

Hello everyone and a Happy New Year!

I hope you all survived Christmas ok and have been out on your new bikes or trying out your new bits of bike bling that Santa brought you.

Chairman Darren Rule has kindly written the opening editorial for this 1st edition of the New Year and is also the subject of the Rider Profile as a reward! So lots of variable content to read further on with something for everyone I hope.

Rog

'Well, where has that year gone!?' And what a year it's been: it seems though we've lost a disproportionate amount of big names from my youth; Bowie, Prince, Wogan, Mohammad Ali, Paul Daniels, Ronnie Corbett, and George Michael to name a few. We've voted to leave the cosiness of the European Union and seen our neighbours across the pond vote in a president who is likely to ruffle a few feathers around the globe.

Away from the world stage and a little closer to home, it's been my first year as chairman of Cycle Club Sudbury. It's been a very busy but enjoyable year in the "hot seat" for me. My priorities coming into the year were to grow the membership numbers by rekindling the Sunday Club Run, to build on the success of the Junior section, and to continue to host our great events.

While overall membership is slightly down on the previous year the club rides have seen more regular numbers attending which is great to see, this will hopefully improve the club's profile and has already attracted some new members in 2016. Thanks to Steve Barnes for continuing to organise these rides and to the various members for leading them.

The Junior section has had good attendance again this year and is now including some regular trips over to the Cyclocross track over at Maglia Rosso to give the older, more able juniors more of a challenge. Thanks to Chris, Kirsty and Dave for organising these sessions.

And as for our events, we continue to receive great feedback from many of the participants which I hope to build on for the coming year.

While I want to keep these priorities for 2017 I also want to encourage more female riders to the club. It is very apparent that we are very lacking in this area, with only a handful of ladies on the membership list. However, the ones we have are keen to also promote the club to increase the female numbers so hopefully that will be something we can do in the coming year.

Many of our members have been competing during the year and have achieved some great results. Thanks to Mandy Bunn our ladies 10-mile TT record has fallen: not once, not twice, but three times in one year down to a time of 25:01, and she's taken the 25-mile record down to 1:05:40 – fantastic! We expect great things from you again next year, Mandy – no pressure!

Our gents have had some success, too. The 25-mile TT individual and team records have been taken with times of 52:03 and 2:39:45 respectively. Damon Day is now the proud owner of this record along with James Rush and Dave Crisp for the team record.

In his first "proper" season in competition Leon West has taken our Acton and Brent Eleigh TT course records, won the Evening TT Series and also is the winner of the Jonathan Weatherly Trophy which has been awarded for the most points accrued in the season's SpoCo events. If his form continues in 2017 there will sure be some more silverware with his name on it.

No list of achievements would be complete without a mention of Raymond Cheung who rode 11,681Km in Audax events including five 600km events. A man of steel!

And, of course well done to all the many other dedicated riders we have in our club who, week-in & week-out, enter time trials, road races and Audax events, or who just go out and ride their bike for the fun of it while sporting an orange jersey.

You have chosen Cycle Club Sudbury as your club: and remember this is your club. The Committee don't make all the decisions; we need your ideas and input to make the club work. All the great things that I've listed here are only possible if people get involved. So thanks to those of you who have got your sleeves rolled up in 2016; whether helping at events, leading rides, writing articles for the Spindle or being on the committee, and I look forward to your support again in 2017.

So back to where I started....it is an old cliché but it is true, time really does fly. So whatever your plans are for the coming year, get out there, gets involved and have some fun while doing it!

Wishing you all the best for a happy and healthy New Year.

Darren Rule

CCS Youth Group news. *By Chris Sampson and David Fenn*



James Blacker

On Saturday 10th December a group of 12 youth group members met at Maglia Rosso for a session on their off road track.

The group was split in two, the older group led by Chris, the younger group led by David.

Despite the threat of rain the 12 hardy souls were able to practice their skills on variety individual obstacles including Berms, Sand Pit, drop offs and hills.

Having practised the individual techniques we then devised a short circuit for the younger group

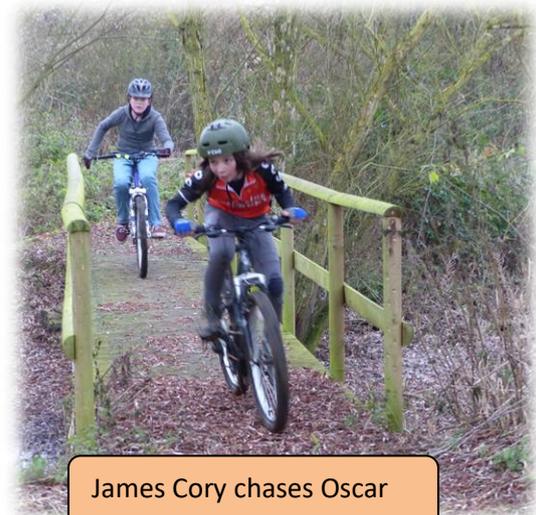
which included the previous obstacles. James B proved to be a natural particularly on the drop off showing no fear. Five year old Suki, whilst a little hesitant at first soon became more confident and with a little help of our family helpers was able to negotiate all the obstacles.

The twins, Ollie and Seb, are always full of enthusiasm tackling all the obstacles without fear and big smiles on their faces. The older group finished their session with a relay race over the whole 1 mile circuit encouraged by very loud singing from Joy M. A big thank you to all the parents who assisted with the session acting as safety marshals at the obstacles.

Our next visit to Maglia Rosso is scheduled for Saturday 7th January 2017, meet at 11.00 am.



Suki Keep



James Cory chases Oscar Keep over the bridge

CYCLE CLUB SUDBURY

RELIABILITY TRIALS.

Sunday 29th January 2017

Starting and finishing at

The Stevenson Centre, Great Cornard

Post code CO10 0WD.

Selection of distances and target times.

46 miles in 3hrs 30 mins, sign on at 0845, first group starts 0900

46 miles in 2hrs 45 mins, sign on at 0900, first group starts 0915

27 miles in 2hrs 30 mins, sign on at 0915, first group starts 0930

27 miles in 1hr 45 mins, sign on at 0930, first group starts 0940

***Route maps and GPX files can be downloaded from the
CC Sudbury website www.cycleclubsudbury.com***

Event organiser; David Fenn

Phone; 01787 374284. Mobile; 07884487846

Email; dr.fenn@tiscali.co.uk

Entry fee £6.00 includes refreshments.

Sign on the line on the day

This is a British Cycling registered event and for insurance purposes requires all riders to wear a hard shell helmet conforming to CE standard EN1078. No helmet, No ride

Other local Reliability Rides

Sunday 22 January; VeloSchils

Sunday 5 February; West Suffolk Wheelers

Saturday 11 February; Amis Velo

Audax report December 2016. *By David Fenn*

I don't want to worry you fellow Audaxers, but Raymond has already clocked up over 1600kms so far in his bid to retain the Audax Cup!

Date	Event	Riders
1 st Oct	Churchend 100 k	Raymond Cheung + 100 k Mick Bates, Brian Mann
8th Oct	Cambridge Autumnal 200k	Raymond Cheung
16 th Oct	Carlton Colville Silly Suffolk 200k	Raymond Cheung, Brian Mann
16 th Oct	Carlton Colville 160k	Mick Bates
19 th Oct	DIY 200k	John Oakshott
5 th Nov	Witham 107k	Raymond Cheung + 100 k Andrew Hoppit, David Fenn, Robin Weaver
5 th Nov	Upper Thames 200k	Brian Mann
13 th Nov	Dick Turpin's Day Out 200k	Raymond Cheung
19 th Nov	Dick Turpin's Day Out 200k	Raymond Cheung
27 th Nov	Manningtree 200k	Raymond Cheung
27 th Nov	Carlton Colville 100k	Mick Bates
3 rd Dec	Witham 100k	Raymond Cheung + 100k Mick Bates, Andrew Hoppit, David Fenn

Forthcoming local events:

Saturday January 14th 2017, New Year QE2, Swaffham 100k.

Saturday January 14th 2017, Swaffham Xenon 54k.

Saturday January 21st 2017, Kelvedon Oyster 100k.

Saturday 4th February 2017, Knights Templar Compasses and Cross, Witham 100k.

CCS Cycling Shorts

1) *From the Cycling UK website, reflecting current Government spending levels per head of population. Doesn't seem quite right to me. Does it you?*



2) **SUBS NIGHT - 7.30PM - THURSDAY 12TH JANUARY**

Annual CCS member's subs are due at the Subs Night at The Stevenson Centre, off Broom St, Great Cornard. It would be a great help if you paid by cheque, or brought the right money. If any of your personal details (address, e-mail address, phone no etc) have changed, please also bring a completed membership form, downloadable from the top of the CCS website homepage. You'll also have the opportunity to collect the 2017 Handbook and catch up on the latest news over a cuppa and piece of cake.

If you can't attend the Subs Night, please send a form and payment to Robin Weaver – address etc on the form.

Subs for 2017 are; Juvenile £5, Junior £8. Senior £18. Senior over 65 £12. 2nd claim member £12, Family £24.

NOTE: Keen time-trialists can also pay a mere £45 to cover a whole season's Thursday evening time trials (twenty rides), **a £15 saving** over the total paid for a season at £3 a ride. *Robin*

3) **Other Diary Dates**

CYCLOCROSS

Further details on the British Cycling website at <https://www.britishcycling.org.uk/cyclocross>

Monday 2 January 2017: Trinity Cross (Trinity Park, Ipswich)

Sunday 19 February; Maglia Rosso, Cyclocross Endurance sportive

Sunday 26 February; Mud Sweat and Gears; Lee Valley; first of an 8 race series

Sunday 19 March; Mud Sweat and Gears; Kentford

ROAD RACING

Further details on the British Cycling website

Sunday 12 March; Jock Wadley road race

AUDAX

UPCOMING AUDAX RIDES

To find out about audax rides, and how they work, and further details on these audax rides, and to enter (most of them) on line, visit <http://www.aukweb.net/> . Anyone can enter these rides.

Saturday 14 January; Swaffham; 54/100k

Saturday 21 January; New Winter Series, Audax Club Mid-Essex; Kelvedon; 100k

Saturday 4 February; New Winter Series, Audax Club Mid-Essex; Witham; 100k

Saturday 4 March; New Winter Series, Audax Club Mid-Essex; Dunmow; 100k

Saturday 18 March; Copdock; 100k

4)

Is this the future for Time Trial machines?

If it is...be afraid, very, very afraid!

It must have a good turning circle though and easy to fit in the back of the car!

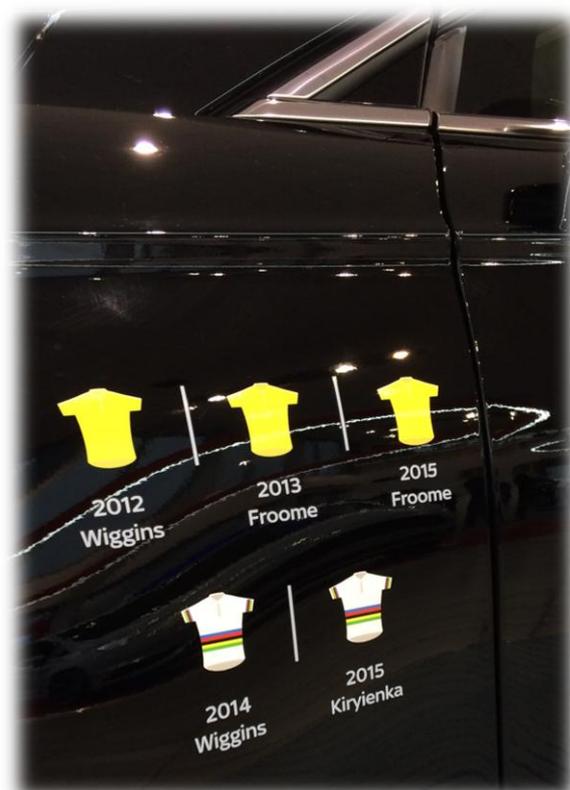
(BUT Please don't try this at home!)



5)

Spotted in a local Ford dealership.

This year's Sky support vehicle with a neat set of stickers on the side of their T de F winners and World Champions.



6) Accredited Race Marshall Training

by Darren Rule

British Cycling are planning to hold some more training courses for potential Accredited Marshals early in 2017. If you're interested in participating please from me a line on darren_rule1@hotmail.com

Accredited Marshalls are used in cycling road races to marshal the event and have the power to stop traffic as the race approaches (similar to those of a Lollipop man/lady). Apart from the ½ day training course you need to be able to commit to marshalling five events each season to ensure you maintain you competence. It's a great way to get up and close to the racing action. Under rule of our affiliation to the Eastern Road Race League we need to supply at least one Accredited Marshall, which we currently have (thanks James Newton) but I would like to get another trained if we can.

7) Save a 'tenner' on club kit at the subs night



With a new membership year about to start, there's another chance to save £10 off your clothing purchases. We are running short of certain items but a new order will be going off to the manufacturers very shortly. In the meantime, the entire current stock of club clothing will be available at ***the subs night on the 12th January.*** Trevor Hale

The current stock situation is as follows:-

Short sleeve road jersey £44

Small 2
Medium 2
Large 2
X large 1

WT race jersey £70

Large 2

Sleeveless road jersey £38

Medium 2

Long sleeve road jersey £50

Small 2
Medium 2
Large 5
X large 4

Lightweight Windtex jackets £60

Small 2
Medium 5
Large 2

Ultra packable Windtex showerproof £51

Medium 1
Large 4

Gilet £40

Small 1
Large 1

Windtex Gilet £46

Large 1

Bib shorts £53

Large 3

Premium bib shorts £68

Small 2

Thermal ¾ bibnicks £44

Medium 2
Large 2

Premium bib shorts £68

Small 2

Thermal ¾ bibnicks £44

Medium 2
Large 2

Thermal bib longs with pad £57

Medium 2
Large 4

Thermal bib longs without pad £46

Medium 1
Large 2

Kid's Short sleeve road jersey £20

(subsidised)

Choice of sizes from
Small (7/8yrs), Medium (9/10yrs)
and Large 11/12yrs

Multitubes £8

Only 6 left

Overshoes £13

Only 3 left

Also...

Kid's Hoodies £10

Kid's T-shirts £8

Adult Hoodies £22

Adult Polo's £14

Any clothing enquiries to the clothing secretary,

Trevor Hale on 01787 278601.

Email clothing@cycleclubsudbury.com

8)

New Skinsuit Design



Front

Back

After a lot of hard work by our Clothing Secretary Trevor Hale, which included many tweaks along the way to the design, to reflect comments and suggestions by members, the (almost!) finished version is shown above. I hope you agree that it's a nice design!

9)

Now that's one mechanical mishap I wouldn't want to be responsible for.





(Here's something to help you all to combat those Christmas excesses!)

How Yoga can benefit your cycling *by Nick Webber*

Many years ago, one of my yoga teachers – a very experienced and wise lady – told me I should choose between cycle racing and yoga. Her view was that competitive cycling and punishing training sessions were bad for my yoga practice. She was right of course (not that I took on board her wisdom at the time, much to the detriment of my hamstrings and posture).

However, the converse point is that yoga is undoubtedly beneficial for cycling. This brief article outlines some of the yoga practices that can be incorporated into cycling, both to improve performance and to reduce the risk of injuries. It is worth stating at this point that yoga is about so much more than stretching and gymnastic postures, in spite of the fact that this area of the subject makes up the bulk of most yoga classes in this country.

So, before we look at posture work (or *asana*) let's focus on breathing (*pranayama*). At a purely physical level pranayama is a formal method of controlling the breath, with a view towards a more efficient and beneficial use of the lungs.

Within Hatha Yoga (the form most commonly taught in this country) pranayama can also be seen as the link or union between body and mind. I'll expand upon the mental factor later but there are a number of breathing practices that can benefit cyclists.

Most of you will know that, typically, we only use a small proportion of our lung capacity (around 15 – 20%, apparently). During exercise we tend to increase the rate of breathing but rarely deepen the volume of each breath. A relatively simple practice to educate your lungs to become more effective is the full yoga breath or 3-lobe breath. The premise is that by considering the lungs to be in 3 sections we can focus more easily on filling (and emptying) each part and thereby develop a more complete breath cycle.

Begin by becoming aware of the large diaphragm muscle (just below the rib cage). It can help to place both hands on this area, with the index fingers on the bottom rib and then attempt to breathe into the hands, forcing them outwards. Continue the breath by breathing directly into the rib cage area. The ribs will separate and move out sideways. The full breath (at least the inhalation part) completes by breathing into the top of the chest. Ideally, the inhalation is performed through the nose as this moistens the air, filters it and brings it to the correct temperature – and I really recommend working with this – but obviously when one is riding flat out the mouth gapes open.

Breathing out completely and fully is also critical. A complete exhalation will release more carbon dioxide from our system and therefore the ratio of carbon dioxide to oxygen in our blood improves, facilitating greater absorption and use of oxygen to ultimately assist in powering our muscles.

From the perspective of yoga, pranayama is about more than improving lung capacity. Yogic understanding is that the universe is full of a life force called *prana* and, consequently, pranayama practices are about improving our absorption of this vital life force. Thus, when we inhale we not only bring air into our system but also the very essence of life. One of the goals of yoga is to promote the free movement of prana to all parts of the body and remove blockages that can lead to disease and weaknesses.

As I alluded to above, pranayama can also be used as an anchor to more subtle, mind-based activities. One of the most beneficial yoga practices of this type is meditation. While meditation is a whole big topic for another time, the related practice of concentration (or visualisation) can provide notable benefits for all sports people. Indeed, sports psychology has for many years promoted the techniques of visualisation and getting into the "flow" as a mental preparation for key events.

To enable visualisation techniques to be effective, one's mind has to be able to focus almost 100% on a single concept and not be distracted by outside events or inappropriate, unhelpful thoughts. One practice to facilitate this – and which leads to meditation – is simply to focus as much as possible on the whole sensation of breathing in and breathing out. Keep the breath in of equal time to the breath out the same length and allow a small pause of 1 or 2 seconds between the inhalation and exhalation (for example, breath in for a

count of 5 seconds, hold the breath in for 2 seconds, exhale for 5 seconds and remain with the lungs empty for 2 seconds before beginning the next breath).

If you have persevered enough to read down this far, we will now discuss the area that most people focus on – stretching and strengthening. If you Google “yoga for cyclists” there will be a number of classic asanas that come up but I have put my own take on this below. One could reasonably ask, what is the difference between yoga and just stretching? Essentially, yoga postures also focus on balance, strength and mindfulness. Additionally, many classic postures also have an influence on our hormonal (endocrine) system and, at a more subtle level, aim to remove energetic blockages in our body.

Anyway, here are a few postures I would recommend (but, of course, there are many).

a) This is a posture to combat the round shouldered position that cyclists often adopt.



It is a combination of the classic warrior pose and eagle pose. The opening into the warrior pose works on tight hips, glutes and inner thigh muscles, while the eagle arm position works into the middle of the back. The pose is developed by having the elbows close together and lifted upwards.

Take care to keep the alignment of the forward knee tracking over the 2nd toe of the foot !

While the legs remain fixed, the arms can be unwrapped and lifted up over the head, holding each elbow with the hand. The further backwards the forearms are encouraged

the better (but without going to the point of pain).

Remember to breathe and aim to hold for 30 seconds.

b) The next posture – *the high lunge* – works into the hips and front of the thigh.

Unlike the warrior pose, both feet face the same way. The stance will also be wider than the warrior pose



C) Pigeon pose

This is a really lovely posture for tight hips and glutes. It is best to come into this pose from a hands and knees position. Cross over the legs and then slide back over the forward shin.

Take care not to twist the knee joint. Breathe deeply and hold for 30+ secs

d) Downward dog pose



This is another lovely posture that works several areas at one time. Obviously, the hamstrings are being stretched, as are the buttocks and hips. Also the shoulder girdle and arms come into play but, more importantly, to do this posture well, the core muscles need to be engaged and drawn inwards. Again, aim to hold for 30 seconds and repeat 3 or 4 times. There are many beneficial postures based upon this.

Warning: this is the health and safety bit !

Please note that this is only a lightweight summary and I would of course recommend going to a qualified yoga teacher to get proper guidance on developing safe and beneficial postures.



Not the Boxing Day, Boxing Day Ride!

The traditional after Christmas Day ride, known as the Boxing Day ride, no longer happens on that particular day as we have succumbed over the years to pressure from all directions (mainly family duties!)

So it came to pass this year, when 20+ members assembled at Lavenham on a bright and crisp and even day, on the day after Boxing Day. One came on as a Christmas tree disguised as a bike, some came festooned with Christmas decorations around their machines and some just seemed happy to have escaped for a morning on their bikes.

Organiser Geoff Sims charted a course around the nearby lanes which went off without a hitch although the Christmas tree bike (see pic) was shedding baubles along the way which everyone managed to avoid. (Owner Ashton Dyson won the best dressed bike award but only won this *mention* in Spindle for his effort!)

I was on a shorter ride with grandson Max and his dad and had the ignominy of being the only rider to get a puncture and making us last back in the queue for chips!



Ashton with his lightweight Nordic Pine-Arrello

Back at the race HQ, (Lavenham Cock Horse) Geoff declared the winner who guessed the distance ridden as Dan Upton (a local Lavenham boy who must have used his local knowledge to good effect) with a mileage of 13.3 followed very closely by David Fenn and first timer Connor Mothersole.

The main reason for the event wasn't evidently the competition but the bowls of cheesy chips, beer and coffee on offer at the end of it all and very nice they were too!

A good mornings entertainment and thanks to everyone for making the effort.



Dan receiving his winners shield from Geoff Sims

Rog



Barry and Con battle it out up the hill.



RIDER PROFILE

Name....Darren Rule

1) **Occupation and how many years have you been cycling?** I'm an Engineering Manager and work for Thame Water. I've been cycling regularly since about ten years.

2) **What was your first 'proper' bike & how old were you when you had it:** I had some great bikes as a kid and cycled a lot. I remember getting a Raleigh Winner racer when I was 8 or 9 and I used to cycle it about 4 miles each way to school. In recent years the first decent bike was a Giant XTC4 hardtail MTB that I bought for £500 which I thought was a fortune!

3) **How many bikes do you have now and list them in order of preference:**

1. Storck Scenaro race bike 2011
2. Carlton Grand Prix 1967
3. Cervelo P2 TT bike 2009
4. Specialized Stumpjumper Elite 2007
5. Giant XTC4 2006 (my pub bike)
6. Motobecane racer from around the late '70's – converted to fixed wheel (a good bike but it's too small for me, hence I never ride it)

4) **How many miles do you average a year:** until I picked up my knee injury in Feb '15 I was riding 250-300 hours per year (about 5,000 miles). 2016 was a very poor year for me, I'm ashamed to say, with just 1,500 miles.

5) **What was the longest ride you completed and where was it.** I've never done any real long rides. I've done several "tons" but not much more. Probably the most I've done was 115 on the Tour of Essex 100 a few years ago in which I got lost!

6) **What was the best ride you completed and why:** A tough one this. I've had so much fun on my bike over the years. Probably my best ride was one of the days on a training camp in Majorca when we rode the Puig Major, Sa Calobra and Soller in a ride that was just over 100 miles. Very hard, but so enjoyable with stunning surroundings.

7) **What was your best Race/Audax/Sportive/TT performance?** I was always a bit of a "jack of all trades, master of none" on my bike. I loved road racing but never had much luck (skill or ability!). I had some reasonable results in time trials but nothing that really sticks in my mind. Although only a sportive, one event that I do remember was the first Prudential Ride London 100 which I completed in 4hrs 18mins – it was a fantastic day and I was so pleased with my time, and had a real sense of elation when it was all over.

8) **What was your most embarrassing moment on a bike?** Like most cyclists I've had several embarrassing moments due to not getting unclipped in time. The most embarrassing (and painful) was when I crashed doing a drop-in into a bomb-hole at Thetford Forest in front of a load of mates. Apart from a very red face I ended up with a three-night stay in hospital with a collapsed lung.

9) **And what was the worst ride you ever had and why?** For "worst ride" - see answer above. My hardest ride was a 100-mile time trial I competed in on the B100/9 from Fakenham. It was a sporting course and I had done very little training – in fact it apart from one evening 10TT it was the first time I had used my clip-on aero bars. After the event I hurt in places I never knew I had! I remember back at the HQ standing with a cuppa and slice of cake, when the cake slipped off my plate onto the floor I went to pick it up and I physically wasn't able to...ouch!

10) **Who were/are your childhood/modern day cycling heroes?** I don't really do heroes but I do have a lot of respect for anyone who gives it a go and doesn't give up. Some of crashes you see in pro racing where they dust themselves off and get back up shows that we're made of hard stuff! The Jonny Hoogerland crash on the Tour in 2011 is one that sticks on my mind.

11) **What do hate most about cycling?** It's got to be cyclists who don't acknowledge other riders when out on the road. They're obviously way too cool to say "Hi" or put their hand up.

12) **What bike would you most like to own?** There are some beautiful bikes on the market with loads of trick technology, but I'd feel a bit of a prat riding a ten grand bike when I know I couldn't do it justice. To answer the question I've always fancied owning a Penny Farthing!

13) **What is the best 'bit' of cycle equipment/kit you ever bought?** Sealskin lobster claw gloves. I've ridden in the depths of winter in sub-zero temperatures on my early morning commutes and never had cold fingers since buying these.



14) **What is your favourite ride?** I think the Mad March Hill route takes some beating for a good time trial course, but probably my favourite local stretch of road is the road from Cavendish to Rodbridge. I love the steady decent through Foxearth.

15) **What are your cycling strengths and weaknesses?** My strength is that I'm pretty hardy – when I was training properly and needed to do lots of miles over the winter, I would go out whatever the weather (some may call me foolish!). My weakness is food - I love my grub – I don't eat junk food but I eat too much. This means that I'll never have the power-to-weight ratio that I want...

16) **And finally, what is your best training tip.** If you're serious about being the best you can, get a coach. Following a structured training plan is really important but having that coach who can tailor something for your specific goals and give you experienced feedback on your progress is invaluable.

: British Cycling Coaching Sessions

From: MARSHALL CROWE <marshall.h.crowe@btinternet.com>

Christmas is now behind and, with the recent favourable weather conditions, most riders will be well underway with their preparations for the 2017 session. There are some very exciting developments in the pipeline for East Region youth and junior riders at national level with more new events for senior riders including a very welcome increase in ladies races.

I will be starting a series of weekly coach led racing sessions at the Stonham Barns complex beginning on Thursday 5th January at 6:30-8:30pm. These sessions will be on a floodlit circuit with an excellent surface and will be open to all riders of 10 years and upwards. They will focus on the development of

1. physiological
2. psychological
3. technical
4. tactical

aspects of racing in a traffic-free environment. The initial sessions will follow a track-based theme i.e. pursuit, devil, keirin, sprint, scratch races to help sharpen performance and skills to complement the base miles most riders will now be doing for the new season. Normal road bikes will be used (no fixed wheels or tri-bars allowed). Stonham Barns is at Pettaugh Road, Stowmarket IP14 6AT on the A1120 between Stowmarket and Pettaugh.

Cost will be £5 per session (£3.50 for U12's).

There are toilet and changing facilities on site. Please ensure you bring suitable clothing for the weather conditions and sufficient isotonic drinks/food for a 2 hour session. A race helmet must be worn. All Riders must complete the attached Rider Information Form and under 18's must bring the completed, signed parental consent form.

Please let me know if you are coming by close Monday 2nd Jan. If you have any questions in the meantime please give me a call.

Regards,
Marshall Crowe
07860 89125

[Foremost Coaching](#)