



## Weekly Newsletter – 20 October 2016

Hi Everyone

### BIORACER KIT ORDERING WINDOW

A reminder that the next ordering window is open and will close on 31 October. Kelly Miller sent an email to all members later this week with full details of the ordering process full details of which can be found on the website with this link: <http://www.fccc.org.uk/forum/general-813/bioracer-kit-ordering-window---closes-on-31-october-180943>

Those of you keeping an eye on the Forum will have seen Steve Hammatt's helpful review of the LS Jersey Professional Quadri top. Steve's excellent suggestion to only have the mid-arm stripes has been taken on board so this window's orders will not have a duplicate set of stripes on the arm cuff.

### WINTER ROAD RACING

All of you road racers out there suffering from withdrawal symptoms will be interested in the Imperial Winter Series (Hillingdon) details of which you can find on the Forum discussion "Races - what's on?" Click on this link for details:

<http://www.fccc.org.uk/forum/road-race-results-and-reports-780/races---whats-on-180523#post-180930>

### INSURANCE

I'm sure we all have insurance for the obvious things in our lives: car, house, contents and maybe life cover but there other risks out there worth consideration as Dave Triska pointed out in his recent Forum post "[Safety, insurance and other such matters](#)".

"Dear All,

Having just spoken to Ian Richards (get well soon Ian) regarding the recent mishaps we have both had, on a personal note I wanted to remind you all that the club strongly recommend



taking out insurance to cover not only your bike, but your body and wages along with 3rd party in case of accidents.

Some companies will roll this all into one for you, Kelly Miller has found Pedalsure (<https://www.pedalsure.com/>) who offer reasonable rates. British Cycling and Cycling UK memberships will take care of 3rd party liability insurance if you feel that is all you need.

I was very lucky to live in the village where I work and modify my own days as it has taken 3.5 months to get back to near normal from my accident - as someone self-employed that could have been a disaster for my family and me. Please think on it.

Dave”

### TT TEAM XMAS LUNCH

The club’s TT riders no doubt missing each other’s company on the weekly club rides will hopefully have seen the Xmas lunch event on 10<sup>th</sup> December that was recently added to the website. This will follow on directly after that morning’s club 10 on the H10/8 course. For details follow this link:

<http://www.fccc.org.uk/forum/tt-race-results-and-reports-781/tt-team-xmas-lunch-180814#post-180816>

If you’re intending to attend please confirm by clicking “Attend” on the website event:

<http://www.fccc.org.uk/event/view/45790/tt-team-xmas-lunch>

### CAFÉ COMPLAINTS – MUDGUARDS

We're unfortunately getting some negative comments from our regular cafe spots - muddy bums are the culprit and heaven forbid we should be refused service because of it. Please display some consideration during the winter season and fit a mud guard, particularly if you are on a café ride.

It's also more pleasant for the person behind you on the road, the cafes don't get upset that we ruin their chairs and you also don't look as though bowel control is an issue. Even the raciest of bikes can squeeze a Crud Road Racer on, SKS Raceblades are another good option.

Failing that, the Ass-Saver will fit any bike and is inexpensive.

### TANDEM BIKE, CAN YOU HELP

The Club Chairman, Dave Triska received the following request from Lucy, an ex-member:



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"Hi, I was a member of your club as a junior and am wondering whether you could help me out with club members. Would anyone have a tandem which I could borrow? I'm organising an event on Wednesday 16th November for Movember, to raise awareness for their charity. The event is for 3 people riding 100km however one of those is a celebrity comedian who wants to ride a tandem on his own. Is anyone able to help me out or know someone I could talk to please?

Thanks

Lucy"

Please contact [chairman@fcc.org.uk](mailto:chairman@fcc.org.uk) if you can help

### SUNDAY CLUB RIDES

After last Sunday's washout (with the notable exception of a few very hardy souls) this weekend looks much brighter.

A full list of our Sunday rides starting at 9.30am from Speedy's in Cove:

- 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 Forum and Events pages and on the club 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.

Safe riding!

**Jeff Davis - FCCC Newsletter Editor**





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