
NEWSLETTER

Issue 3/2009

August 2009

MORE ORANGE THAN YELLOW AT THE TOUR DE FRANCE!

Your

News

From

Your

Club

They say that yellow is the colour to wear at the Tour de France, but this year the predominant colour appeared to be orange as Club members were very evident en route. As the picture below shows, some were lucky enough to be on the Col de la Colombière, while others were on Mount Ventoux to watch the action. Others made do with the comfort of an arm chair at home!



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Clearly, congratulations are due to Mark Cavendish and Bradley Wiggins for their outstanding performances. Well done to all!

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Club nights continue to be successful and the mix of people, both young and old, is encouraging. I am sure the Go-Ride coaching sessions are paying dividends and that is why we are seeing more younger members attending Club nights which can only be a good thing. As we move from the relative light nights of Summer to the darker ones of Autumn and Winter, we are planning the Winter Programme which will hopefully keep the momentum and popularity of Club nights going until we once again benefit from the lighter nights of 2010. Programme will be posted once confirmed.

Between now and next year there is much work to be done as we have set ourselves goals through the Club Development Plan which will include 2 and 5 year projections of where we wish to be and what we wish to achieve. The Plan is also an essential requirement for achieving Go-Ride Clubmark Accreditation status which we hope to achieve by 2010. And just in case you were wondering, British Cycling has incorporated Sport England's Clubmark standard into the Go-Ride Accreditation programme, and Clubmark is a nationally recognised set of standards that supports the development and recognition of quality clubs. We see no reason why our Club should not be classed as a 'quality club'.

One area that we have not been as active recently as we have been in the past is that of organising races which we plan to redress for 2010. You may have noticed from the Forum that we are planning a number of events for 2010 that include a Club 10 mile Time Trial series, an Open Time trial event, a Hill Climb that may comprise of both 'on' and 'off' road routes, and promoting a League of Veteran Racing Cyclist road race event. All these events will need a considerable amount of support from Club members in terms of organising and marshalling; these events only happen because of work behind the scenes that is often not seen by those participating in the event. So be prepared to volunteer!

In the meantime, if you can find a dry day to go out cycling, then do so safely and enjoy!

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The Go-Ride sessions this year involved 25 young people who had the opportunity to attend 9 sessions based at The Wordsley School on Monday evenings commencing at 1900 hours. While not all of the 25 who took part attended every session, there were 5 who attended all 9 sessions and we have 5 Club members resulting from the Go-Ride programme. Also, as the sessions cost £1 to attend, we managed to raise £121 which will no doubt be used to provide benefits to the programme of Go-Ride activities. So what is Go-Ride all about?

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Go-Ride is part of British Cycling's Club Development Programme aimed at improving both young riders and clubs. It focuses on volunteers and young members with an aim of improving coaching standards and increasing the number of young riders with access to coaching activities. Go-Ride also supports the creation of school-club links, which hopefully helps provide clubs with a constant influx of new young members, and helps everyone work towards a shared vision of more young people, more active, more often in cycling. The success of Go-Ride is dependent upon partnerships between British Cycling, clubs, schools, local authorities and voluntary organisations with volunteers.

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Key to the success of Go-Ride is the provision of cycling coaches who are British Cycling qualified. All British Cycling qualified coaches need to meet a certain criteria that includes attending a course on Safeguarding and Protecting Children. They also have to have a valid first-aid certificate and are checked by the Criminal Records Bureau. You also need to attend a coaching course that comprises a weekend of training involving tuition and practical sessions, followed by a period of home study and further practical experience, followed by a final assessment day approximately 8 weeks after the initial weekend of training.

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Interested in coaching? Then please contact the General Secretary as the Club needs more coaches to be trained and we will help support you through the process that leads to becoming a qualified cycle coach.

Also, check out what is involved by visiting the British Cycling website:

<http://new.britishcycling.org.uk/coaching>

www.stourbridgecyclingclub.com

It's Nearly Torture Season - Again!

Or to be more precise, it's nearly the start of the Cyclo-Cross season again, where you have the opportunity to ride your bike in glorious mud and get very wet/cold/tired/hungry, or all of them in one race! So what are talking about and what is it?

Winter Fun: *Cyclo-Cross (often abbreviated to 'Cross') is generally an Autumn and Winter sport. Massed starts make for exciting races, usually no more than an hour in length, and shorter for juniors, women and veterans. There may be free-to-enter races for younger riders.*

Lapping it Up! *Cyclo-Cross races are usually multi lap events held on short (typically less than a mile and often less than half a mile) grassy courses, generally in public open space often with woods. Less technically demanding than some mountain biking, cyclo-cross often requires riders to dismount to clear artificial obstacles, often wooden boards. The ability to swap smoothly and quickly from riding to running and back to riding in one fluid motion is a key skill for advanced riders.*

Private Battles: *The short lap lengths mean that better riders often lap some of the slower competitors, but that's not the end of the race; you can still submerge yourself in the action, enjoy your own private battles and forget whether you are first or a hundred and first and that's the beauty of the sport as it's what you make of it that counts.*

Bike Facts: *Cyclo-Cross machines look very similar to road bikes, the majority having dropped handlebars and relatively thin knobby tyres (compared to mountain bike tyres) for grip, powerful brakes (but not disc brakes as they are not allowed), low gears and generous frame clearances to prevent clogging with mud, all of which adds up to make them easy to handle on the rough. That said, flat handlebars are permitted, but not with handlebar ends, and the limit on width is 50cm.*

Interested?: *Then why not come to a Club night or have a chat to someone on the rides who will direct you to the right person. Kevin Payton will start cyclo-cross training on Tuesday nights commencing 6th October 2009 and everyone is welcome to learn a few skills. Of course, any riding off-road will help, so why not consider joining the off-road group on a Saturday morning and have a chat as many of them also ride cyclo-cross. Off-road rides start at the Bonded Warehouse at 0900 hours (moderate paced ride) and 0930 hours (easy pace ride). All welcome, cyclo-crossers or not!*

The West Midland Cyclo-Cross League hold their first race on 13th September 2009 at Redditch and if you're not sure if it's you, then why not pop along anyway to have a look. Bike cleaners and helpers are always welcome for those who do compete! (See: www.wmccl.co.uk)

Bits and Bobs

Up and Coming Rides – Touring Section

All rides leave The Living Gallery, Stourbridge, (old Library/Art Gallery) at 0900 hours.

23 rd August	Wyre Forest	Leaving directly from Stourbridge
30 th August	Elgar Country	Calling at Belbroughton at 0920 hours
6 th September	Mystery Ride	Leaving directly from Stourbridge
13 th September	Mystery Ride	Leaving directly from Stourbridge
20 th September	Telford	Calling at Summerhill at 0920 hours
27 th September	Avoncroft	Calling at Belbroughton at 0920 hours

All rides involve a café stop, are a steady 12 mph, and are very sociable in nature.

Further details from Richard Ottridge at: richard.ottridge@stourbridgecyclingclub.com

CTC Introductory Membership Rate - £12 or £8 If You're Quick!

The CTC are offering Affiliated Membership for only £8 if you join before Christmas which saves £4 on the normal fee of £12. benefits of Affiliated Membership are: Full CTC third party insurance, CTC membership card giving access to a whole range of discounts and benefits, weekly CTC e-mail newsletter 'Newsnet'. Anyone can join after this for £12. Membership is per individual and if you have a family then Family Membership will no doubt be a better alternative. Full details on what to do via Richard Painter, the General Secretary (details on the last page). So not only will you feel all the more secure while riding, you will also be supporting the CTC which can't be bad!

Go-Ride Follow-up Ride – 29th August 2009

Matt Bowker is planning another follow-up ride for the young Go-Ride people. The ride will leave from the Bonded Warehouse at 1300 hours on Saturday 29th August 2009 and follow a loop around the canals and woods. Riders should be back at the Bonded Warehouse between 1430-1445 hours. If you wish to join in and support then you are most welcome.

The Membership – Who Are We?

We often refer to the membership, or members of the Club, but what does that mean? How many are there? Where do they live? Well, the answer to some of those questions is:

We have, as of 1st August 2009, 146 members comprising:

118	Senior (over 18 years)	81%
1	Junior (under 18 years)	1%
15	Youth (under 16 years)	10%
12	Honorary Life Members	8%

Of those members there are:

*9 Family memberships covering 25 members of which 18 are Senior, 1 Junior, 6 Youths.
6 members are classed as Second Claim members which means they do not compete in Stourbridge Cycling Club colours, but ride/race for another club.*

Membership subscriptions to date for the year 2009 total £2061.00, which includes those joining and paying for 2009 in the last quarter of 2008.

Average age of the membership is 43 years.

Post codes range from West Midlands to Somerset, although of the 146 members, there are 133 resident in what is classed as the West Midlands.

Most popular surname begins with the letter C, (14 members having this honour), and the least popular is shared between the letters E, K and I, (with 1 member from each).

So there you have it, a breakdown of the membership. It's clear that we can do with more younger members, so if you know of any youngsters that are interested in cycling, then get them along on a ride!

Contact the General Secretary

Richard Painter can be contacted via e-mail at either:

richard.painter@stourbridgecyclingclub.com

painter247@btinternet.com

or by telephone (with message facility):

01384 375851

Or by traditional mail at:

247 Hagley Road, Stourbridge, DY8 2JP

Or:

[SCC Committee](#)