

Leamington C&AC Newsletter for the Cycling Section February 2002

Hello again, its time to renew your
subscriptions!

March – AGMs in first week

TT calendar

Spinning – Arthur spells it out

Sunday rides to go further

*Christmas, New Year, winter
storms, Stratford Reliability ride,
Annual General Meetings*

That's the normal progression of thing with us cyclists, you know by the time you get to February we are planning a wonderful series of riveting sessions at the Clubroom when you can vote for the guys to run the Club for the next twelve-month. Monday 4th March is the date for the section meeting, Doors open 7.45 for an 8 o'clock start. After the dust has settled, we return to Edmondscote Track for the big 'un on Friday 8th. See you there!

S
P
O
K
E
S

Spinning Classes – Arthur Beeton started it, - he now explains what goes on there.

Just a quick note to go some way in describing what goes on at the new LC & AC spin classes every Wednesday night

A healthy cross section of our cyclists turn out and the atmosphere is informal, with lots chatting and banter until everyone has settled onto their machines...and in comes Ken.

It only takes a quick glance at the man to realise that his fifty something frame has been there and done it and now we were at the mercy of this super fit ex – pro boxer and power lifter.

He immediately takes control of the class and begins by putting us through sessions of spinning intervals with small recovery periods, each session slightly harder or longer than before or both. It's never long before you see sweat pouring from every brow and everyone puffing like steam trains.

Every now and again the level of banter between class and instructor gets a chance to start, just enough to raise the spirits and laugh about the effort; then straight into perhaps a simulated hill climb session of ever increasing resistance out of the saddle.

The techniques on spin bikes are very similar to turbo – training with a fixed wheel drive train and using the brakes for resistance; but unlike grinding the millstone in your garage you've got Ken pushing you past your limitations (while he's spinning).

The sessions now incorporate a proportionate amount of upper body exercises to achieve some balance in our core strength and the reverse cycling is still a new art to be mastered.

All from the LC & AC are welcome to attend and President Health have increased the quantity of spin bikes, almost doubling the class size capacity, so no more turning our membership away.

I'm going to take this opportunity to invite everyone to attend at a cost of £4.00 per person per class, bring a drink in a bike bottle with a towel (you will need them). Wear an old t-shirt, shorts and trainers.

To book a class, ring President Health Fitness Club and ask for Ken Davies or John Shiels. You may ring me on 01926 422679 or e-mail me on Arthur@beetona.fsnet.co.uk if you experience any difficulties

New Members

Sam Jones – previous experience of “Graham Baxter Tours”, wants to stay fit for longer than just Summer time, heard about us from Broadribbs.

Adrie Breugelmanns – a colleague of Peter Taylor, already a regular on the “fast” rides.

Welcome to the madhouse, fellas!

Subs Reminder

Have you paid up yet? £21 paid promptly to Peter Chronicle for Full membership, or £5 for Social members is all we ask. If you need details of membership or racing licenses for British Cycling, contact Peter Taylor.

If you are not intending to renew, please do us the courtesy of telling us, then we won't bother you with unnecessary mail.

Peter Chronicle, 31 Freemans Close, Leamington CV32 6EZ. Tel 426778.

Peter Taylor, 9 Dodd Ave, Myton Grange, Warwick, CV34 6QR. Tel 498762.

A Big THANKYOU from the Athletes

Alan Edwards and his team of organizers would like to say thank-you to all the Cyclists who helped at the recent Midlands Cross-Country Championship events in January. Without your help, the event would not have been the resounding success that it became, and many of the athletes from the club who competed would not have had that opportunity also. Alan feels that the Club may yet again be asked to promote another large event in 2004, so watch this space!

Bearley Cross Road race

Tim's race is a victim of the shake-up within British Cycling, we have been overlooked in the new list of early-season events, Tim is hoping to secure a new date in early September.

Open TTs

Mike Ford is promoting the midsummer 10 on the Offchurch course, July 6th.

Steve is running a 10 on September 16th, for solos as well as the Ladies & Gents 2-up, which was inaugurated last year. Course is Princethorpe circuit.

2003 National Championship 10

The Club is still waiting to see if we have been selected to run this prestigious event next year. The DC decides during March.

Summer Rides – all day affairs

It has been suggested by a certain CN that we could rerun the route of the Stratford reliability ride in Summer, taking all day and enjoy a lunch in the Cotswolds. Obviously this would be a “social” group affair, but why stop at just the one? Let’s have a day-long ride once a month, say the last Sunday of each month from April to September, are there any volunteers out there to plan one?

Small Adverts

FOR SALE - Ian Maltby has a crank set, TA Alize 172.5mm, 52/42, brand new, boxed, unused, £100 o.n.o. 02476 541235.

FOR SALE - 2 Automaxi cycle carriers to fit on car roof bars. Takes mountain or road bike, right way up, with both wheels in. £10.00 each. Contact Pam Styles, 01926 490626.

Tony Smith says: “I am selling my 23" winter bike (recent respray, Columbus tubes and Shimano accessories) for about £150 and also my beloved 23" Aende Low-Profile, less wheels, saddle and rear mech' for £125. Could you please put an ad' in the Spokes for me?” How's that Tony? Phone him on 024 7641 5291

Ex-member John Clarkson wants a home for an old machine – “I still have a vintage 1950s tandem frame with wheels (old and need rebuilding), front disc brake, chainset, handlebars. Restoration job that I will never do so any offer accepted to go towards some SPD touring shoes for me! Tell your cycling friends too!” John can be contacted through Phil Galpin on 01926 336957.

Changes to Phone numbers

Gig Cooke has moved, his new number is 01926 400884

Ian Lole’s new number is 024 7641 5499

Ian Maltby’s new number is 024 7654 1235

Correction to Norm Simpson’s number, should be 851297

If anyone requires a full list, give me a call. Complete address lists are available for special purposes if organizers require one. SJW