



Weekly Newsletter – 8 September 2016

Hi Everyone

And welcome to the first newsletter since the launch of the new website.

The newsletters have until now been focused on filling the void due to the old clunky and inactive website, bringing topics to you all that we should now be seeing on the new website so the frequency will now be bi-weekly and the content mostly pilfered from the website.

We hope you're finding it easy to navigate and use the website but if you experience any problems please either email webmaster@fcc.org.uk or create a new support ticket via the Helpdesk option at the foot of the website page and we'll answer as soon as we can.

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WEBSITE FORUMS

The website will only ever be as good as you the members make it so please do get involved on the forum posts:

- Road, TT and any other type of race reports are always welcome and a great read
- Café Reports – just post on the Social Forum and we'll add them to the Café Reports page.
- Remember posts don't necessarily have to be purely on the subject of cycling, maybe just linked to cycling, such as drawing on the writer's experience in pursuing a legal or insurance claim with some tips gained through personal experience, or a blog about recovery from a cycling injury etc?



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Here's the full list of the Forum categories <http://www.fccc.org.uk/forum/index> (you need to be logged on to the website to view). If there is enough demand for a different category email webmaster@fccc.org.uk and we'll consider adding it.

Don't be shy, get posting!

NEW MEMBERS

A very warm welcome to Andrew Lucock who joined the club this week.

GOOD LUCK TO OUR GB TRIATHLETES

We wish the very best of luck to **Morag McDowall** and **Richard Brooke** who depart for the Triathlon Age Group **World Championships in Cozumel, Mexico** this coming Saturday 10 September. They both race Aquathlon on Weds 14th and the Standard Distance Triathlon on Sunday 18th.

REGISTERING ON THE NEW WEBSITE

We still have quite a few club members who haven't signed up to the new website via the invitation link emailed on 26 August. If you've lost or didn't receive the email invitation send an email to webmaster@fccc.org.uk and we will issue a replacement.

CLUB 25 MILE TIME TRIAL CHAMPIONSHIP SATURDAY 10 SEP AT 10.00AM

A reminder that the clubs 25 mile championship will be held this Saturday 9 September 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/45407/club-tt-25-mile-championship> (you need to be logged on to the website to view)



CLUB RIDE STRUCTURE

The club social ride structure has recently undergone a review resulting in the addition of an additional ride to complement the existing ones. The rides have also been renamed to more accurately reflect the speed and ride goals:

- 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

The new Mid Paced Social Ride will commence in October. Please keep an eye on the website for updates.

TT RESULTS

Hopefully you will have seen the TT Forum posts of last weekend's races but special mention must go to Tim Duncan-Booth who knocked 24 secs off his 10 mile personal best in torrential rain at the Icknield RC 10 on the F11/10 near Tring, finishing in 8th place overall with a time of 20:26. Tim has knocked a remarkable 1min 21secs from his pb this year!

Vernon Schutte's latest installment of his Time Trial Chronicles can be found on the website: <http://www.fccc.org.uk/forum/tt-race-results-and-reports-781/alton-cc-h258-4916---vernon-s-race-report-179988#post-179988> (you need to be logged on to the website to view)



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UPCOMING RIDES

Please use the website events calendar to check out the forthcoming rides and register whether you will be going or not. Registering is not compulsory but will assist the ride leaders in their planning.

WEBSITE TIPS:

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

Mobile App – please don't install this app on your mobile devices as it's still in development and therefore pretty rudimentary. The website button will shortly change to reflect this advice.

How to upload photos to a Forum post -

<http://www.fccc.org.uk/static/pdf/df892fc5d3fd9965af73f9ce3253dd0f.pdf> (you need to be logged on to the website to view)

Safe riding!

Jeff Davis - FCCC Newsletter Editor

