

Cycle Club Sudbury

Spindle - January 2011



www.cycleclubsudbury.com

'Tis the season to be jolly' goes the jingle. Well, maybe it would be, if the big weather controller in the sky would turn the heat up a tad and do away with the snow and ice. It just 'aint conducive to riding a bike at the moment.

Although as always, after you've started out, it never seems as bad. So, with that in mind, my New Years resolution will include, forget the cold, wind, and rain, and just get out there. How cold and wet can you get after you've put all your warm and waterproof togs on. Hmm, I'm still not convinced! Although I did go out on the Saturday before Christmas on my MTB, and have to admit that I have never experienced such treacherous conditions. The lanes were just sheet ice and have never concentrated so hard to stay upright, as I did on that morning.

This month's edition includes two new contributors. The first from Mat (one't') Shotbolt, gives us a look at mountain bike racing around the off road stuff. It's a nice change to report on a different aspect of biking and will become the first of many, he tells me!!

The second is from someone (my hero, actually!) I have been on at for ages to put down on paper, what it's like to cycle thousands of miles a year, on a bike with no gears.

Unfortunately, he declined the offer and sent in a letter to explain why.

It's literary pure gold!

And just to warm us up a bit, we have an account of a summer ride in the Italian Dolomites, on a Grand Fondo, which I always thought was a large pan of bubbling cheesy goo.

With the forthcoming annual dinner & presentation evening on Jan 22nd nearly upon us, I have included a list of who has won what over the season. So if you want to come along and pick up your prize(s) or to just enjoy an evening out, please respond to the details included further on.

Santa duly delivered my Blackburn Mars rear light on Christmas day and I then temporarily blinded myself for the rest of the day when I switched it on about 2 feet in front of my eyes! I'm reliably informed that three club members in Sudbury saw a red glow from the Hadleigh direction when I first tried it out on the bike that evening!

Club Trophy Winners - 2010

Veterans B.A.R.	Gold	Rob Davies	5.428
	Silver	Stewart Kirk	4.887
	Bronze	Simon Daw	3.492
100 mile Open T.T. Cup		Stewart Kirk	4hr 38min 03s
50 mile Open T.T. Cup		Rob Davies	1hr 57min 05s
25 mile Open T.T. Cup		Rob Davies	53min 11sec
Ladies 25 mile Open T.T.		Barbara Law	1hr 21min 04s
Audax Trophy	Gold	Brian Mann	12,664kms
	Silver	David Fenn	8,130kms
	Bronze	Peter Faulkes	7,623kms
Hill climb Champion - Snr	Gold	Simon Wright	51.02sec
	Silver	Mat Shotbolt	53.02sec
	Bronze	James Rush	54.08sec
Hillclimb Champion – Schlool age	Gold	George Hoppit	1min 07.09s
Club 10 mile T.T. Champ	Gold	Rob Davies	23min 01secs
	Silver	Simon Daw	23min.08secs
	Bronze	Mat Shotbolt	24min 05secs
Club 10 mile T.T. Junior		George Hoppit	24min 49sec
Club 10 mile T.T. Juv.		Joe Marsh	28min 09sec
Club 10 mile T.T. Ladies		Barbara Law	32min 19sec
Club 10 mile T.T. Vets	Gold	Stewart Kirk	
(on Standard)	Silver	Brian Mann	
	Bronze	Simon Daw	
Club 10 mile T.T. Champ	Gold	George Hoppit	
(on Handicap)	Silver	Rob Harman	
	Bronze	John Shotbolt	
Club Evening Points Series	Gold	George Hoppit	849 pts
	Silver	Gary Buckles	826 pts
	Bronze	Ashton Dyson	750 pts
Club Evening Pts Series BAR	Gold	Rob Davies	93.29
(All 4 courses)	Silver	Simon Daw	93.39
	Bronze	James Rush	94.16
Boxing Day Trophy		Mac McDermott	
Clubman of the Year			?
Rider of the Year			?
Ladies Trophy			?

Thetford Forest Mountain Bike Racing.

by Mat Shotbolt

The 2nd race of the Thetford winter series was held along fire road 6 in Brandon and attracted some 500 competitors. This particular event was sold out 2 weeks before its start and shows that mountain bike racing is still growing in popularity. Despite the heavy snow in the days leading up to the event, most of it had thawed out and left good racing conditions with the flowing single track as fast as ever.

Riders lined up in their separate pens full of friendly banter and as each category left, cheers went up with from the strong crowd of supporters lining the forest.

I was racing in the 2 hour category and was positioned in the middle of the field in the starting pen. The race went well with the only real glitch being a dropped water bottle at the feed station which meant I had to stop to collect it. My laps were consistent if not lightning quick and my improved fitness this year meant that I thankfully moved up the field steadily. Towards the end of the fourth lap, it became apparent I was racing with two other riders and it was only thanks to a last ditch attempt that I managed to overtake them on the last fire road before the finishing line. I held on to finish my fourth lap in an overall time of 2.23.51, leaving me 15th out of 126 riders.

For Sale.....

L.A.S. Aero time trial helmet

In black carbon effect with unused visor and protective sleeve bag. In good condition and with original box. Size 54 – 60..... £75.00
Phone James on 07909525057 Or email james.rush@wparchitects.co.uk



Letters.....

Dear Roger,

I am sorry to write to you like this and I know I am letting you down, but I really don't feel I can write about my experiences in Audax this past year.

As I recall your request came just as I was setting off for my 28th 100k ride on the aptly named Emitremmus Desrever (read it backwards) on the last day of October, and the last day of the Audax year.

I know you asked very nicely and I found myself saying "Yes" just before setting off for a gentle ride with Simon Daw, who seemed to accelerate every time a rider came past us until an easy 100k ride became an 80k sprint, (I let him go 20k from the end in case I got drawn into a race for the finish and anyway my legs hurt) but I must let you down as I don't think anyone would be interested in my exploits.

You said all I have to do is give a few "stats", whatever "stats" are and detail a highlight or two of my year, but who's going to be interested in my riding 32 x 200k rides, 1 x 600k, 3 x 400k, 3 x 300k and the aforementioned 28 x 100k's all on fixed wheel?

As for highlights, I wonder what you count as a highlight on an Audax, as invariably I suffer for most of the ride, either by going too fast too early or not eating enough at the café stops, being in such a hurry to get to the finish, so for me, the only highlight is at the end of a ride when the organiser stamps my card and I am let loose on the refreshments!

Doing 70 Audaxes in one year inevitably means memories merge one into the other and it is a job to remember what happened where. I do remember texting

"Mr. Chairman" while crossing the Severn Bridge and getting a text back saying he was enjoying his bottle of wine while I still had 180k to ride through the night via Membury Services (M4) cue strange looks from motorists in the restaurant where I was served the most awful bangers and mash I've ever had, one mouthful of sausage and two of mash was enough! I think it was on my fourth trip on the Reedham Ferry that the Boatman asked where we were cycling from and, to and after I told him, replied in his

broad Norfolk accent “Cor, you ol’ buys holly hoss about – don’t yu”.

And on one of the Manningtree 400k rides, having braved the nocturnal delights of Brandon and Newmarket, getting to the peaceful village of Great Sampford just as dawn was breaking and hearing the dawn chorus from the first calls to the full orchestra, accompanied only by the hum of bike tyres and the feeling that another ride was in the bag and all was well in the part of the world that I was enjoying, then on the same ride, about two miles from the end, being overtaken by some club riders,

one of whom slowed down beside me and I said “Just started out?” He replied “No, we’ve already done 20 miles” so I told him I was nearing the end of a 250 miler.

I don’t think he believed me, as he rode off then slowed down beside Mick Bates, who was 100 yards ahead, and asked him where we’d been. Mick told me later that he said we’d started off at 10am the previous morning in Manningtree and ridden for 21 hours via Hadleigh, Walsham, Halesworth, Acle, Wells Next the Sea, Fakenham, Swaffham, Brandon, Mildenhall, Saffron Walden and were just about to finish, that seemed to convince him, as he replied “**** me, I think I’ll give up now” and rode to catch up his mates, no doubt to tell them about his encounter with a couple of madmen!

In conclusion Roger, I am sorry to let you down. I know being editor of the Spindle is a thankless task (who told you? Ed) and while I enjoy reading it, I am aware my writing is not up to the standard of Viv Marsh, so perhaps for that reason you’ll forgive me and find some other mug to put pen to paper.

Very sorry,
Brian Mann.



A PUBLISHING FIRST FOR CCS!

Roll up to the CCS Subs Night on Thursday, 13 January to receive a free copy of the new CCS 2011 Handbook – you’ll have to pay your subscription for 2011 first, obviously! This new publication contains details of all those essential CCS facts you need to know; time trial and audax dates, time trial course maps, who holds the CCS 50 mile time trial record, how many audax miles Brian Mann rode this year, when the Club started, and even who can vote at the AGM!

You’ll be e-mailed a membership form for 2011 before the Subs Night; please bring this along, together with your subscription (cash, or cheque payable to Cycle Club Sudbury); 7.30pm at the Stevenson Centre, off Broom Street, Great Cornard.

Diary Dates

Jan 13th Subs night Stevenson Centre 7.30
 Jan 15th 100k Norfolk Nips 3 Audax.
 Norwich 9.00
 Jan 22nd Annual Dinner/Prize giving.
 Leavenheath Lion (New venue!)
 Jan 30th Reliability Ride. Stevenson Centre
 9.00am
 Feb 12th 100k Norfolk Mardle Audax
 Norwich 9.00am
 Feb 12th 200km Old Squit Audax Norwich
 8.00am

Maratona Dolomiti 2007

By Nick Webber

When I arrived in Arabba after a two hour drive from the sunny plains around Venice I was really not prepared for the chilly Dolomites air. Although it was July and just after midday it quickly dawned on me that I had probably not packed enough clothes for my stay in this mountainous part of Italy (not the first time and unlikely to be the last time that I have arrived underdressed for a prestigious event – but I digress). Once I had settled in, unpacked my bike (with the usual relief I experience after finding that my bike had survived the “loving care” of the airport baggage handlers) and dined on a mammoth pizza I met up with Richard to plan a few days preparation for

Sunday's Maratona Dolomiti – one of the most scenically spectacular of the Italian grand fondos.

In the three days running up to the event we explored some of the stunning routes over the mountains, doing our best to acclimatise to the long, steep climbs and high speed descents without taxing ourselves too much; a dedicated approach that involved long café stops and massive 4-course dinners – just to keep our strength up – as well as a few bottles of the local ale to minimise the risks of dehydration.

It was on one of those rides that we tagged onto a fast group containing a handful of animated Italians, whereupon Richard noticed one Francesco Casagrande. We rode with this prestigious group for half an hour without feeling we were imposing and even managed to get a photo with the great man (great in *palmares* if not in physical stature, as you'll see from the picture) at the top of the Falzarego climb.

By Sunday it all got a bit more serious. After being groggily dragged out of my sleep by the alarm clock and standing in the shower to wake up I went through my usual preparation routine before

joining a surprisingly noisy breakfast throng – surprising for 4am! My stomach reluctantly set to work

absorbing all the food I could throw down at that hour and then I set off to join Richard for the 40 minute ride, upwards towards the start near Corvara to join 11,000 other happy riders. True. Of all the events I have ridden in Europe over the past few years this really felt like the most relaxed and laid back: a really agreeable atmosphere. Unfortunately, as a newcomer to this particular event I was assigned the rear grid so, before the ride had begun I already found myself with over 9,000 riders in front of me. At 5:30am in the morning I was again aware of my apparent lack of clothing compared to my fellow riders. It was therefore a great relief to hear the commentator announce the start of the race sometime around 6 o'clock so that I could swing my leg over my bike and try to stop my muscles shivering. However, being so far back it was another 15 minutes until I finally began to roll off towards the first ascent of the Campolongo Pass. It was a real joy to be pedalling even though I had to concentrate so hard to avoid running into some of the wheels in front of me.



The sight of 1000s of colourful riders snaking up the pass in front of me was magnificent. Wherever I could I nipped through gaps to gain a few places up the hill but it was a slow process.

One nice idea for this event was having each rider's name printed below his or her number pinned on the back. It was therefore good to shout out someone's name in front and ask them to excuse me as I squeezed past – in Italian, "permesso". Rather different words were uttered by some other riders; I did not understand much of what was said but I don't think it was always polite!

The temperature dropped as we rode up into the low cloud at the summit of the pass so the fast descent off of the top was freezing but I held my place and began to ease through more gaps as we rode quickly along the valley floor. I knew this section of the ride from my outings with Richard and was able to use the road well to sweep around blind bends confidently. Oh, the joys of riding on fully closed roads.

We were soon climbing again, gently at first but then, as we moved above the tree-line, more challenging – and colder. I must add here that, despite the early hour and chilly, misty morning air the support from spectators here was massive and encouraging. Could they but know the energy this gave to the riders as they laboured through their own personal battles on this climb.

By the time we crested the Passo Pordoi I was beginning to find it easier to pass riders as bigger gaps were beginning to open. However, one benefit of not being able to ride at my own pace was that I still felt very fresh and strong. There was a feed stop somewhere around here but I still had plenty of liquid and pockets of snacks so I pressed on in order to gain a little more time.

The next significant climb bought us into the chic town of Val Gerdena but we had little time to look around as we headed back towards Corvara where we would tackle the Campolongo Pass for the second time (the course is run in a massive figure of 8). This time the sun was up, my legs were warm, and there was space to ride much quicker. For the first time today my speed was limited not so much by the wheels in front but by the power in my legs.

After a very fast drop down into Arabba I stopped for a welcome feed and refilled my bottles with whatever liquid was being handed out. The mountain air was noticeably warmer by now and it was beginning to take its toll on my speed when we began the hardest climb of the day – the Passo Gau – 10km at an average

gradient of 10%, with hairpins not unlike Alpe d'Huez.

As many riders in front of me began to wither and waver I churned away on my compact 34x27 gear to gain as much time as I could. Despite the pain – and this really was beginning to hurt – I found myself smiling at times just because it felt so good to be gaining height faster than many of those around me. Not that I am competitive or anything like that.

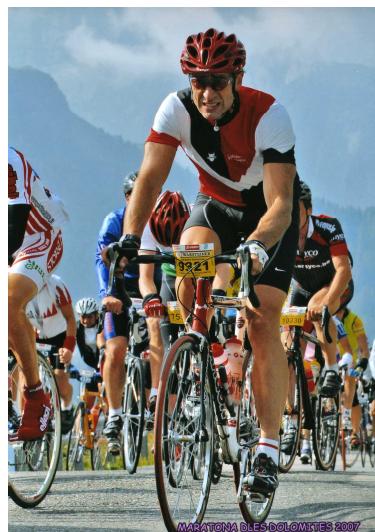
The road down from the Gau to the final col – the joint peaks of Falzarego and Valparola – was dangerous and very fast so it was inevitable I would lose time here as my

faltering descending skills allowed several more confident riders to fly past. No problem; the most exciting part of the day – for me – was yet to come. Once back onto the gentler gradients I managed to tag onto a reasonably quick bunch of

some 50+ riders and prepared to give it all I had in the 12km run into the finish at Corvara.

However, as the gradient rose again in the last 5km the pace dropped and I found myself at the front of the group trying to raise the pace. I managed to work with a useful Italian chap as we towed the bunch along for a few minutes but just after the kilometre-to-go banner he seemed reluctant to work any more. I clearly has an excess of adrenaline in my system – and too much energy left as I just kicked out of the saddle and powered into the final few hundred metres alone. This was a big thrill as the finish-line commentator actually spoke my name when I surged over the line to take the sprint for, err.... 474th place.

Amusingly, when I received a photograph of my finishing endeavours from the organisers it shows me grimacing with effort to get my bike to move fast and the veins in my arms bulging as I strain to keep the handlebars straight but the cool guys just behind me cruising along as if they were just going out to buy a Sunday newspaper. Ho hum.



Cycle Club Sudbury

Club Dinner and Prize Presentation

Menu. Venue; The Lion @

Leavenheath

Date; Saturday 22nd January 2010

@ 7-30 pm.

**Price for 3 courses plus
Coffee = £18-50.**

**Under 18 years of age =
£10-00. Drinks from
the Bar are extra.**

Name

Starters

French Onion Soup. Served with a Cheese Crouton & Freshly Baked Bread

Chefs Chicken Liver Parfait.
Served with a Sweet Red Onion Marmalade & Toasted Brioche.

Chefs Crab & Crème Fraîche Tart. Served with a Rocket & Tomato Salad.

Grilled Pear, Toasted Walnut & Blue Cheese Salad.

Main Courses. All served with New Potatoes & selection of Vegetables.

Baked Chicken Supreme. Stuffed with Tomato and Mozzarella served with a Sweet Red Pepper Sauce.

Pork Fillet. Topped with Walnut & Apricot Stuffing, enclosed in a Filo Pastry with a Peach Liquor Sauce.

Homemade Steak & Ale Pie.

Lemon & Herb Crusted Salmon Supreme. Served with Saute New Potatoes & a Sun Blushed Tomato Pesto.

Wild Mushroom Risotto.

Choice of Desserts.

Coffee

Please indicate your selection on the menu and return to David Fenn. By Friday 14th January 2011 together with payment.

Contact details; Tel 01787 374284 or e-mail; dr.fenn@tiscali.co.uk



CYCLE CLUB SUDBURY

RELIABILITY TRIAL

SUNDAY 30th. JANUARY 2011

START AND FINISH AT STEVENSON CENTRE

(JUST OFF BROOM STREET)

GREAT CORNARD

(Post code CO10 0WD)

48 miles in 3hrs.-30mins.

First group away at 0920hrs.

48 miles in 2hrs.-45mins.

First group away at 0930hrs

27 miles in 2hrs.-30mins.

First group away at 0940hrs.

27 miles in 1hr.-45mins.

First group away at 0945hrs.

Sign on the line on the day

Signing on starts at 0900hrs.

£4 Entry fee, refreshments are included in this price

Enquires to Brian on 01787 379605