



## **Weekly Newsletter – 10 November 2016**

Hi Everyone

### NEW MEMBERS

A very warm welcome to James Maw who has just joined the club.

### BIORACER KIT ORDERING

The October window has now closed. The order includes a selection of short sleeve shirts and bib shorts for the purpose of affording members the opportunity of trying for size before placing an order in future ordering windows.

### RIDE LEADER COURSE

The club ride leader course took place on 29 October and was attended by the current ride leaders and 9 other club members. Special thanks are due to Dave Triska and his fellow partners for providing their GP practice as the venue and for refreshments all free of charge.



The day long course was run by Cycling UK, consisting of class based theory and advice in the morning and an afternoon practical session on the roads around Godalming. Feedback



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from the participants was very positive and gives the club a solid up-to-date base that can be used to update and improve our club rides and supporting guidelines. This will be actioned by the ride leaders and new updated guidelines published on the website and reported in the newsletter. Regular club riders will already have experienced the shift in practice on club rides to smaller groups and where possible spending the majority of the ride “doubled up”.

The advantage of having so many club members in addition to the ride leaders on the course is that we now have a broad base of knowledge of best practice among our membership. We want to build on this and will be organising internal club presentations/workshops based on this course and our updated guidelines and procedures. These will be announced in due course but it will assist greatly in our planning if you can send a quick email to [clubrides@fcc.org.uk](mailto:clubrides@fcc.org.uk) if you might be interested. Please note this doesn't constitute an obligation to actually do it, we are just trying to gauge interest.

### SATURDAY 12 NOVEMBER 10 MILE CLUB TIME TRIAL

There is a Club Time Trial this coming Saturday 12 November at 10.00am on the HCC175 course starting near Ewshot on the A287.

This race also gives us the opportunity for our newly trained timekeepers to practice their skills behind Donald Ashton so please add your name to the event here <http://www.fccc.org.uk/event/view/45413/saturday-club-tt-10-miles> if you will be racing. You can also view and download the route from there.

### ROAD RACING

Congratulations to Josh Orlowski on gaining his Cat 3 licence at the Cyclopark in Gravesend. Follow this link to the club's Facebook page for more details:

<https://www.facebook.com/Farnborough-Camberley-Cycling-Club-150640095309393/?fref=ts>

And if anyone is interested in racing during the winter, the Imperial Winter Series 2016 - 2017 at Hillingdon is a good “local” venue for the short days. Follow this link for details <http://www.imperialracingteam.com/>



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## SUNDAY CLUB RIDES

With effect from this Sunday 13 November until next Spring the Quick Paced Social Ride will be starting at 10.00am instead of 9.30am in the hope of avoiding the colder starts to the day but will be of a shorter distance in order to finish at the usual time. The other rides will continue to meet at 9.30am.

A full list of our Sunday rides starting from Speedy's in Cove:

- 9.30am - Gentle Paced Social Ride – 35 to 40 miles with a café stop at an average speed of 14 to 15 mph
- 9.30am - Mid Paced Social Ride – 45 to 50 miles with a café stop at an average speed of 15.5 to 16.5 mph
- 10.00am - Quick Paced Social Ride – 45 to 50 miles with a café stop at an average speed of 16.5 to 17.5 mph
- 9.30am - Fast Paced Non-Stop Ride – 50 to 65 miles at an average speed of 18.0 to 19.5 mph

As always keep an eye on the website Forum and Events pages and Facebook for details.

## MIDWEEK RIDES

There is always a Wednesday Social Ride (09.30am) from Speedy's and a Chain Gang ride on Tuesday evening from the BP garage in Mytchett starting at 7.15pm.

Enthusiasm for the Chain Gang ride may wane with the onset of wintry weather so keep an eye on the Website and Facebook page for details and post a message if you intend going.

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**

