



Weekly Newsletter – 2nd March 2016

Hello All

DON'T FORGET! Club Night – Meet the Committee and try out Kickr

Zwift



and

The next club night is this Friday 4 March so don't forget to come along and meet the new committee, we are looking forward to meeting you and hearing about your cycling exploits.

PLUS - Indoor turbo training has changed dramatically since electronic turbos and specifically designed virtual cycling software were introduced and one of the most popular combinations right now (certainly the case with quite a few on our committee) is the Kickr turbo and Zwift cycling software. We will be demonstrating how this and other training aids such as TrainerRoad work and can help you improve both your cycling and reduce the boredom of old fashioned turbo training (click the Kickr or Zwift logo for more information). So if you want to find out how it all works and give it a try we will have a few turbos there for you. Just bring along your bike and shoes and give it a go. Alternatively please do just come along and tap into the minds of our club experts about this or other training ideas.

Start time is 8.30 pm and the venue is All Saints Hall, Chapel Lane, Hawley GU14 9BW.

FCCC Open 10 Mile Time Trial 12th March 2016 – Come and Watch or Help

Just a quick reminder that the club is hosting an Open TT Race on Saturday 12th March starting at 2.00pm.

The closing date for entries has passed but we would love to see as many members as possible turn up to support the club's riders and see how these races work. In past years we have struggled to get enough volunteers to help marshall and had to withdraw our own club members from races so if you can help it would be hugely appreciated and avoid the embarrassment of not fielding our own riders in our own race.

You will typically be positioned on a roundabout to make sure the riders stay on the course and will be occupied for at most around a couple of hours – it's a great vantage point and you get a free cup of tea or coffee afterwards (cue squeals of delight!). Please email Charles Gray (grays52@virginmedia.com), chat to him at Friday's club night or simply turn up at race HQ (Bentley Memorial Hall) around 1.30pm and let yourself be known.

These races offer a great opportunity for us to promote FCCC locally and for volunteers to meet more of our members/racers so please help us at one of our events if you can. Our next Open TT after this is a 25 mile event on 16th April.



Calling Lady Members

Our Ladies Secretary, Morag McDowall, will shortly be emailing you all to canvass your views about how the club caters for you, get ideas of what you want and where you think we can improve, so please get your thinking caps on.

Road Racing Team

Any member interested in joining the club's Road Racing Team this season, whether novice or experienced, please get in touch with the Road Race Secretary, Warren Vye and he will guide you through what is happening. Don't be daunted if you've never raced, it's never too late to start.

Club Kit Orders

Our Clothing Secretary, Kelly Miller, has plenty of kit and sizes in stock, particularly our traditional yellow kit so if your kit is looking a bit jaded why not get a replacement? For this, or if you prefer to order our more recently designed blue kit, please get in touch with him.

Prudential Ride 100 – FCCC Team Places

FCCC are guaranteed a 4-man place for the Ride London BC Challenge. If you have been unlucky in the public ballot, and are a paid up club member (and a member of British Cycling) and serious about taking part, then please add your name to the thread on the forum:-

<http://www.fccc.org.uk/forum5/viewtopic.php?t=3027>

Details of the BC Challenge can be found here:

<https://www.prudentialridelondon.co.uk/events/100/entries/british-cycling-club-challenge/>



Lactate Testing

One of our members, Nick Wood, has been approached to see if anyone would like to take advantage of lactate testing being offered at cost by Spokes in Bagshot during March and April. For details and a list of actual dates please follow this link to the [Lactate Flyer](#).

Upcoming Rides

This Sunday 6th March is Mothering Sunday so men please make sure you've discharged your duties and have a valid pass, and ladies enjoy being spoilt because you deserve it!

The weather is currently looking dry with a chilly northerly breeze for our Social (09.30), Café (10.00) and Mid-Paced (09.30) rides. There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm (post on FB or the Forum if you're going) and the usual Wednesday Social Ride (09.30) from Speedys.

Tip of the week: POTHOLES! These are the bane of all our riding lives but when riding in a group it's all too easy to just rely on others to shout out for potholes and other debris on the road. Remember the lead rider's shout may well not carry to the back of the group so please if you are the ride leader shout HOLE! loudly and if you are following repeat the shout even if you haven't see the hole. No-one will ever blame you for shouting but if you don't you will not be popular if there is a mishap (or worse).

Safe riding!

FCCC Committee

PS. If you want to contact a committee member please use the email addresses on the Committee Bios document sent with the newsletter for 19th February.



Facebook and website – just click to access