



Weekly Newsletter – 6 October 2016

Hi Everyone

NEWSLETTER DISTRIBUTION

This week's newsletter has been distributed to just our active members using the old website email functionality and members email list which unfortunately as was pointed out last week will not be available for much longer.

In order to ensure you receive future newsletters you must register on the website as we will have to use this to email members. If you can't locate your joining instructions email webmaster@fcc.org.uk and we'll send you a new one.

FORUM DIGEST

- Well done Paul Tippins for topping the inaugural website leaderboard for September with 1,090 miles
<http://www.fccc.org.uk/forum/general-813/september-leaderboard-180492#post-180492>
- Congratulations to Nick Hale on gaining his Cat 3 racing licence
<http://www.fccc.org.uk/forum/road-race-results-and-reports-780/abingdon-airfield-cat-4-road-race-180500#post-180535>
- If you missed Matt Charlton's article on General Winter Training Advice you might like to check it out – it's generated quite a discussion
<http://www.fccc.org.uk/forum/general-813/winter-training-180300>
- Reading Track has re-opened
<http://www.fccc.org.uk/forum/general-813/reading-track-180495#post-180568>
- Surrey Cycle Show 8th October
<http://www.fccc.org.uk/forum/general-813/surrey-cycle-show-8th-october-180481#post-180481>
- Farnborough Flyer Cycle Sportive 16 October 2016
<http://www.fccc.org.uk/forum/general-813/farnborough-flyer-cycle-sportive-180367#post-180367>



**FARNBOROUGH &
CAMBERLEY C.C.**

CLUB NIGHT FRIDAY 8.00PM 7 OCTOBER 2016

A reminder that the monthly club night is this Friday at All Saints Hall, Chapel Lane, Farnborough GU14 9BW. [Google Map of the location.](#)

CLUB 25 MILE TIME TRIAL CHAMPIONSHIP SATURDAY 8 OCT AT 10.00AM

Don't forget the clubs rescheduled 25 mile championship will be held on Saturday 8 October at 10.00 am on the H25/88 course on the A31. Follow this link to view the event course and details or the website events calendar and to register your intention to race (registering on the event is not compulsory but will help with the organisation).

<http://www.fccc.org.uk/event/view/45412/club-tt-25-mile-championship> (you need to be logged on to the website to view)

TT TIMEKEEPER TRAINING SATURDAY 15 OCTOBER 10.00AM

Donald Ashton, our time trial secretary, has organised a Timekeepers session to train volunteers in how to conduct these duties at the club's weekly time trial races next year. This will provide much needed support for Donald and give the club cover without which in the event of his absence the races would not take place.

The training will take place on Saturday 15 October at 10.00 am near the Garrison Church in Aldershot with volunteer riders doing a short 1 mile loop.

If you would like to add your name to the list of participants then please email me on newsletter@fccc.org.uk.

We will also need 5 or 6 volunteer riders so if you're free and would like to help invest in the club's TT future please let me know, again on newsletter@fccc.org.uk

I will create an event on the website with the full details for this.



SUNDAY CLUB RIDES

This Sunday will see the addition of the “**Mid Paced Social Ride**” to the weekly schedule. I will post details on the Forum and create an event with the course details, map and a downloadable gpx file. Please register by clicking on the event if you are interested in coming.

A full list of our Sunday rides:

- Gentle Paced Social Ride – 35 to 40 miles with a café stop at an average speed of 14 to 15 mph
- Mid Paced Social Ride – 45 to 50 miles with a café stop at an average speed of 15.5 to 16.5 mph
- Quick Paced Social Ride – 45 to 65 miles with a café stop at an average speed of 16.5 to 17.5 mph
- Fast Paced Non-Stop Ride – 50 to 65 miles at an average speed of 18.0 to 19.5 mph

Keep an eye on the website and Facebook page for details.

MIDWEEK RIDES

There is a Chain Gang ride on Tuesday from the BP garage in Mytchett starting at 7.15pm and the usual Wednesday Social Ride (09.30) from Speedy's. Keep an eye on the Website and Facebook page for details.

WEBSITE TIPS:

We'll be using the newsletter to point out more detailed tips on using the website.

Menu Navigation – I'm sure everyone is aware of this but just in case you're not I thought I would point out that the menu headings, in addition to opening a list of choices below them, are also a link to information themselves.

How to Insert Videos into Forum Posts –

- 1. Host the video (e.g. You Tube, Vimeo).*
- 2. Copy the embed code.*
- 3. Add a new article or open up an existing article or forum post reply.*



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4. *Click on the Video icon in the content tool bar.*
5. *Paste the embed code where indicated.*
6. *Publish article or forum reply.*

Go to this forum thread for more detail on these 2 tips.

<http://www.fccc.org.uk/forum/general-813/menu-navigation-180536>

Safe riding!

Jeff Davis - FCCC Newsletter Editor

