fiancé Richard 

And

Kelly Miller and his soon-to-be wife Joanne 

I'm sure you will all join us in wishing them a wonderful wedding and a life full of matrimonial bliss.

Congratulations!



## WINTER IS COMING

No, not Game of Thrones but when I recently asked the club's TT Captain, Matt Charlton for some winter training advice for us normal club riders he kindly offered to pen some general advice below that I will also put on the new website training library for future reference. Many thanks for this Matt:

*A common question among cyclists is "what training session improves you the most?"*

*Now while this is an incredibly complex question to answer properly I believe that the greatest improvements anyone can make to their cycling performance comes during the winter months. Part of this is because fitness can drop as the daylight shortens and frozen mornings approach, so it's easy to ditch the bike for a lay-in on a weekend and make the commute by car during the week. But the other part of this is because the foundation of your performance in Spring/Summer is determined by how ready the body is to absorb the intensities of regular riding during the peak season.*

*This foundation is built during 'base training' and can begin as early as Autumn with long, steady rides that maintain your leg strength and massively improve your cardiovascular efficiency. When Spring arrives you will be lighter, fitter but most importantly the body will be like a sponge ready to absorb all the physical stresses of long club rides, races and dreaded steep climbs.*

*Whether you are a competitive or social cyclist we all want to be fitter and faster. Below are some key training sessions for the off-season:*

### Long Easy Ride

*Much like a club ride of 3 hours or more, low intensity but building the body's endurance while also teaching the body to convert fats into energy. This should be Zone 1 or feel slightly out of breath but able to hold a conversation*

### High Cadence Drills

*Can be added to a commute or 1-2 hour easy ride. After 20 minutes look to increase your cadence to 100-110 rpm for 1 minute at a slightly higher effort (not flat out, about Zone 2, just slightly out of breath but still able to talk in broken sentences), have 1-2 minutes recovery and repeat. Perform 10-20 repetitions or if you're feeling fit try 2 x 10 minute blocks with a 10 minute break in between. This type of sessions improves pedal technique and efficiency using a higher rpm that will also prevent you developing a sluggish rpm common in winter.*



### Hill Reps

*This is a staple session whatever the season. Find a hill of approximately 5 minutes and go up at an effort of medium intensity, about Zone 3, able to speak but only a word or two. For best results the reps should be done seated, at cadence ideally of 60-70rpm, no higher than 80rpm. As you climb focus on the glutes, thighs, hamstrings and calves pressing down on the pedals. This is a strength session that will develop muscle power in the legs. Perform at least 3 hill reps and only do the session once a week. As you improve add another set until you reach 5 hill reps. To add variety find a longer hill, I recommend Churt to the top of Hindhead which is approximately 10 minutes if you're going well.*

*Hill reps are a great way to see how your winter training is going. You should see your climbing time drops slightly as your power-to-weight ratio increases. As your weight lowers from training and your leg strength increases you will notice significant climbing improvements.*

### Fasted Rides

*We tend to put on a bit of timber in the off-season. A ride of one hour before breakfast has been shown to help keep the weight down. Do this at a very low effort.*

*The most important thing is to keep cycling in winter, whether it's on your indoor trainer whilst watching a film, commuting or with the FCCC club rides. Doing as many miles as possible at a low intensity is the main aim, add a few of the above sessions to that and you should have a new engine ready for the new season.*

### CAFÉ REVIEWS

Wellington Farm Shop Café, a café that will be familiar to many of you has been given the Café Ride treatment and Walter Bremner's review is attached as usual in the Appendix.

### ROAD RACING

BC Race (Regional C) - Behind the Bikeshed Summer Series, Thruxton (23.08.16)

It was a very hot evening on Tuesday but Tony Clack decided to venture out enter the 4th Cat race at Thruxton and managed to put out a reasonable sprint to finish unluckily just outside the points. Flying the Team FCCC flag high - well done Tony.

The race season generally slows down this time of year however it has been an amazing season for the FCCC road race team. The latest team results below are on the links below:



British Cycling (Team Standing) South East Region (Regional C)

[https://www.britishcycling.org.uk/ranking/regional/?&choice=club&hc=3&gender=M&rider\\_cat=16&year=2016&resultsperpage=40&discipline=4&rank\\_type=regional&region=4&page=2](https://www.britishcycling.org.uk/ranking/regional/?&choice=club&hc=3&gender=M&rider_cat=16&year=2016&resultsperpage=40&discipline=4&rank_type=regional&region=4&page=2)

Surrey league

<http://www.surreyleague.co.uk/2016/08/16/clubteam-rankings-2016/>

LVRC (League of Veteran Road Cyclist)

[http://www.lvrc.org.uk/race\\_results.asp?r=1569&y=2016](http://www.lvrc.org.uk/race_results.asp?r=1569&y=2016)

### TT RESULTS

The FCC Team were noticeable by their absence at any open TT events last weekend due to participation in a different kind of endurance event, Kelly Miller's stag party – libel law requires the details remain secret ☺

### CLUB TIME TRIAL RESULTS

*18 August 2016 - Thursday Club TT on HCC175 10m*

Posn	#	Time	Plus	Name	Club
1	15	0h20'43"		Mr T Allen	Southampton University CC
2	8	0h20'54"		Mr G Barnes	Charlotteville CC
3	14	0h20'59"		Mr A Peterson	Handsling Racing
4	6	0h21'06"		Mr D Harrison	MountainTrax.com
5	13	0h21'28"	+0h04'45"	Mr S Hunt	Farnborough & Camberley CC
6	16	0h22'11"	+0h04'21"	Mr T Carman	Farnborough & Camberley CC
7	4	0h22'18"	+0h03'55"	Mr M Stinchcombe	none
8	5	0h22'49"	+0h04'10"	Mr I White	Farnham RC
9	12	0h22'55"	+0h03'18"	Mr K Miller	Farnborough & Camberley CC
10	11	0h23'14"	+0h02'45"	Mr J Legg	Sotonia CC
11	2	0h23'38"	+0h03'07"	Mr G Lock	Farnborough & Camberley CC
12	1	0h24'23"	+0h02'00"	Mr R Cudlip	Farnborough & Camberley CC
13	3	0h24'30"	+0h01'57"	Mr H Lloyd	Farnham RC
14	9	0h24'36"		Mr B Hopwood	Charlotteville CC
15	10	0h25'23"	+0h01'31"	Mr I Gill	none
	7	D.N.F.		Mr D England	Crabwood CC



## UPCOMING RIDES

### *Club Time Trials*

The next few club TT races:

<u>Date</u>	<u>Time</u>	<u>Course (click for link to courses)</u>
25-Aug-2016	18:45	<a href="#">HCC255b</a> – note the earlier start time
01-Sep-2016	18:45	<a href="#">HCC255a</a> – note the earlier start time
08-Sep-2016	18:30	<a href="#">HCC255a</a> – note the earlier start time

For those members who may have missed the full list of the club time trials in an earlier newsletter the full list can be found by [following this link](#)

No experience or special equipment is required to enter these club races, just turn up on your road bike 15 minutes before the start time and give it a go. And it's free for FCCC members.

### *Sunday 28<sup>th</sup> August - Club Rides*

The Social and Non-Stop rides all start at 09.30am at Speedy's in Cove this weekend. Keep an eye on the [Facebook](#) page and the [Forum](#) for more details.

### *Monday 29<sup>th</sup> August – Café Ride*

We have a change of plan for the Cafe Ride this weekend, moving it from the Sunday to Bank Holiday Monday the 29<sup>th</sup> and the start time will be 7am. Continuing the cathedral theme from earlier on in the Summer, Terry and Nick have planned a 210km ride to Salisbury.

Expected average pace is around 15.5 mph and with a start time of 7am, the anticipated return time is 5pm.

There are three planned cafe stops:

1. Popham at 46km

<http://www.popham-airfield.co.uk>

2. Salisbury Bell Tower Cafe at 100km

<http://www.salisburycathedral.org.uk/visit-food-and-drink/bell-tower-tea-rooms>

3. Leckford Farm shop Cafe at 140km

<https://leckfordestate.co.uk/farm-shop-and-cafe> (coffee and cake only after 3pm).

The route will be based on an activity Terry completed earlier this year, but leaving from and returning to the usual meeting place of the bridge next to Speedys instead.

<https://www.strava.com/activities/536731516>



The actual course will be published via Strava route builder which always overestimates the climbing. We expect the actual figure to be similar to the 4,000 ft Terry accomplished on the above activity.

The route will be finalised by the weekend and we will advise on the existing forum and Facebook page when this has been done. The existing forum will be available to view up until Sunday!

So far, we have seven confirmed regular riders and anyone else interested is asked to let us know via the forum or Facebook page. It is important we know how many will be with us. Apart from the usual bits taken on a club run, extra nutrition, a credit or debit card is a must for insurance and lights just in case. At the moment the forecast looks warm with some westerlies. This is a two bottle ride and the taking of suntan lotion should be considered.

### ***Midweek Rides***

There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm (register your interest on the weekly FaceBook event) and the usual Wednesday Social Ride (09.30) from Speedy's.

### *Quote of the week:*

*“In Mendrisio I felt it – the exhilaration of what the bike has to offer. It’s a simple machine that conjures a vast mix of emotions. It can evoke the senses and raise the spirits of people who watch. For those who ride it can seem like the perfect vehicle for transport. For those who race, there’s no better sensation than being on top of your gear making mountains feel like flat roads. Cycling throws up plenty of obstacles, unknown territory, high speed split-second considerations. Where to next? What’s around the next corner? Who cares? You’re flyin’!” Cadel Evans on winning the World Championship*

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**





## APPENDIX

### FCCL CAFÉ REVIEWS

[Wellington Farm Shop http://wellingtonfarmshop.co.uk/](http://wellingtonfarmshop.co.uk/)

<https://connect.garmin.com/modern/course/13367000> at just over 80km bridge to bridge this is a handy route if the weather looks dodgy because you're never too far from home. Nine of us but some with notable hangovers.

This is a fairly local café at the back of a nice, if expensive, farm shop. It has quite a lot of seating inside and if the weather is good a large, sheltered courtyard out the back with a selection of farm animals on hand. We take our bikes round the back and enter through the back door. This week Nick had called ahead and they had reserved us a large table. There are always plenty of well turned out staff. They have a large selection of cakes, brownies, pastries and sandwiches. There is also quite a posh lunch menu. We often see other cyclists there and are made to feel very welcome.

I had a slice of very nice apple and almond frangipane tart, Richard had a very large chunk of lemon and blueberry cake but Kenny's carrot cake was slim – he was not happy. Olly's hangover demanded cake and a cookie. Tart and a large latte was £5.15.



#### Ratings

*Coffee and Cake 9/10. We've been here a lot over the years and I've never had anything that wasn't really good. It's always fresh and there's something different to try. I bring my family here from time to time. Their coffee is good but mine was not particularly hot.*

*Service 9/10. There are lots of staff but most are school children and the order in which your order is served bears little relation to order in which you ordered. I think Richard got Nick's cake and David had finished eating before his coffee arrived.*

*Ambience 9/10. This is a nice place. The clientele is a nice mix of couples, families, OAPs and cyclists. It is usually busy but you never feel cramped. The staff are friendly and you feel happy to linger.*

*Highly recommended.*

*Walter Bremner, 21 August 2016*