



*Team Cambridge Cycling Club*

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# Climate Change—please?

Firstly, regrets for not having provided an issue of the Spokesman for February - despite kind efforts by contributors 1 and 2, this time of the year is not an easy one to fill with cycling-related features.

On a personal note, I can only claim one attendance at the club room this year, and that did not include circuit training!

Even worse, the ratio of bike rides to Sunday dinners is hovering around the 1.0 mark, which is definitely not a good statistic.

There was a happy time early last summer, when I could boast of having rid-

den each of my four bikes in a single week. I now have five bikes... ahem.

Nonetheless I am an optimist by nature, and I am convinced that each and every one of you has been busily dripping sweat on the floor of the Scout hall every Monday, and thrashing your turbo trainer until it smokes, in preparation for that long-awaited first race of the season.

So, this edition has two themes: the first being Harley Pell and her ventures into the racing scene, and the second being a collation of snippets relating to



Sven was eagerly looking forward to the first club run of the summer...

opportunities to get out and ride in the next few weeks.

My focus will change this year, and with a bit of luck my son will follow up his stated intention to ride and race for his first season. I have a horrible feeling it won't be long before he overtakes his dad...

## The Rules (draft for debate)

- When in Cambridge, ride with your insteps on the pedals.
- Always wrap a carrier bag over your saddle.
- Never lubricate your chain, ever.
- Have the chain on the little chainring and the smallest sprocket, and leave them there.
- Never exceed 10 miles per hour, except on the footpath.

## The Rules (according to Dougie, keeper of the toe clips)

Much has been written and discussed about The Rules: frankly, it's all very nice but I don't think I can ever claim to have abided by more than one of them at any given time.

Maybe, I can truthfully

claim to satisfy rule number 9, as when I am riding it always seems to be freezing cold, raining or dark, and often all three.

Matching your kit to the bike seems a bit poncey, and a red and yellow jersey

is all very well but a red and yellow bike is not easy to achieve with panache.

Team Cambridge is an inclusive club for riders of all types, sizes and ages, so is it time for us to compile our own list: over to you...

**16th February    Lea Valley CC    Hog Hill, Essex**

By Shelton

With Cyclocross coming to the end of the season, what's next? Closed circuit racing of course!

Saturday 16th Feb at Hog Hill circuit, Lea Valley Youth CC Winter series.

Spring had sprung with another fine sunny morning for racing; with the kids on the start line and Harley in the second line from the front my heart was pounding as you could imagine I had told her what she had to do.

She went like a rocket out of the saddle head down, pumping away: she went down the outside and got tucked behind those Welwyn Wheeler boys but soon run out of steam on her 2nd lap in... Grrr!

I kept giving her lap times as she went past and trying to get her to save her self for the final lap with a climb up to the top circuit.

I know she will do better next race as this was her first road race and she knows now what she has to

do. Overall I think she did well to finish.

Position 23rd out of 35 riders - not great, but a finish.

*(I disagree: I think it's brilliant - Ed)*



**3rd February    Eastern Cyclocross    Mistley, Essex**

By Shelton.

A great day for racing with the sun shining, though a little chilly breeze for us spectators. Young Harley put on a great show for me being a proud Dad.



Positioned 19th out of 50 riders, Harley made the numbers up as part of a composite team with CC Ashwell.

They placed 7th out of 11 teams, though Harley was the second girl over the line.

**9th March    Muddy Monsters  
Welwyn Wheelers/ CC Ashwell**

Saturday 9th March was the final race of the series bringing cyclocross to a close this season.

It has been interesting watching the kids race. Harley has done extremely well and coaching from British cycling regional coach Mark Wyer and CC Ashwell coach Mark Fraser has

really brought Harley's confidence on.

A great overall finish; 3rd in the series.

Watch out folks, only two years to go and she will be out solo on those TT circuits!

Ta, Shelton



## March 24th Audax: Cycling and Food in perfect harmony...



Cake stops can get competitive, though...

Tony received the following message, and circulated it to the masses:-

*"You entered the End of Hibernation audax in 2011. Unfortunately I was not able to organise a ride in 2012. However, I am pleased to announce that the End of Hibernation will run again this year on the 24th March. The route is similar to the 2011 route except there is a new HQ, I moved the HQ to get better facilities and in particular parking.*

*Details are on the AUK website and can be found here: <http://www.aukweb.net/events/detail/13-235/>*

*I hope you will be able to ride again this year. Please feel free to distribute this e-mail to others that may be interested.*

*Regards*

*TERRY*

*Terry Dickerson  
Cambridge Cycling Club  
CambridgeCC.org.uk*

For those who haven't tried an audax before, these are a great way to enjoy a day on your bike, and it is probably the best way to rack up some big miles in a supportive and uncompetitive environment.

Two other big bonuses are the lack of snobbery over kit or machinery (observance of "The Rules" is unheard of), and the prevalence of well-stocked food stops, with tea and buns a-plenty.

Entry fees are modest too, so what are you waiting for?

*Just a quick reminder that money and menu choices are due in today, for those that would like to come to the presentation dinner on 23rd March.*

*Thanks  
Angie*

## March 3rd Hainault Hilly Navestock, Essex

A bit late for advertising this one, but hopefully someone will return with a report on the ride in due course (geddit?)

Features of this year's edition of the self-styled early season classic include:-

- A slightly revised and safer course.
- The beautiful rolling

Essex country lanes.

- An event marshalled to the usual high Hainault R.C. standards
- The famed Hainault catering team waiting your return to the clubhouse with refreshments etc.
- A good prize list.
- A friendly event

- A civilized starting time.

Presumably, anyone still labouring under the delusion that Essex is somehow flat but nonetheless only passable to permatanned Cockneys driving white Range Rovers will have ridden the event by now and come away happier and contented in their new-found wisdom.

## Probably the best website in the world?

Hi All,

Just a quick note to remind you that at this time of year we have a clean-up of the email system, for those that have not got round to re-joining this means that your details will be taken off the circulation list for

Bikemates. So now is the time to act to stop this happening: please go to the website for the 2013 membership form.

Also I will take this opportunity to let you know I have updated the main website menu to help iPad (and other

tablet) users navigate more easily. Some links have been moved around and I'm sure you will soon find your way round, however if anyone is experiencing any problems please let me know.

Thanks

Paul (Magneto) Millard



Kevin learns how to post his status...

## Team Cambridge Cycling Club

President: Doug Parker

Chairman: Tony Clarke

Hon. Secretary: Sue Clarke

Treasurer: Pauline Parker

Racing Sec: Paul Millard

MTB Secretary: Kaptain Kev

Membership Sec: The Quiet Man™

**The family friendly cycling club,  
where red and yellow is  
always the new black!**

[www.team-cambridge.co.uk](http://www.team-cambridge.co.uk)

## A bit about ECCA

*Now, like many people I don't have much of a clue about who ECCA are or what they do. Sure, I'd read one or two of their events and marshaled at others, but by and large their newsletters came and went unread.*

*This time however, I paused in my desperate search for content for this month's issue and found some interesting bits and bobs, but most usefully a calendar of dates for early season events in our area.*

*Basically, ECCA is a federation of clubs, of which Team Cambridge is one, who organize time trials and road races in this region. It's worth having a browse at their website or newsletter, but a word to the wise: it's not the E-Cigarette Consumer Association nor the English Community Care Association! The ECCA Festival is usually the first weekend in May and includes lots of events to ride or watch, and volunteering to marshal is a good way to see the top riders in action.*



## It is Spring. Allegedly.

As I write this, it might as well be the February edition since there is snow on the ground and tomorrow's forecast is predicting sub-zero temperatures all day.

On the bright side, it's now only four weeks until the start of the Monday night club rides, and every year that is something to look forward to with anticipation.

Especially so, if you have been assiduously doing the circuit training regime and are now up to plus umpteen exercises.

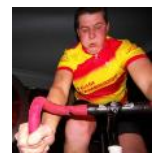
I've got a feeling that my total absence from training for the first time in six years is going to hit hard, so I'm looking forward to getting my dodgy tendons sorted properly.

On another note, while preparing for the coming season it is worth giving a thought to bike security. Shelton emailed a link about a petition to get Ebay to require bike frame numbers to be logged on all bikes for sale, but do you actually know the frame numbers of your bikes?

Perhaps if you satisfy Rule 25 (The bikes on top of your car should be worth more than the car) then it might be worth taking note of the numbers. On the other hand, unless you happen to be Danny MacAskill, why on earth would your bike be on the roof of a car?

*If I'd have known middle age was this crap, I'd have tried harder to mis-spend my youth!*

*(Champagne) Charlie*



## March 24th CCA Hardriders 20 mile TT

Hi all,

Harley and myself are doing this one. Sunday 24th March, Signing on at the Tuns Pub 09:00 1st rider off at 09:30. This is a club event and they are a friendly bunch, no tea on offer but BEER at the Tuns. 2 laps of the club 10 course.

<http://www.ccashwell.com/time-trials.html>

Sexy Shelton. 🍺