



Weekly Newsletter – 11th March 2016

Hello All

New Members

A very warm welcome to Claire and Karl Jackson who joined the club this week.

Club Night 4th March – Kickr and Zwift



Over 20 members enjoyed the Kickr and Zwift demo at last week's club night. As people will have seen at the meeting Zwift can be used with any kind of indoor trainer opening up the possibility of us organising our own virtual club rides in the future.



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

Just a quick reminder that the club is hosting an Open TT Race on Saturday 12th March starting at 2.00pm. Only a few of our TT riders are able to participate as the others are all required to help marshal the event but they are sure to be spurned on if you come and give them your support.

The course is the H10/8 headquartered at Bentley Memorial Hall on the A31. Course details can be found [here](#).

Calling Lady Members

Just a gentle reminder if you haven't done so already, to please reply to Morag's email from last week. All feedback however short or long is important for the club to better understand how to cater for our ladies.



Time Trial Results

Matt Charlton, our resident Social Secretary and “man in black” opened his 2016 season on Saturday 5 March with a very impressive 4th place in the Sotonia CC Open 10 on the P140 near Romsey, just 2 seconds off a podium finish. Well done Matt!



Road Racing Team

For the benefit of our road racers we can confirm that the club’s Surrey League affiliation is now fully in place. Follow [this link for the Surrey League Facebook Page](#).

Road Race Report – Luke Stratford

Luke is one of our more recent members and completed his first road race last weekend at Milton Keynes, with a very respectable finish of 32nd out of 48 riders. This is his maiden race report and is well worth your time to read it:

My First Bike Race

Having retired 5 years ago from endurance kart racing I decided to take up cycling again with the aim to get quick enough to race one day. So after giving up fair weather only riding this winter and joining FCCC I have ridden though the rain, wind, ice and fog. Oh and the worst storm in 15 years on one of the club runs on a chain gang.

This has been hard on my poor bike but lurking in the garage the race bike has been waiting for a race.

So being a little impatient I booked a 4th Cat race at Milton Keynes, Bowl to get some experience. My aim was not to get dropped and to try and stay in the peloton.

After a little advice from Warren saying start on the front line and stay top ten (don't get dropped) I pulled my full Carbon Boardman AiR 9.2 elite out. She had never seen the rain or wet conditions but with snow on the grass and a wet and muddy track the conditions were not good but she had a job to do!



I boldly placed myself on the front line after my warm up and waited!!! The start was a little slower than I expected allowing me time to clip in and place myself about 10th. Job done I thought, however, it would appear most riders wanted to be top 10 and after a few laps I could count 20 riders in front of me! I kept out of trouble for a few laps keeping my lines and on the downhill stretch I put down some power and placed myself up to the top 10 again. This didn't last long so I decided to save energy and keep out of trouble, dropping back over the next few laps before moving up again. This worked well but it was getting harder to squeeze in the front. At this point the battery saving cut in and my computer screen went black! I now don't know how long I have been racing or how fast I'm going (error 1)

After moving up the peloton 5 or 6 times I followed another rider moving up the peloton and found myself in second position! This was not in the plan! The race leader then peeled off leaving me at the front! This is not where I wanted to be but thought I would do my bit for half a lap! No one wanted to overtake me now (error 2) So I had to back off the gas but still no overtakes and with the downhill section coming I kept a steady pace, finally I was swallowed up by the pack.

I then decided to behave myself making sure not to move up too far (must save energy).

Finally the 5 lap board appears! So I started making my way back up to the front on the downhill sections.

On the second to last lap it's starting to get hard to maintain position so I make a go for it and find myself in second again (error 3 not learning from error 2) then find myself In position one again on the downhill section! I'm now in trouble as I have used a lot of energy moving up. I wish I had a wing man at this point but I haven't and now I'm going to pay dearly for it and sure enough on the uphill section the legs are going and one by one they start coming past me. I manage to catch a little bit of a ride down the hill but I'm spent! And as the uphill starts I'm being passed on both sides! I get out of the seat but nothing happens!

I must have lost 30 places on the last lap to finish pointless.

But I didn't get lapped and held on to the peloton.

The poor 9.2 is minging! And to be fair I was not much better!

Anyone fancy giving next week a go?

Prudential Ride 100 – FCCC Team Places

The club has now closed the list and the successful applicants advised.



Assistance at Club Time Trials – A Plea for Help

Due to impending rule changes by the CTT related to the running of all time trials it is necessary for additional helpers to be present during our events for the placing and removal of warning signs.

Our running of the Type-A (i.e. Open) events is not affected, but there could be a serious impact on our Thursday evening and Saturday club events. In order to minimise the effect on the club event programs the provisional number of additional helpers required for signage on each course is:

HCC255A / HCC255B - 2

HCC216a - 2

HCC257 - 2 or 3

HCC175 - 2

H10/8 - 1

H25/88 - 2

Without these signage helpers, the start of the events will be delayed to such an extent that they could not be run.

We need a guaranteed list of helpers for each club event, who will erect signs at their designated point prior to the event and then retrieve them following the event. In this way the time required will be minimised for all involved in the event.

So please if you are able to help, whether for just one event or more, please contact our TT Secretary, Donald Ashton by email (donald.ashton@ntlworld.com)

A full list of events can be found on the website [Home Page](#) and the course details can be found [here](#) – and just in case you were wondering most of the finish lines are close to decent pubs for post-ride beer and banter.

Upcoming Rides

Saturday 12th March 10.00am Club 10 Mile Time Trial

This is on the HCC175 course along the A287 starting at the junction to Redlands Lane at Ewshot. Course details can be found [here](#).



Sunday 13th March - Club Rides

The weather is currently looking fair with an easterly breeze for our Social (09.30), Café (10.00) and Mid-Paced (09.30) rides. The Mid-Paced ride will be heading out to Chiddingfold so check the [Facebook](#) page and the [Forum](#) for more details to be posted for this and our other rides.

Midweek 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.

Date for Your Diary - Tuesday 29th March

The Club will be hosting the first of our quarterly free road-bike sessions, open to both FCCC members and non-members alike, at the Palmer Park Velodrome in Reading on 29th March. Further details will be provided nearer the date.

Tip of the week: Wrap some Duck or Gaffer tape around half of an old pencil and carry it with your spare tube etc. on long rides. It can be extremely useful in providing a quick fix for a wide range of problems while out on the road. For example fixing a broken bottle cage or temporarily securing a snapped spoke to an adjacent one so you can get home.

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