



Weekly Newsletter – 24 November 2016

Hi Everyone

NEW MEMBERS

A very warm welcome to Eddie Mortlock who has just joined the club.

CHAIRMAN'S WINTER UPDATE 2016

All members should have received Dave Triska's winter update by email. If you haven't you can read it on the website <http://www.fccc.org.uk/chairmans-winter-update-2016> but you must be logged in in order to see it.

CLUB ANNUAL DINNER – RSVP

As Chairman Dave said in his update:

“Early next year on February 18th we will be attending the wonderful Frimley Hall Hotel for our annual dinner in a change of venue from previous years. With a fantastic chef, private bar and red carpet reception for members along with the opportunity to make use of the spa facilities if one chooses to make a weekend of it, the hotel offers a fantastic location to celebrate our achievements over the last 12 months and enjoy an evening with family and friends.

The committee has chosen to heavily subsidise the dinner and put some of the fees that would normally be spent on tickets for trophy winners towards the dinner cost and to provide live entertainment for the evening. We feel this represents the fairest way to ensure that all of our members and their guests get the best out of what promises to be an amazing evening.”

Please do respond asap to the form sent by email, or click the link here [Club Annual Dinner - RSVP](#), so we can know either way whether you plan on attending or not. **This does not commit you to anything but it does give us information to take the planning forward.**

There will be a further form issued nearer the time that will include menu choices, together with payment options. We hope you can join us for what will be a fun evening out!



**FARNBOROUGH &
CAMBERLEY C.C.**

E-BIKES

Club member Scott Heyhoe has written a great forum post on the wonders of cyclist-friendly Copenhagen and the benefits of E Bikes for non-cyclists. Read it here:

<http://www.fccc.org.uk/forum/general-813/e-bikes-181427#post-181439> (you can also read it in the attached Appendix)

CLUB OPEN 10 MILE XMAS TT 17 DECEMBER 2016



We still need 3 volunteers to marshal the Holybourne roundabout for this event so please help if you can. It's only couple of hours at most Event details are here:

<http://www.fccc.org.uk/event/view/45416/club-open-tt-10-miles-type-a---entry-via-ctt-website-below>

Chris Young is running the event this so message him if you can help. You can send a message to Chris through the website messaging function under the dropdown menu from your name at the top right of the webpage after you have logged on. Alternatively please let me know by email at newsletter@fccc.org.uk and I will pass it on to Chris.



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SUNDAY CLUB RIDES

- 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





APPENDIX

E BIKES – Scott Heyhoe

Hello everyone,

Before you all start going all Luddite on me, read on for a bit. Now, I'm Mr Competitive, road racing, mountain bike racing, never catch me on an e-bike...but...I had a go on one just a few weekends ago.

An e-bike is a regular bicycle, but with some form of electric motor fitted. Saw plenty at the Cycle Show in Birmingham a couple of months ago. Read somewhere that e-bikes would account for about 13% of all bikes sold by about 2020. I was also in Tel Aviv in Israel over the summer, dodging the kids belting along the promenade at about 15-18mph on e-bikes.

Early October, I was in Copenhagen. It was Yasmin's 40th birthday, and she'd always wanted to see the Oresund Bridge as it features heavily in the Scandi-drama, "The Bridge". Well worth watching if you like serial killer detective programs. This is the sea bridge that connects Denmark to Sweden.

Sunday morning, we started walking north from the centre of Copenhagen to find one of the parks. We came across a rank of white bicycles, looking a lot like Boris bikes. They had ipads (of sorts) built into the handlebars. Tapped the screen, realised that they were e-bikes, and followed the prompts to set up an account. Dead easy. Screen had a sat-nav built in. And off we zoomed. Start pedaling and the motor kicks in. Pedal at just the right, easy cadence and you're doing 15mph in no time. Yasmin is really not a cyclist at all, but here we were seeing the sights of Copenhagen on bikes. One issue is that it was cold, and without having to put any effort in, it was hard to generate body heat. So, wrap up warm. And wear gloves. And a hat. And a scarf.

Copenhagen is pretty well sorted for cycle lanes, so getting around was safe and fun. We found our park in no time. Then we decided we'd go and see the Oresund Bridge itself. We'd been over it on the train to Malmo the night before, and back in a taxi, but it had been dark. So, sat-nav programmed, off we zoomed. Bit more confident now and hitting 18-20mph. Through the city centre, out the other side, and onto the seaside resort of Amagar Strand. Bridge in the distance. Kept going, eating up the kilometres in no time. Saw the bridge, grabbed a coffee and some cake (even though we'd put no effort in), and headed back. My battery indicator came on, so I clicked the screen for the nearest charging point, where we returned our bikes.



**FARNBOROUGH &
CAMBERLEY C.C.**

Really is a great way to see a city in a morning. Great for the non-cyclist to accompany the cyclist. I really would recommend anyone to have a go on one. Might encourage non-cycling kids, parents, friends to join you on a ride. Good luck with keeping up if you go on a regular bike!

Will I get one for me - can't see it. Will I get one for Yasmin - am seriously considering it.

Would I recommend Copenhagen - definitely. We were lucky enough to get a table at Noma, voted number one restaurant in the world for several years in a row. They managed to persuade me to eat ants, seaweed and duck's brain (by sucking it out of the head), so it must have been good!

Happy free-wheeling.

Scott