



## **May Newsletter 2009.**

**For Riders, Parents, Coaches, Volunteers and Founding Club Members.**

### **1. General news:**

Hello riders! There are a lot of special events happening over the next 5 – 6 weeks which most of you will already know about (if you have been visiting the club)...we have visits to Hog Hill (Redbridge Cycle Centre), Bedgebury, Calshot and another (full-size) velodrome in Newport. We also have the regular mountain bike rides and road rides each month so there should be enough variety to satisfy everyone!

### **2. Family fun day at Bedgebury:**

This will now take place on 6<sup>th</sup> June. Please contact Murray/Mark for details. Rides start from 09.00 or 10.00am.

If you are unaware of what racing goes on at Bedgebury and would like to find out visit the web site at [www.boarsonbikes.co.uk](http://www.boarsonbikes.co.uk) and follow this link to give you a full list of racing events at the park from May through to July.

[www.boarsonbikes.co.uk/racing/bedgebury\\_2009](http://www.boarsonbikes.co.uk/racing/bedgebury_2009)

Please look at the links above and see what Bedgebury has to offer. There's even night rides!

### **3. Mountain bike ride:**

The latest MTB ride was another success with 15 riders attending. The format of having 2 groups of riders (separated by a mix of ability/experience/fitness) seems to be working well and we will keep this going for the foreseeable future. A new video has been added to youtube for all riders to view...the link is here...

[http://www.youtube.com/watch?v=W\\_OzmeCr3Mk](http://www.youtube.com/watch?v=W_OzmeCr3Mk)

The next MTB ride would have been Sat 6<sup>th</sup> June but this is now the new date for the family fun ride at Bedgebury (more details below). Therefore, we may have a MTB ride the week before 30<sup>th</sup> May. As before, all level 3 and 4 riders will be able to take part...check your e-mails for updates.

### **4. Possible Go-Ride Bexley MTB championship:**

On the 13th June is the inter club race part of the interclub series run by Eddie Land. Chris would like to run the Go-Ride Bexley MTB champs on this Saturday.

This is still unofficial and needs to be discussed with all the club coaches and see if it fits in with our programme. There will be medals for all age cats and prizes.

## **5. Road Ride:**

Will take place every 3<sup>rd</sup> Sunday of each month, but there is unlikely to be one for May because of other events... so the next one will be Sun 21<sup>st</sup> June. Riders meet in Old Bexley at 9.45am (in the car park behind Bexley High Street).

## **6. Calshot & Newport visits:**

### **Calshot**

The visit to Calshot is for two sessions. AM. is intended for novices and beginners, and the afternoon session is for those with a bit more experience and will progress to race training. It is not intended for riders to do both sessions. Of course everyone is welcome to be there for both to watch or even help, but by splitting the riding into two we hope to accommodate more riders overall on the day.

### **Newport**

This is to gain experience on this superb track, and is not a racing day. Sutton CC have invited us to share their track time with us. I am not coaching that day but if there is a space I hope to get a ride.

It is a long way, but quite an easy journey, and perhaps we can do some car sharing.

The web site refers you to the Sutton guys, at this stage it is better to contact me, to save time.

I think there only a few places left, so if you are thinking about either can you let me know please.

Terry

## **7. Hog Hill (Redbridge Cycle Centre) Racing:**

The next open ride/racing at Hogs Hill will take place on 23<sup>rd</sup> May. If you are interested in racing on a purpose built racing circuit, please speak to Kevin. Riders will need to make their own way there although it's often possible to car share. Approx 10 riders went to Hogs Hill last month so ask your fellow riders what it's like. Bikes can be hired on the day.

Getting to Hogs Hill takes approx 30mins from Bexley and is located here...

[http://www.streetmap.co.uk/map.srf?x=542500&y=188500&z=120&sv=redbridge&st=3&tl=Map+of+Redbridge,+Redbridge+\[City/Town/Village\]&searchp=ids.srf&mapp=map.srf](http://www.streetmap.co.uk/map.srf?x=542500&y=188500&z=120&sv=redbridge&st=3&tl=Map+of+Redbridge,+Redbridge+[City/Town/Village]&searchp=ids.srf&mapp=map.srf)

## **8. British Cycling events near you:**

### **Track (Herne Hill)**

The junior evenings start **April Fri 17th** starting 4.30pm, bike hire available per session. See the VCL website...

[http://www.vcl.org.uk/index.php?option=com\\_content&task=view&id=43&Itemid=58](http://www.vcl.org.uk/index.php?option=com_content&task=view&id=43&Itemid=58)

Six years old is the youngest allowed.

For further details re: track events speak with Terry. Tel: 01322 521964.

## **9. Club bikes:**

Founded and supported by the Woolwich CC and the Gemini BC May 2005.

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[www.go-ridebexley.org.uk](http://www.go-ridebexley.org.uk)

The club road/cyclo-cross bikes have been serviced by Kevin's dad and are available now. We have 3 bikes left. Please ring Chris (head coach) or email him for details. Tel 0208 3042209 or email [c.pryor@homecall.co.uk](mailto:c.pryor@homecall.co.uk)

**10. Inner tubes etc:**

*It is important that you bring some spare inner tubes and preferable some tyre levers, allen keys and a pump with you to Go-Ride Bexley activities (this also means at the park). It is your responsibility to take spares – at least an inner tube. Part of the new format for the racers will be to be able to make some basic repairs to your bike.*

**11. Club Mobile...important note:**

*The club mobile is normally switched on **Friday evenings and Saturday mornings.***

*We have a club mobile number for parents who wish to ask if the club is still on (in bad weather), if they want to check the finish time, if they can't pick a child up etc. Could all parents please make a note of this number... **07941 137968.***

*That's all for now. Keep riding!*