

B&DCC News

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Welcome to the Latest New members

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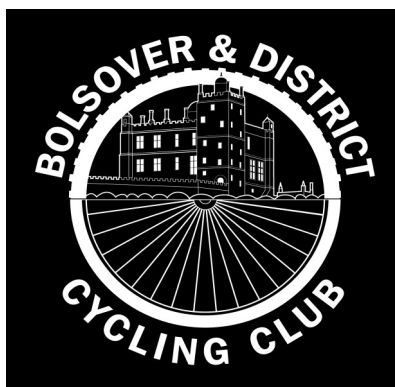
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Membership Grows—Now Get Out & Ride !

I'd expected the second issue of our newsletter to be a fairly dull affair with little to report to you all . But despite the sometimes depressing weather that would never really encourage anyone to ride , interest in the club has never been higher and I'm regularly dealing with enquiries from prospective new members who are excited about joining us on our rides. Considering the time of year , this is really encouraging and is a great indicator that we could well see a dramatic upturn in membership in early spring , meaning that our target of 100 club members could be met before the end of 2010.

The difficult task now of nurturing the interest of those prospective members begins , and we need to ensure that the regular rides (Sundays road ride , Tuesday nights MTB ride and the new Thursday night Spiraling ride) are consistently attended so that a new member can have some faith that there will be other club members to ride with on a regular basis.

As many of you will know I'm frustratingly out of action with an Achilles injury caused by my brain being disoriented from my bodies natural ageing process (should a 36 year old still be moshing at the front of a concert?), and as a



• Welcome to B&DCC

result I'm trying my best to co-ordinate things from a distance. This can prove quite challenging , and later in this issue I've a few tips on how you can all use the club website to make this a little easier for all involved.

Once we have a new member interested in the club & riding with us we need to try and persuade them to part with their hard earned cash to formally

“join” the club. This cash is reinvested back into our activities and is the lifeblood of keeping things ticking over. I've always found this part of the process a little challenging though , and to try and encourage all members to renew their club membership I'm writing to loads of cycling connected companies to see if we can get together an annual goody bag of samples & promotional vouchers in exchange for the membership fee.

Fundamentally all of us see Cycling as a great social activity and a chance to meet new like minded people and use their skills & fitness to better our own , B&DCC is a great way to do this and 2010 looks like being our best year yet

Go-Race 5th Dec—Help Required

The last newsletter planted a seed about our forthcoming Go-Ride Activities and the time is rapidly approaching where we will be promoting our own Fun Go-Race for local kids at the Oxcroft venue

Saturday 5th December is the day of our first event , with events kicking off at Noon with a coaching session with Dean Hughes from British Cycling , shortly followed by some fun off-road events including , pursuit races time trials and a mass start cyclo cross type race.

To make the event run smoothly , we need the help of as many members as possible on the day , especially those that have recently undertake the BC coaching courses.

The Oxcroft venue will be providing the opportunity to acquire tea & Bacon Rolls , and the bar should open early afternoon. The club may be tempted to part with a free Bacon Roll for those helping out on the day.

More details can be found on the Go-Ride pages of the website—see you there !!!

NDCXL Riders Fly the Flag

The Notts & Derby Cyclo cross Race series continues into its 8th event at the time of going to press.

If you have never raced before , Cyclo cross offers an exciting , yet fun way to stretch those legs and keep the fitness levels through the darkest of winter weeks.

The races are timed to last only an hour , and the fastest riders mix it up with the slower and less superhuman amongst us , yet all riders will finish on the same lap regardless of how far they are behind the leader.

With fields often close to 75-100 riders , you will find yourself closely matched enough to someone of similar fitness to be able to have your own private battles and week in -week out competitions

The races can easily be ridden on an MTB , but if your really serious in giving it a fighting try , the club has a selection of cyclo cross specific bikes available to senior & junior members that can be provided on a short term loan so that you can try the sport out and see if its for you.

If you are interested in trying one of these bikes , let the club secretary or chairman know.

We currently have two riders battling it out amongst the senior ranks , Vern Richardson and Gavin Long. In a very competitive environment both are struggling to break into the top flight but are putting in some credible ef-

forts and are having plenty of fun at the same time (although they might not admit it while they are racing) , either of these two can be contacted through the clubwebsite if you are looking for advice on how to get involved in this cracking side of cycle sport.



In the U12 ranks , Georgia Crapper has kept some consistently high finishes to be currently sitting a credible 8th place in the season long league table , well within her target of a final top ten placing , which may well prove expensive for her dad

Her brother Lucas is also racing well with a 16th place overall , despite missing one event due to illness

The Wearn brothers have been sadly absent for several weeks due to other commitments , but should return to racing very soon indeed , possibly with some great fitness gains from their other sporting activities

Find out more about this series at www.NDCXL.org.uk

Bike Radar 2010

Last summer saw the first Bike Radar cycling festival held at Donnington Park. 2010 sees the event return most likely bigger & better.

Last year thousands of cyclists of all breeds descended on Donnington for a gaggle of events to watch & take part in , including a sportive , Circuit racing , 4X demos , trials , workshops & bike demos as well as a well equipped beer tent.

B&DCC intends to have decent presence at the event next year , with an open offer to all members that are interested in attending and camping in a collective nest

around the B&DCC marquee for a barbeque.

There's a post on the forum for you to register your interest , it would be great to see you there. The final date has not yet been set in stone , but sportive entries in particular will fill up quick , so we will let you all know as soon as we do

We also want to have a similar family focused attendance at the York Rally , promoted by the CTC and geared more towards the recreational side of cycling , this event is almost as well attended as bike radar with plenty of opportunity to get all the family involved in the rides & events

WWW.Bolsoveranddistrictcyclingclub.org.uk

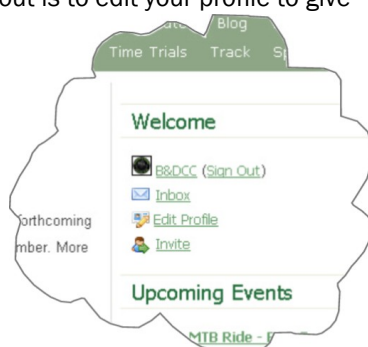
Here's a few more tips to help you and everyone else get the best out of the website

Your Profile

Tell the club who you are, where you live and what sort of cycling you are into—you would be amazed how many club members could turn out to be living in the same streets as you and could be your next riding buddy, the only way of finding this out is to edit your profile to give this information to others

The "edit profile" link can be seen just under the sign in box in the welcome section on the right hand side of the website, when you have signed in

Other members can then contact you through the site



Ride Calendar

We all want to have an idea that when we travel out to an organized ride, we aren't going to be sat there on our own waiting to see who else will turn up.

One solution to this is for those riders who are committed to attending to post a comment in the calendar section against the relevant ride, it's easy to do and everyone can then see at a glance what interest there is in that ride and how many people are likely to be turning up

Click on the relevant ride in the calendar or via the upcoming events link on the right hand side

As ever we are only too happy to help with anyone who is having problems with the website's functions, just get in touch if you need help

Sportive Entry Challenges

Many of the Club's riders have caught the Sportive bug and have big plans for big mileages in some big events in 2010.

As a warning to all our members recent press reports and rider feedback is suggesting that demand for places in next year's events is far outstripping the available space and many riders are having their entries returned from massively oversubscribed events.

It's been reported that some events, that allow online entry are having to close the books a matter of a few hours after entries opened, and you thought it was difficult to get tickets for the Arctic Monkeys !!

Our advice to you all would be to plan your goals for next season carefully, and don't wait until the last minute to see what the weather does, you are not likely to get a ride at all.

Don't forget that the Audax calendar offers a simpler alternative to sportives and with B&DCC promoting several Audax events next year there is still likely to be plenty to satisfy those steel legged individuals amongst you who think nothing of clocking up over 100 miles in an afternoon. Audax's are also significantly cheaper to enter than Sportives and can be entered on the line.

It's hoped that a good proportion of the club riders will enter our forthcoming Audax events

'Spiralling' - Build Your Fitness

One of the barriers to any new member joining us on road rides is the sheer fear of trying to tag along on what potentially might be a 50 or 60 mile ride. For inexperienced legs this is a daunting prospect.

To try to combat this problem B&DCC are currently trialing a new concept in rides that we have called "spiralling".

A spiralling ride is based around a multi lap circuit of around 10 miles, passing back close to its original starting point on each lap.

Beginner riders can then tag along for a single lap safe in the knowledge that they will be delivered back to

their original starting point after just 10 miles—no one will be left behind

The second lap will be more challenging in pace, and will satisfy those riders looking to build more fitness, again the route will pass the original starting point again

A third or fourth lap offers more distance for experienced riders

We are currently trialing this concept to see if it works for all involved

Details can be found in the calendar section

Next Club Meeting

The first meeting of B&DCC at the new venue at Oxcroft Miners Welfare takes place on Monday 7th December starting at 7:30pm

This first meeting is very much a get to know everyone event as our growing membership has brought many new faces to the club

Plenty of opportunity will exist to chew the cycling fat over a beer or two We hope to see all members there , a perfect opportunity to warm up the social bones before the Christmas silly season starts in earnest

B&DCC Library

Well ive come to discover that I have way too many cycling magazines scattered around the house that ive read cover to cover several times over As well as those I have many books on cycling that sit gathering dust on my bookcase

I intend to bring much of these to the next club meeting , and for a token "donation" to the club , I will let members loan these from me till the following meeting Id suggest a £1 donation to borrow a book , 50p for a major magazine and 25p for a cycling weekly seems a fair donation

Im sure plenty of you have similar magazine & book collections , how about bringing them along and helping raise a few pounds to keep the club liquid while sharing those publications with some of the other members /

Upcoming Rides & Events

Club Road Rides

The Sunday morning road ride sets off from the Blue Bell , Bolsover at 8:30am every Sunday morning—intended for more intermediate and aspiring riders , distance will be somewhere around the 50-60 mile mark

Mountain Bike Rides

MTB rides set off every Tuesday Night , meeting at 6:30pm . Start locations vary to take in a selection of routes around the district , and are listed on the calendar section of the website—Really bad rain will tend to cancel this ride

Cyclo cross Racing

28th Nov—NDCXL Round 9—Sinfin Moor Park , Derby
19th Dec—NDCXL round 10 – Alvaston Park , Derby
2nd January –NDCXL round 11—Thornbridge , Bakewell

Thursday Night "spiraling" Rides

The Spiraling ride featured earlier takes place at 6:30pm on Thursday nights from Clowne Community Centre , a second meeting point in Bolsover at 6:45 follows shortly after—If successful the concept will be mirrored with a similar route in the south of the district

Club Sponsors



10% discount off for all members at JE James cycles



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