

B&DCC News

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Welcome to the Latest New members

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Welcome to all Existing & New Members

This is the first of a regular newsletter promoting the activities of Bolsover & District Cycling Club, or B&DCC for short.

The club was formed in 2006 and we have ambitious goals & targets for the first five years of our clubs life

One of our primary aims for 2010 is to significantly increase the number of members within the club as we are at a critical point where we need the help & support brought about by additional club members to drive forward with some of the plans detailed later in this newsletter.

There are things we can do that will bring more riders into the club. Firstly putting effort into some considerable marketing of our activities to attract new members in the first place.

The website is the first step of this journey, however we do plan to publicise ourselves more actively through the use of flyers in bike shops, business cards that all members can take around with them, posters advertising rides and handing out publicity material at key local cycling events.

However we can all make a difference by taking simple steps such as wearing the club



• Welcome to B&DCC

jersey with pride when out riding as well as talking to all the cyclists that we meet and telling them about the club

However all of this is for nothing if the regular rides that we put on are poorly attended, or worse, non-existent

It's a chicken and egg situation, however we know of close to a dozen potential members who just need the right encouragement to make the first steps into regular riding,

and then perhaps on to the traditional (but sometimes daunting for beginners) Sunday morning club runs.

To combat this inertia we are launching progressive multi lap riding called "spiraling", this is targeted to help newer cyclists develop their abilities over several weeks—more detail inside

Our aim is to get 50 members by the start of summer 2010, doubling to 100 by the end of that year its fairly ambitious but we believe with effort in right places its 100% achievable Young riders will also play a big part in increasing numbers and these often bring along the family helpers & volunteers that are the life blood of so many cycling clubs

The Club finds a Home

Our search for a suitable venue for our upcoming Go-Ride coaching sessions (more inside) led us to explore the facilities on offer at Oxcroft Miners Welfare, Stanfree.

This unassuming venue is a complete gem and the charity who run it could not have been more welcoming.

As well as offering a great facility for Go-Ride coaching, with some work it will provide what we need for junior racing too.

There are great facilities for Club meetings, with a large function room & of course a Bar. The most exciting prospect is that there is some surrounding woodland that may hold the potential to develop an extended off road loop for training and competition.

We will be looking to hold our upcoming Club meeting at this venue and will give you a tour of what is on offer and the potential to make it a great base for all our club activities

B&DCC host NDCXL —Round 4 in Chesterfield

For the third year in a row B&DCC hosted one of the event making up the Notts & Derby Cyclo Cross League. A change of venue from the almost universally criticized Glapwell course took the Club to Holmebrook Valley Park outside Chesterfield.

With top class facilities and a great course the overall event promised to be something special and certainly capable of elevating the status of the club within the League. Come the morning of the race the weather did its best to upset the apple cart with a howling gale blowing , particularly on the upper section of the course around the start/finish area.

The wind blew so strong that we were having to constantly roam the course replacing blown tape & stakes and communication between the marshal team was made almost impossible as no one could be heard over the wind & flapping tape.

These communication problems resulted in a few minor marshalling problems early on the day , but by the time the seniors race was underway all the glitches and gremlins had been sorted and the racers set off to enjoy a course that judging by feedback from the riders was seen as one of the best on the NDCXL circuit.

Our own junior riders put in some credible results with Lewis & Charlotte Connley and Dylan Richardson competing in the first U8's race to be organized as part of one of these events ,and deciding to try most of the senior course too !!

Adam Wearn took 18th with Lucas Crapper 21st in the U10's race while the U12's category saw Christopher Wearn finish in 11th with Georgia Crapper 2nd girl home , and 13th overall

These results place our junior members well up in the league overall now with some top 10 results a distinct possibility

Thanks need to go out to the days helpers , Adam, Andy,

Dave, Martin Jamie & Vern. Andy's 4x4 was invaluable. Thanks also to John Tipton for the use of the Extreme wheels Trailer , perfect for gaining shelter from



that damn wind

The club intends to promote again at this venue next winter , hoping the race will be bigger & better

Pictured above is Adam Wearn racing in the under U10's, courtesy of quertyphoto.com

Go Ride Coaching

Developing talent and nurturing interest in Junior & youth cyclists is a key objective of British Cycling and one of our club too.

We are training a selection of members to British cycling Coach level 2 , so that we can provide regular coaching sessions and help develop future talent through British cycling's Go-Ride Programme. Go-ride Targets cyclists between 7 & 14 years and aims to provide core skills required for competitive cycling of all types

The first of these sessions takes place within the half term holidays on Monday 26th October , at Oxcroft Miners Welfare.

This will be followed by evening sessions on Monday

nights run by our own team of coaches.

On the 5th December we will close off this first round of coaching sessions with a junior & youth race around the Oxcroft venue with the goal of developing those involved and delivering them into Cyclo cross racing , or mountain biking or any other racing that takes their fancy

More details of timings for the sessions can be found on our website (on the Go-Ride page) , but it would be great if all members could spread the word around families that they know may be interested

WWW.Bolsoveranddistrictcyclingclub.org.uk

The Club website is the key communication hub for all that is going off within the club.

As well as being set up to inform & attract prospective new members we intend for all existing members to help fill it with relevant content.

There are several distinct sections that you can help populate and keep other members informed with

Ride Blog

Any member of the site can post a "blog" or short description of a ride or race that they take part in , this keeps others in touch with the clubs activities

Forum

The forum can be used to post a message on any topic you choose and invite comments from other members , maybe you have something for sale or you are looking to just ask a question about a forthcoming event , ride or piece of kit

Calendar

The club committee will do its best to post details of all

events and rides on the calendar page. Specific detail about an event can be found by clicking on the entry in the calendar section

Members Page

It pays to complete your profile , tell people who you are , and what type of riding you are into.

We are soon to launch a member map that will show the approximate location of all members and their contact details so you can see who in the club lives nearby.

Of course this will be behind the password protected members section, and you can opt out if you choose

The website will become a rich source of information if we get the involvement & feedback of you all. If anyone sees any events that they feel should be posted on the site then please let me know at steve@scrapperruk.plus.com

B&DCC Goes for Club Mark

Several Key enhancements are afoot within the club to increase the quality of the resource that we can offer for young people interested in cycling.

We will soon have six Coaches qualified to British Cycling's level 2 , the new home will be an ideal development venue.

To underpin the quality of all we offer and to reassure parents that any children we bring through the club will be nurtured in a safe environment , B&DCC aim to obtain Club Mark accreditation by the end of January 2010

Club Mark is Sport England's quality assurance stamp for any club involved in sporting & coaching activities



Club Mark accreditation will provide the reassurance that the operating standards of the club meet and exceed a minimum standard defined by

our governing body , as well as opening doors in promoting the club to a wider audience and giving us greater access to resource within British cycling & external funding partners

Road Race Team Wanted

We have received early notification of a new series of road races happening in 2010 on our doorstep.

The North Midlands Road Race League are promoting a series of 6 events , running on Saturday afternoons , every 4 weeks from March through to August

The first three events take place on a 45 mile course starting at Cuckney , taking in a loop of Budby and Carburton.

The handicapping system used on these races intends to balance ability so that that full field of riders crosses the finish line at the same time.

These events are the easiest entry into Road Racing that you will come across and we would urge those of you with competition in their blood to consider pre-registering for the event and making the series one of your key objectives for the coming season.

Pre -entry is required and the full details of the entire series can be found on the Road Race section of our website

B&DCC would love to see a team in black & green !!

Club Sponsors



10% discount off for all members at JE James cycles



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Chesterfield



The Blue Bell
Bolsover

Recent Results

Notts & Derby Cyclo Cross League

Some consistent performances from the junior element of the club sees some strong overall positions this year with Lucas Crapper 13th in the U10's league & Adam Wearn 20th . In the U12's category Georgia crapper is 9th with Christopher Wearn tugging at her jersey pockets in 11th Place.

Our Single senior representative so far is Vern Richardson , currently ranked 104th in the table , after suffering a DNF at the hands of another rider at the last event.

New member Gavin Long is now riding for the club , however he wont pick up league points for those races already completed unless we can do some serious arm twisting

Marketing the Club

One of our key objectives for 2010 is to significantly increase our membership levels Here are some of our plans on how to do this but we would welcome other ideas

- Have a printed marquee at local events to shelter our riders & promote to others
- Create flyers for local bike shops
- Posters in leisure & community centres
- Find an editorial contact on the Bolsover Advertiser newspaper
- Print business cards for all members to carry out on rides
- Drop flyers into cycling weekly in local newsagents & supermarkets
- Build on the website content
- Increase attendance on club rides
- Promote events such as cycle jumbles , roller racing etc

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 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

Cyclo cross Racing

7th Nov—NDCXL round 7— Bingham leisure Centre
21st Nov—NDCXL Round 8—Bulwell Park , Nottingham
28th Nov—NDCXL Round 9—Sinfin Moor Park , Derby

Sportives

24th October—Tour of the Peak

Thursday Night Rides

We will shortly be launching a weekly Thursday evening road ride based on a multi lap route of around 10 miles , that will allow beginners to tag along for one lap , intermediate riders for two laps and expert riders for three laps , watch out for more information soon