

# Cycle Club Sudbury Spindle - February 2011



It's been a busy month considering we are still in the 'close season' At the 'subs night', the club launched it's new CCS Handbook, which everyone agreed, was an outstanding success. It lists everything you need to know for the coming season and a lot more besides. Well done to Robin Weaver for producing such a professional result. If you haven't got your copy yet, you are in for a real treat.

This month's bumper edition is varied to say the least. Including a report on the Boxing Day ride, an account of early cycling memories, and a fascinating account of some guest 'spannering' for a world class professional cycle team by one of our new members.

Plus loads of interesting tit bits! I've never had so much content coming in.....keep it up!

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The club organised another trip to Hog Hill at the Redbridge Cycle Centre, just after Xmas. Unfortunately, the weather on the day turned very nasty, resulting in most riders giving it a miss. But it didn't deter Ashton Dyson and his brother-in-law Martin, who bravely made the trip and 'enjoyed' the experience. He said the track was very wet and was pleased they had kept their mudguards on. Between them, they picked up 5 punctures caused by debris washing across the track, but both agreed they enjoyed their first experience of track riding at such a good facility.

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## CCS 'BOXING DAY' RIDE

By Robin Weaver

13 riders assembled in the Cock Inn car park, Lavenham, for this annual event, this year a distance judging competition. Well, 12 actually – I arrived slightly late, and met

them 100 yards down the road - I'd been delayed by stopping to watch a low-flying buzzard being mobbed by crows outside Brent Eleigh.

Organisers Peter and Mark were at the front, with Peter sporting some very loud check pyjama bottoms (or chef's trousers?), one of only two riders with a token gesture towards fancy dress. Viv wore a Christmas hat, unfortunately with no illuminations. I'd 'decorated' my bike with ivy – most people assumed I'd had an unfortunate encounter with a hedge on the way over.



Viv Martian

Our route retraced the way I'd just come, to Bildeston. Slight disruption of the ride on the hill up from Chelsworth – Colin, putting down his phenomenal uphill power, destroyed a chain link. Some waited, others carried on, – it was too cold for hanging about. Ten oily-fingered minutes later, Colin returned his robust chain tool to his saddlebag ("does that double as a spare pedal, Colin?"), and off we went again, up Semer Hill, right to Monks Eleigh, left to Milden crossroads and Little Waldingfield, and then back up the draggy hill to the welcoming Cock Inn at Lavenham. Rider's estimates of the distance ridden were added to Peter's hand-crafted score board, while refreshments (drinks and the house specialty of cheese and bacon topped chips) were taken. The actual distance ridden was then revealed as 18.7 miles; Mac was closest, with 18.5 miles, with Trevor on 18.4 miles. Other estimates (guesses?) ranged from 13.75 to 22.95 miles, giving an impressively wide range of distances. The 23 miles was from long-distance rider Dave – perhaps we'd check those claimed distances more carefully! Audax champ Brian's 13.75 miles clearly indicates he clocks up the miles

just because he doesn't think he's gone far enough. Or maybe we're better at kms! Another well organised, enjoyable ride; - any ideas for next year's event?

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I received this recently via e-mail and thought it may be of interest to some of you. It takes place at Barrow, just this side of Bury (I think?)

### **Spinning classes**

Coming Soon. If you would like to join in, 'book now' limited places only. Starts Mon 17<sup>th</sup> Jan 2011, 7-30 to 9.30pm. Great training Venue, Start the new year off indoors & get



ahead. 1 or 2 hour slots, Mon to Thurs, well ventilated & large screen TV & DVD. Sky music channels. 1<sup>st</sup> session free, £4 per session thereafter! Other training options available (core strengthening) Refreshments & Licensed bar, Changing / Showers & toilets. Contact James4fitness@Acadamy 01284 811327 or [email heathjames11@yahoo.co.uk](mailto:heathjames11@yahoo.co.uk)

Free training advice. You must bring your own Bike & Turbo/Rollers. Beat the dark nights & train safely. All abilities welcome.

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### **CLUB RUNS**

As numbers of riders on club runs increase (although not that much taking into account our 85 members!), I wonder if we need to organise our riding a bit more.

With smaller numbers, we've ridden double file, often thinning out to single file so cars can pass. With more riders, this can make a very long snake!

With more riders, I think on roads wide enough for cars to pass safely, we're probably better off staying double, but with a gap of about 20m, big enough for a car to pull into, after every 3<sup>rd</sup> or 4<sup>th</sup> pair of riders. On narrower lanes, where a car can't pass double riders, I think we should again ride double, with gaps, as above, and thin out to single file, but importantly maintaining the 20m gap for a car to pull into. If really necessary, it might sometimes be better to pull over and stop.

One effect of this is to make the ride more disjointed, and so more difficult to keep track

of what's going on at the rear (punctures etc). Maybe rather than relying on mobile phones, we should have a ride leader and a ride sweeper, armed with a cheapo limited range two-way radio! Any comments or suggestions?

On another club ride related matter, should the keener and faster club members be considering a weeknight/weekend faster training ride? – that counts me out then! I know several riders cycle with adjoining clubs for this purpose; do we have enough riders (and the motivation) to start our very own, or are there benefits in riding with other clubs? Once again, any comments or suggestions?

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### **Mad March Hilly CCS Open Time Trial**

You all need reminding that our new Open Time Trial is fast approaching – on the 6<sup>th</sup> March - and you need to get your entry in soon – by the **19th February**. Entry forms can be found on the CTT website or by copying and entering....

<http://www.cyclingtimetrials.org.uk/LinkClick.aspx?fileticket=Nqldg%2f8T16l%3d&tabid=77&mid=653> which will bring up the form you need. As it's a new course, we really would like to see a healthy number of CCS riders entering.

We will also need a large number of marshals around the course and would ask for volunteers to contact Stewart very soon. No marshals/helpers = no event!!!!!!!!!!!!!!!!!!!!!! We really do need help from our members for this one.....

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### **DIEPPE RAID** by Robin Weaver

For the last few years, CCS members have travelled to Dieppe to take part in the 'Dieppe Raid' rides, organised by the Cyclo-Club Dieppoise (see [www.dieppetour.com](http://www.dieppetour.com)). The rides this year are on Sunday, 12 June; a number of different rides are available to suit all tastes, from 20 to 200k – there's even a walk.

In the past, most riders have travelled to Dieppe by car via Dover on the Saturday, returning on the Tuesday after riding the organised ride on the Sunday, and a club ride on the Monday.



Others have driven to Newhaven, parked there, and taken bikes and luggage over on the Transmanche ferry direct to Dieppe. We've stayed at the Hotel de la Plage, a well-run hotel at reasonable prices on the Dieppe seafront (see [www.hotel-de-la-plage-dieppe.federal-hotel.com](http://www.hotel-de-la-plage-dieppe.federal-hotel.com)).

This year, there might also be the possibility of extending the weekend for a slightly longer stay, if people are interested and have the time available. This might give the opportunity of moving to a slightly different area for extra days. If you are interested, could you let me know (e-mail: [robinandpam@tiscali.co.uk](mailto:robinandpam@tiscali.co.uk), phone 01449 741048) **by 7th February**.

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## Early Memories of Cycling.

By Andy Rogers.

Being born in 1951, I was the only boy out of 5 children and was brought up in an era when most working class families owned at least one bike rather than a car. Long before I came along, my dad had a side car attached to his bike in which my eldest sister rode in with the younger sister sitting on a cross bar mounted seat.

Dad cycled everywhere and even managed to end up in court for riding on the pavement and with no lights. His magistrate's court appearance cost him 5 shillings and even made Havants local paper for his exploits. In the early sixties, after dad's mum died, we moved the Writtle Agricultural College near Chelmsford, where dad had a new job. With some of his inheritance money from his mum, he bought four new bikes from Frank Walkers bicycle shop in Rainsford Road, Chelmsford. (Does anyone in the club remember this character and his shop?) Mother had a lightweight ladies Philips machine, my eldest sister had a racing bike with dropped handlebars, and derailleur gears, while the other two were run of the mill bikes for my other two sisters. Dad always put others first and never had a new bike until 1982, when I bought him a Dawes Galaxy on his retirement from the college. All the bikes earned their keep, although my middle two sisters never really took to cycling, so I and my youngest sister decided we would take them over despite being far too big as we were only 6 & 7. Dad managed to fix some wooden blocks to the pedals

(Ohh, we've all been there Andy!) so off we went around the college grounds in a manner that could be described as...rather reckless!

There were always plenty of students around biking to college with very few cars about. Our bikes were regularly abused and dad was always on hand to help mend punctures, adjust brakes, tighten chains, and true up buckled wheels.

As we grew older, we ventured further afield and remember biking to Epping Forest with my youngest sister and once as far as Cambridge. We often borrowed the batteries from dad's lights when we were out after dark and he never moaned or chastised us for the liberties we took.

From about ten onwards, I started biking to school on machines that were functional rather than stylish (been there too! Ed) I spent many hours looking longingly in the window of Newcombe Bros shop in New Street, Chelmsford, hoping that one day I would own a new Carlton, Raleigh, or Dawes. Little did I know that many years later I would own 14 bicycles!

*To be continued.....*

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## Letters

*Dear Spindle Editor*

I read with interest the letter from Brian Mann in the letters column of the January 2011 edition of the 'Spindle' and feel compelled to offer myself as the "some other mug" to detail the achievements of 'Mr. Mann' during the past Audax year. Shy and reticent are not terms I would use to describe Brian; however I do feel his letter did understate his achievements during the past year so I would like to take this opportunity to fill in the missing bits. During the year I have spent many happy hours (well mostly happy) riding in the company of Brian with him either complaining about my noisy freewheel or using one of his catch phrases "I think I'm going to enjoy today" which can be particularly annoying when it is cold and wet.

Brian has been the leading Audax rider in our club for many years, regularly totting up in excess of 6,000 Audax kilometres in the 12 month Audax year. During the 2009 / 2010 Audax year Brian reached new heights by recording an annual distance of nearly 13,000 kms, personally I think it is Jenny his long suffering wife who deserves an award. Whilst Audaxing is supposed to be non-competitive it is difficult not to be competitive if an award is being offered for being the best at something, its human nature. Many of your readers will be aware Brian rides all his Audaxes on fixed wheel ( mad fool ) and Audax UK have a category (Fixed Wheel Challenge) for fixed wheel riders (obviously) which is becoming more popular. One of the highlights of the year for Brian was achieving second place in the nationwide Audax UK Fixed Wheel Challenge. Brian was leading for much of the year and to his great disappointment only missed top spot because the winner rode a 1000 km hilly event late in the year giving Brian no time to respond, Brian also completed and SR series for the first time So Brian what's next? PBP or LEL perhaps.

Name and address supplied.  
(By 'Some Other Mug' On a Bike)

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It often surprises me when I idly tally up what our club riders have achieved over the years. For such a small, but perfectly formed club, we can boast no end of people who could form the basis for a CCS Hall of Fame with their achievements. Long distance wise, we have amongst us, riders who have.....

- Ridden from the west coast of America across to the east coast.
- Completed the 1200km Paris – Brest – Paris.
- Completed a 1000km Audax.
- Completed an Audax Super Randonneur series (200, 300, 400 & 600km) in a year.
- Ridden two 200km audax events every month for 12 months.
- Ridden the Lands End – John O'Groats route.

- Ridden the Irish Sea – North Sea – Irish Sea route.
- Ridden across France from the Channel to the Mediterranean
- Completed the 1400km London – Edinburgh – London.
- Climbed Mt. Ventoux via the three access roads in one day.
- Ridden nearly 13,000 Audax kms in one year and on a fixed wheel.

I'm sure there other feats I've missed which could be included in the list. Let me know of any obvious omissions. It could be worth including a definitive list on our website.

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## Riding With a World Champion

By Matt Taber ([www.suffolkcyclesurgery.com](http://www.suffolkcyclesurgery.com))

It seems a long time ago now that I set off for a week and a half in my old home of the Cayman Islands. In fact, it was only a month and a half ago, but a lot has happened since then. Not least of which I got married, but the rest of the UK almost ground to a halt with the bad weather. I suspect that some of us have been out on our bikes over the last two or three weeks once the ice and snow lifted, so that must mean that Summer will be here soon.....

I lived in Cayman for 5 years, having been born, and brought up near Sudbury. When I found out in August from Tom McCallum, a friend on the Island, that he was working with Jonathan Vaughters of Slipstream Sports to get the Garmin team to go to Cayman for a training camp, I told him to let me know how I could be involved, because it seemed like too good an opportunity to miss. However, when I found out that Garmin were merging with the Cervelo Test Team shortly after Thor Hushovd had claimed the World Champion's rainbow jersey in Geelong, Australia in October and that he might be attending the camp, I was sold! I agreed with Tom that Suffolk Cycle Surgery would be a minor sponsor of the camp, among others, and that guaranteed me some extra time with the riders and one or two riding events.

Of course, as a bike mechanic, the opportunities weren't just going to be centered on the riding. I hoped that I might be able to talk to one or two of the mechanics and to see how they worked. I had no idea at the time what that might involve or mean.

I arrived at the end of November and found out from Tom that he had already been in touch with the team and their new head mechanic, Geoff Brown had said that he would love to show me what they get up to in return for a little help pumping tyres! I had no idea right then, that Geoff had been a mechanic on US Postal and Team Discovery when Lance Armstrong won his seven Tours de France. What a pedigree and what an incredibly nice and humble guy.

I turned up on the Monday at the team's hotel, introduced myself to Geoff and the two other mechanics, Alex and Andre and got to spend a couple of hours with them working on the team's new home bikes. Every pro on the team gets given a Cervelo S3 to take home with them and to use at home as their training bike and these were what the guys were working on. The way these bikes were set up was really interesting. With the likes of Johan van Summeren (6'5"), Ryder Hesjedal (6'2") and David Millar (6'3"), I got to see some incredible setups! In terms of fitting, Geoff told me that professional riders generally go for frame sizes that would be one or maybe even two sizes below what might be a recommended size for you and me. They dial in the fit by having the seat post a long way out of the frame (and in the case of Johan, a specially made seat post!) and with some very, very long stems (up to 130mm). This ensures that the riders have a



much, much more aggressive setup than any of us would normally ride with.

Geoff got me right to work pumping up tyres. Here's a pic of me working on Thor's S3 Cervelo with its world champion livery.

The following day, I got to ride with Geoff and the team's photographer on a training ride. If any of you got to see the articles in Velonews, you would have seen some very close to this one which I took on the ride. My most nerve-wracking moment was when one of the riders had a flat tyre and Geoff sent me out to change the wheel (rear!).



Thankfully, it wasn't one of the pros, just one of the Cervelo engineers, and I was doubly thankful that I got the wheel in and the guy back on the road within seconds. Phew! On the Wednesday was the big group ride where sponsors and other members of the Cayman cycling community got to head out on the road with the whole team. Quite an incredible experience to ride with these guys. For about an hour and a half, we were going at a very sedate pace which enabled us to head up and down the peleton to chat to as many of the riders as possible. However, with about 10 miles to go at a pre-arranged spot, Tyler Farrar put his head down and went full gas to get away from the group. At that moment I was riding behind David Millar, Christian Vandeveld, and Thor Hushovd. I figured that this would be my only opportunity to ever ride on Thor's wheel and jumped on as they all powered away. I had my power meter on and maxed out at 1021 watts for that effort. However, after 30 seconds, I was cooked, done! I pulled over to the side of the road just as the rest of the team came past in the sort of impeccably organized pace line that you would expect. It was brutal. After about 3 mins, they had left all of the local riders for dead and headed home. We all came in a few minutes later looking forward to coffee and muffins! There were plenty more events and things planned by the organisers of the week including a trip out to see the stingrays, a treasure hunt, a trip out on a helicopter with

Cayman Helicopters and a charity auction where the riders helped to raise over \$30,000 for the local cancer society. Experiences like this don't happen very often and I'm truly thankful for the opportunities that I had. All of the riders, bar none (well possibly apart from Dave Zabriskie who is more than a little way out there!) were incredibly nice and generous with their time and always more than willing to have a chat over a cold beer.

I wish them all the best for the upcoming season and definitely hope to head out to Belgium or France at some point to catch up with them and the mechanics at one of the spring classics or a stage or two of the Tour



Me and Tyler Farrar

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### \* FOR SALE

*I have just received these details of a road bike for sale by a non member:-*

Hi there, I have owned racing bikes all my life but never joined a club. I am now giving up riding a road bike and wonder if any of your members would be interested..... *David Butler*

50CM BOARDMAN TEAM CARBON  
SRAM RIVAL GROUPSET  
RITCHEY WHEELS, HANDLEBARS,  
STEM & SEATPOST.

CARBON BOTTLE CAGE  
CONTINENTAL ULTRA TYRES

I have owned the bike since new just over a year old, and still looks like new... £700.00 O.N.O

I also have some good quality clothing for sale.

Email for more details on

[david.butler4@homecall.co.uk](mailto:david.butler4@homecall.co.uk)

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### East District - Short Distance Rankings

C.C.S. member, James Rush was ranked 15<sup>th</sup> in the 2010 annual ranking list for short distances in Open Time Trials. His average speed over the 10 & 25 mile courses was 25.91mph and it saw him drop 3 places from the previous season rankings when his average speed was 25.919mph!

\*Could you please post a message in your newsletter from Mac and Alan McDermott saying.....



Mac and Alan, Cat & Fiddle, Oct. 2010. CF Trust Sponsored Cycle Ride.

"Many thanks to everyone who sponsored us last October for the Cystic Fibrosis Trust 'Cat and Fiddle' sponsored cycle ride".

We raised £295. The photo is of us at the top of the hill (where Dad arrived 10 minutes before me!)

Well done to them both from CCS!

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Omitted in error from the list of Club officials on the rear of the Handbook.

John Steed, Thursday T/T Series Points Statistician

Alison Steed - Assistant Timekeeper,  
Linda Pillet - Assistant Timekeeper.

**Apologies!**

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We have just received yet another mail to help your pre-season training. It outlines details of a **Watt Bike League** which may be of interest to some of our more serious riders.....

Hi,

As you or may not know I've recently opened a Cycle Shop In Haverhill. To help promote the club and get local cyclists together, I am running a Watt Bike league in Jan/Feb.

Details can be found at

<http://suffolksport.com/events.asp?itemid=4697&itemTitle=WATTBIKE+League+Haverhill&section=000100010004&sectionTitle=Event>

*Many Thanks.*

*Steve Foster – Aerocycles*

01440 762200 or 07786326549

The annual dinner/presentation evening was held at a new venue this year and everyone seemed pleased with the new location. A lot of cups, shields, and medals were handed out (37 in total) by our President Geoff Morse, to our riders and the only 'unknown' winners on the night were for.....

**Clubman of the Year**, which went unanimously to Robin Weaver as recognition for the enormous amount of 'behind the scenes' work he has produced for the club this year.



**The Rider of the Year** was always going to be a close one, with so many deserving candidates on the list, including: - George Hoppit, Rob Davies, Viv Marsh and Brian Mann, all who have put in some remarkable rides in their various categories. But the secret ballot amongst the committee members considered that Viv Marsh was to be the worthy recipient. Three times up Mt.



Ventoux in one day via the three access roads and completion of a Super Randonneur (200, 300, 400, & 600km series of rides) clinched it for him.

**The Ladies Trophy** went to relative newcomer Linda Pillet who has enthusiastically taken up the 'stopwatches' to assist Alison and Brian in timing the club's time trials.



Two additional awards for '**The Golden SpindleNut**' – handed out for the best article to appear in Spindle during the year. They were presented to Mac McDermott for his charming account of a 1950's tour in France & Brian Mann for his almost 'non account' of his Audax year.

They were handmade in the **Whiteley Wood Whittling Yard** and have been finished in 24 carat gold leaf at the **Dales Fine Art Emporium**, both of which can be found in the Melford Road, Sudbury!

Many thanks to both of them for their sterling efforts!



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Late news has just been received from Amisvelo regarding a very local **Sportive Ride**... It's a Pre-Valentine Day Sportive around the lanes of Essex & Suffolk on the 12<sup>th</sup> February, with a choice of 15, 30, 45, and 60 mile routes. H.Q. is at Boxted Village Hall, Cage Lane, Colchester. CO4 5RE. Signing on is from 8.30am with the 1<sup>st</sup> group leaving at 9.00am and the last at 11.00am. Its £5 on the day and more details can be found on.....

<http://amisvelo.com/sportive.html>

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**\* Just a quick reminder to you all, of this Sunday's (30<sup>th</sup> Jan) CCS Reliability Ride from the Stevenson Centre in Gt Cornard at 9.00am!**

**Go on...you know you want to!!!**

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