



Nottingham Clarion Newsletter

August 2006

Club Secretary Paul Harwood; Pumpstation House Daleside Road Nottingham
(0115 9118183)

Newsletter Editor Andy Woolf

Clubroom Pumpstation House, Daleside Road, Nottingham **2nd Monday in each month 8.00pm**

Website: www.nottinghamclarion.co.uk

Welcome to the Clarion newsletter for August 2006.

Club News

New Members

A warm welcome to new members Alan Beet, Emily Clarke and Gordon Burton (another Gordon!) You may have seen them both at a recent evening 10s and Emily has been out on a recent club run.

Clubruns

Club runs are being organised on a weekly basis via e-mail as many still have racing commitments at the weekend. However there are still quite a few members who wish to get out for a social ride at the weekend. If you want to go out at the weekend either just reply to the e-mails or phone Tim Fahy or Paul Harwood. Each weekend's activities can be arranged on a Thursday evening at the Lime Kiln Pub after the Evening 10. Expect that with the racing season starting to ease off that in late September and early October the number of riders will swell. No doubt the unofficial 'real' club championship of village sign and hill sprints will begin!

Clarion Velodrome trip

The time has now come to pull together all those who would like to take part in the trip to the Manchester Velodrome on 30th September. The club has booked a session from 1 until 4pm (3 hours). The session can be organised as we wish, and I will be sorting this out closer to the date, but initial ideas were that there would be a number of short sessions for smaller groups of different experience/ability and then skills sessions, with a final all out death match (only joking, but you never know how it might turn out!!!) race at the end. It is up to us to decide.

The Cost:

£19.00. This includes track hire for 3 hours and coach provided. At present we have 14 people committed to coming. If others decide to come then the price will fall. We will return any money before the visit. So if you can think of anyone who might want to come, pass on my name and number or point them in the direction of the website.

Nottingham Clarion Cycling Club
enquiries@nottinghamclarion.co.uk
www.nottinghamclarion.co.uk



Track Bikes:

The cost does not include bike hire. If you wish to bring your own track bike, great (see below for conditions). If you do not have a bike then you can hire a bike at the Velodrome. This must be done in advance. The cost for bike hire is **£12.50** for the session. If you qualify for a concession (16 years and under) then the cost is **£9.50**.

Shoes:

The Velodrome's bikes are fitted with Look pedals. They do not allow you to fit other pedals, so if you need to hire shoes the cost is **£2.20**

After the Session:

Several people have suggested that we stay on in Manchester for a curry and a drink. Anyone interested?

What to do now?

We need to send the payment off to the Velodrome by the 10th September. Please fill in the attached form with your name and details. Please indicate whether you need a bike or shoes and return the form to me or to Paul Harwood at the clubhouse. All cheques should be made payable to Nottingham Clarion CC.

Please contact me if you have any questions or you would like to come:

Gary Harris
65 Caledon Road
Sherwood
Nottingham
NG5 2NF
0115 9602130
garylharris@ntlworld.com

Note Track Bikes:

Remember it must be suitable otherwise the Velodrome will not let you ride it. It must have a suitable clearance and be fixed wheel. If in doubt give me a call or email me, or better still call the Velodrome on: 0161 223 2244



Manchester Velodrome Visit

Please fill in the form below with your details. You should attach your cheque and return this form to either of the names and addresses at the bottom of the sheet. All cheques should be made payable to Nottingham Clarion C.C.

		Cost
Name:		£19.00
<u>Bike Hire</u> Yes/No Size (see table):		£12.00
<u>Shoe Hire</u> Yes/No Size (UK or EU):		£2.20
Total Cost:		

Track Bike Size chart:

CHECK YOUR HEIGHT AGAINST THE CYCLE SIZE YOU REQUIRE

METRIC (cm)			IMPERIAL		INCHES	CM		
144	to	152	4' 9"	to	5' 0"	=	19.0	48.3
152	to	158	5' 0"	to	5' 2"	=	19.5	49.5
158	to	163	5' 2"	to	5' 4"	=	20.0	50.8
163	to	168	5' 4"	to	5' 6"	=	20.5	52.1
168	to	173	5' 6"	to	5' 8"	=	21.0	53.3
173	to	178	5' 8"	to	5' 10"	=	21.5	54.6
178	to	183	5' 10"	to	6' 0"	=	22.0	55.9
183	to	186	6' 0"	to	6' 1"	=	22.5	57.2
186	to	188	6' 1"	to	6' 2"	=	23.0	58.4
188 +			6' 2"+			=	23.5	59.7

Return Cheques to:

Gary Harris
65 Caledon Road
Sherwood
Nottingham
NG5 2NF

Paul Harwood
Nottingham Clarion Club
House
Pumpstation House
Daleside Road
Nottingham
NG2 4DH

Any Questions? Contact me at garylharris@ntlworld.com or 0115 9602130

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Clarion Majorca trip 2007

Proposed details from Tim for next years trip;

MAJORCA APRIL 2007: Saturday 21st April to Saturday 28th April.
Leaving East Midlands 11.00hrs Sat morning and return from Palma at 15.50hrs the following Sat (no sleep deprivation!) Cycling each day apart from Wednesday rest day. Cycling is from approx 9.30am to 1.30pm in groups of varying speed to suit all abilities.

Cost is approx £600 for the holiday (flights, half board accommodation, bike hire and cycling camp) Additionally you probably need £200 spending money for lunch and the odd gin & tonic or drambuie

I am assuming a week's holiday above but if you want to go for less or more or just sunbathe and not cycle let Tim know.

Payment is in three stages:

1. October 06; Flights and a 200 Euro deposit when I book (so about £280 in all assuming flights are £160 return)
2. February 07: Balance of accommodation (about £200 - £250)
3. Payment when you arrive: Cycle camp and bike hire (about £120)

I could leave the booking a little later but it seems sensible to book it when I am there in October.

Could you let me know by the end of September:

1. Who you are - exact name for the air ticket and hotel
2. Room arrangements (single, double or double sea-view)
3. Hire a bike or take your own. If you hire let me know the frame size in cm

Any recommended friends are also welcome. Stu's cousin Andy and cycling mate Carl came with us last April. We all thoroughly enjoyed their company and are hoping to see them again this time.

Tim Fahy

Coast to Coast Pyrenees (El Conejo Challenge) 2007

Harvey and I are thinking about a possible organized trip to cross the Pyrenees from Atlantic Coast to Mediterranean coast, 740km, and taking in 10000m of climbing in 6 days over some of the famous climbs of the Tour. There are some details of a company that organizes such trips with prices and further details here:

www.pyractiv.com

Let us know if you would be interested

Harvey & Andy W



Club Nights and Committee meeting dates

Next Club Night and Committee dates are Monday 11th September and Monday 9th October at Pumpstation House. All welcome.

Thank you's

Thanks to Jason Swann for the interview later in the newsletter.

Press

Probably enough in the media at the moment about cycling anyway!

Club Bikes

If you would like to donate any kit, spare or redundant equipment to the club, which could then be loaned out, let us know. Any donations would be gratefully received.

Events and Racing

If you would like any help or advice on how to enter open events or which events you would like to enter please let us know. We would all be very pleased to help any rider wanting a go at an open event, helping with filling in entry forms, possible shared transport etc.

Viking Challenge

If you fancy a go at this here are some details: **Sunday 1st October 2006**, at Redmile School, Redmile, Leicestershire. NG13 0GL

50k or 30k off-road cycle ride around Belvoir Castle in Leicestershire.
All welcome - young, old, families, serious riders, and those just out for some fun
Money raised will be shared equally between the chosen charity Cystic Fibrosis Trust (Mencap in 2005) and Redmile Village School
Free home-made cakes along the way!

Enter as a team or as an individual. It's a sponsored event, so try and get as many sponsors as possible - you could win a prize. Prizes are won by individuals raising the most sponsorship money.

See <http://www.vikingchallenge.org.uk/index.htm> for an entry form.



Results and Reports

Who did good, who had a 'mare'...

Tuesday 1st August Matlock CC club 10 mile TT

- 1 Andy Woolf 22:47
- 2 Chris Green 23:07
- 3 Richard Cordin 23:35
- 4 Steve Heading 24:06

Result from last nights final Matlock club 10 of the season. Definitely a time trial of two halves - I did a Landis (no I didn't forget to remove my patches!) and turned up late (they had started earlier) meaning I had 4 minutes to quickly slip into the skinsuit and get my number 13 pinned on and then off with no warm up other than the one mile ride to the start! The first leg out to the turn in Bakewell was tough into the strong headwind. Within a mile with no warm up my lungs were inside out and the legs like jelly. I just kept the legs spinning as best I could, then I got held up by a hedge cutting tractor. After that mentally I thought balls to it and just tried to ride and 'enjoy' it. Then I got held up at the roundabout in Bakewell. I had seen Richard and Chris on their return leg and I could see that Richard was probably slightly ahead of me. Then came the second half - just about the most fun I have had on my TT bike. As soon as I turned the tailwind kicked in and I was straight into 54x11 and suddenly the 'Jens Voigt visor' dropped down. I was probably speeding in the Bakewell 30 mph zone and I reckon I did the return leg in probably 10 minutes or under. It was terrifically fast and through the twisty bits in Rowsley I needed to take the racing line to keep the bike on the road - it was great!

It's left me with a new target for next season of trying to get a 21 on that course. Back to the 5 mile TT's from next week.

Andy W.

Saturday 29th July Rutland CC 10 mile Time Trial held on the revised O10/6 course:

1. Julian Ramsbottom Scunthorpe Poly CC 20:24
2. Murat Ozdenya PCA Ciclos Uno 20:44
3. Richard O'Rourke PCA Ciclos Uno 20:53

- 14 Andy Woolf Nottingham Clarion 21:52
36 Tim Fahy Nottingham Clarion 22:45

Tough conditions with a stiff head and cross wind on a rolling course. Went ok but after missing a few competitive events following weather problems I was definitely lacking the edge!

Andy W



Saturday 12th August Sherwood CC 10 mile Time Trial A10/14A course:

1. Julian Ramsbottom Scunthorpe Poly CC 21:06
2. Scott Povey Shirley CC 21:56
3. David Thomas www.agiskoviner.com 22:35
4. Andrew Woolf Nottingham Clarion 22:36
5. Stuart Walker Walsall RCC 22:49
6. Ashley Long Coalville Wheelers 22:51

Gill Henshaw Long Eaton CC W E 30:28

Really tough conditions with a strong cool wind. Felt strong but conditions meant there were no fast times (Rambo excepted!). Nearly 'did a Julich' on the first mini roundabout by misreading completely which exit was needed and really went in way too quick causing some frantic waving from the marshall. Despite riding with a disc wheel I didn't really feel in trouble with the head / cross-winds until the roundabout at the turn when I stood up and hence my fat ass wasn't holding it down! I sat down quite quickly. Very tough return leg and had a few cross-wind moments but was happy with my 4th place and £40!! **Andy W**

Saturday 12th August – Spoco 10 mile TT Event in Cheshire – Gordon Baker got **first** in his age category and **seventh** in all categories – haven't got official results but definitely worth reporting!

Nottingham Clarion evening 10 time trial results – see www.nottinghamclarion.co.uk to see how you did! Check on your current ranking in the league table for that all important handicap trophy.

Forthcoming events for June / July

Where and when to see our riders:

19th August Beauvale CC open 25 mile time trial A25/25

20th August Darley Moor Road race

26th August John Hinksman Road Race

26th August Zenith Road Race

2nd September North Notts Olympic open 10 mile time trial A10/14A

3rd September Darley Moor Road Race

3rd September BDCA open 25 mile time trial A25/16

17th September ANDCC 'Lighthouse Trophy' Open 25 mile time trial A25/2
Sunday 9.00am start – team of 5 minimum required



Let me know of any race or event you have taken part in. Could you have been a contender? Were you a victim of underhand team tactics? Let us know the gossip.

Forthcoming club events 2006

Future club events this year:

25 mile Time Trial re-run on the Long Clawson course Saturday 9th September at 11.00a.m. followed by BBQ at Phil and Linda's. All are welcome including the whole family (and Phil would appreciate a contribution to the food from each member attending). Please could you give Phil some advance notice either by phone or email: philip.hurst65@virgin.net

Club Hillclimb Championship to be held on Stathern Hill on Sunday 15th October – rumours of secret training for this prestigious event are already circulating...

We would also like to remind everyone of the forthcoming **Lighthouse trophy** event on September 17th. Although it is not a club event as such, for those that don't know about this race, it is an inter club championship for local clubs. The fastest **five** riders for each club count to win the lighthouse trophy. Sherwood CC are the current holders and so have the honour of organising this year's event. It would be great to have at least a team of 5 for the race which is held on the 'Granby' 25 mile sporting course in the Vale of Belvoir. There is a course map on our website; http://www.nottinghamclarion.co.uk/courseprofiles/lighthouse_25.html

Anyone who would like some help or advice on entering this open event which requires an entry two weeks beforehand, just ask!

Website

www.nottinghamclarion.co.uk

Club Clothing

A third order is about to be placed. Members might like to place order for autumn / winter clothing so that it is delivered in time.

The club has decided that any member under 18 will be able to purchase the club kit with a discount of 25%.

Any orders or questions ask Andy Woolf or see www.nottinghamclarion.co.uk for details on sizes, prices and types of garments.

Social

Every Thursday evening after the 10 mile Time Trials in the Lime Kiln PH from 7.30p.m. onwards.



Readers Articles

Jenny's Musings/Blog:

Well it's that time of the month when I have a look back over recent activities and try and give a flavour of what's been going on in and around the club.

What can I say "busy, busy, busy".

There have been loads of members riding open events (all resplendent in the new strip of course), many turning in excellent times, but as you know that's not my department, all I will say is you all look great in the red black and white colours, many with matching helmets thanks to Jason's artistic abilities. I even had someone say to me that it was worth joining the club just for the clothing, so well done again to all involved in sorting that out. We are due to send in the third order of clothing already so it tells you just how popular it is proving to be.

Thanks to Jackie Swann for taking the time to photograph members in their new strip for the website.

It would have been a shame to get all that new stuff wet so when the heavens opened the other week at the 10 so the decision was made by the timekeeper to cancel the event, I'm sure it was more to do with the dangerous conditions than soaking the new strip but who knows.

We have yet more new members to report with Alan Beet (Danny's dad) and Emily Clarke and Gordon Burton, this addition of another Gordon seems to fill the club quota of 3 as we already have el presidente and Gordon McGowen. We just need 1 more Alan and we would have 3 of them too.

As for more established members who have been busy too, well Kath and Dave Smith have successfully relocated to the Lincolnshire countryside with their move to Wilsford. A great place "out in the sticks" with the potential for many a club BBQ, I think. I'm sure we would all wish them much happiness in their new home.

Nearer to home Paul and I celebrated (I think that's the right word, but you would have to ask Paul!), our Silver wedding anniversary for 25 years of wedded bliss. The Parole board were kind and let us out for a slap up meal. Thanks to everyone who sent cards, your kind words were much appreciated.

Paul thought 25 years was enough but spare a thought for Peter and Jean Morris who have notched up 54 years, now that's what I call dedication to duty (only joking you two), we wish you have many more happy years together ahead.

All this talk of Anniversaries bring me on to Birthdays, with some significant ones this month, Peter Morris got married on his 21st birthday so you work it out!

Paul's is just around the corner but his present has already had an outing. "New Shoes" was the shout when they were unveiled at last night's evening 10. White shoes to be precise so we were all praying that it didn't rain.

Recently down on Thursday evenings we have seen some "old" faces reappear, a notable one being Alan Fletcher of Newark Castle CC, Alan who was in the Clarion for many years, has returned to "his Roots" with the Newark based club. It was great to have him share in a laugh and joke with long standing club members who know him well (we will have to get him signed up as social member next season)!

Also returning late season was the familiar face of Andrew Whawell, who rode a couple of times last year, hopefully we will see a lot more of him in future, maybe in the red white and black of the club colours?



All in all it's been a very successful month of club life with attendances at both the clubroom and the Lime Kiln of in excess of 2 dozen, so here's to next month and the next lot of ramblings.

Jenny

Old but still amusing...

You know that you are a cyclist when:

Any one of your bikes is worth more than your car.

You choose a house solely on the basis of whether or not it is flat enough to ride into and how close good roads/trails are

Your bike rack is worth more than your car.

Your legs are tan only to mid-thigh.

The first thing you ask when you regain consciousness is "How's my bike"

You actually move further from work so the bike commute will be more heavy duty (Andy W)

When you give directions you include the gradients of each hill on the route.

You mentally log every meal as "good fuel" or "bad fuel"

You learn you have X money left over after paying bills and the first thing you do is reach for the nearest bike bling catalogue.

75% of the tools you own are from Campagnolo (Phil, although they might be Shimano)

You dream of winning the lottery, and the first thing you think of is "how many / which bikes can that money buy?"

You can tell your significant other with a straight face that it's too hot to mow the lawn then take off and ride a century

Someone in a car asks for directions and you give them a route that bypasses all motorways/busy roads and is very scenic.

You buy a car based on whether or not a bike will fit in the boot (I admit to that one - Andy)

You pull up hard on the steering wheel trying to jump your car over a pot-hole

You know the distance of every point of interest within 20 miles of your house as well as the location of every pot-hole along the way

You refuse to buy a sofa because that patch of wall space is taken up by the bike



You read this expecting it to be funny then realise that it all applies to you

You see glass on the road and point it out for the car behind you

You know what the following stand for: BC, CTT, UCI, WADA, C50, SPD, VO2, HR, TT, TTT, EPO....

When you can understand the following sentence: "the bunch was strung out in the gutter when some chipper let the wheel go. I had the bonk and was blown off but the guy behind me who was half wheeling me blew his t*ts. Didn't matter because he was a wheel sucker sit-in sprinter."

When you decide to kick a ball for a laugh and regret using the wrong muscle group for the next 2 weeks

You signal for a turn and hit your wife / girlfriend.

Ride reports / Tech / fitness / words of warning hints and tips etc. – any articles from members would be welcome. These may also be used on the website.

Show us your ride

Please send us a picture plus comments on your favourite bike – could be any MTB / tourer / fixed / new / old etc?

For Sale or Wanted

Andrew Whawell is after a **fixed 700C wheel** – anyone got one they could sell?

For Sale: Profile Carbon X Tri-Bars + Essential Extras

Seller: John Odell – john.odell@tiscali.co.uk Tel: 07905 015 193

Condition: Used – few scratches, but otherwise mint.

Price: Sensible offers invited

The Blurb:

- Excellent aero handlebars with all-carbon integrated stem, base bars and extensions
- Highly adjustable
- Internal cable routing
- Lightweight – sub 1Kg
- Extensions compatible with Bontrager parts, so it's easy to swap in a pair of £30 S-bends, if the feeling takes you
- Price new: £250

And That's Not All – the deal includes these essential extras:



- **Profile Design T-Bracket kit** – as well as the standard “zb” armrest brackets (pictured) you get the T-Bracket kit which brings armrests closer together and lower for an event more aero position. Already fitted. Price new: £12
- **Profile Design QuickStop2 brake levers** – you’ve got to slow down at some point. Price new: £25
- **Profile Design F-19 arm pads** – a brand-new, fresh set (still in the package) of armrest pads. Price: £8.50
- **Dura-Ace 9 Speed Bar End Shifters** – smooth shifting for you Shimano fans (unsure of Campag compatibility). Price new: £40

Test Ride:

If you want to have a look, feel or ride (of the bars) then let me know.



Dave Ashworth has the following MTB's for sale:



Frame: Cannondale Super V SL, Medium, Viper Red. Year 2000,
Travel is 120ml rear, 85ml front
Suspension: Front, Headshock Super Fatty (air/oil)
Rear Shock: Fox Vanilla R (Rebound adjustment)
Chainset: Shimano XT
Rear Mech: Shimano XT
Front Mech: Shimano XT (I think)
Shifters: At least LX (9 speed)
Cassette: Shimano XT (9 speed)
Bottom Bracket: Almost certainly XT but I've not taken it out!

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Wheelset: Cannondale Coda
Tyres: Michelin Wildgripper racelights
Stem: Cannondale Headshock
Seatpost: Cannondale
Saddle: Cannondale
Bars: X-lite titanium
Bar ends: X-lite
Brakes: Magura HS33 Hydraulic Rim Brakes, Tomac Specials

Looking for offers around £350.

I also have a second Super V in Small, same age very little use, Yellow and Green. This one has the Headshock P-bone elastomer fork, is mainly LX and only an 8 speed cassette - Looking for £275.

Let us know if you have any bikes or equipment for sale or if you are after that elusive Campagnolo widget.

'Blown off by the bunch'

This month our spotlight falls on **Jason Swann**:



Cycling achievement most proud of?

Finishing my first Time Trial without dropping dead by the road side.
Also Climbing Alp D'Huez however it was on a bus. In my defence it was in February and snowing!! Hope to make it back one day to watch the tour or go snowboarding again.

Favourite bike or bike you would most like to own?

Past - Lotus Superbike as ridden by Chris Boardman
Currently – BMC Time machine, more like an F1 car than a bike



Cycling or sporting heroes?

Cycling - Chris Boardman, Greg Lemond circa 1989. Currently Jens Voigt (can't believe he's a German)

Other sports – (Sir) Brian Clough football genius

Any other interests sporting or otherwise?

Driving my VW Karmann Ghia, Snowboarding, Nottingham Forest

Favourite bike ride?

Anywhere around the vale of Belvoir when the sun is shining.

Favourite Café food?

Beans on toast for that extra boost on the way home.

Steel, Aluminium, titanium or Carbon?

I've got to say Carbon as I have 2 carbon bikes and my favourite bike choices were both carbon. But if anyone would like to give me a titanium frame to try then I'm open to offers. I must admit it would be sad to see the art of building a traditional frame become redundant.

The ultimate cycling question – Campagnolo or Shimano?

Campagnolo, even though I use Shimano at the moment

Tell us something we don't know about yourself:

I have broken my left collarbone 3 times, not planning on doing it again that's why I decided to take up cycling!!

PS.As I'm a Gemini I have a twin personality and 2 conflicting answers for some of the questions. Therefore I think I may be indecisive!

Send your pictures, news, reviews, views, and articles to news@nottinghamclarion.co.uk

Happy cycling....