



October Newsletter 2009.

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

1. General news:

Hello riders! Welcome to the latest newsletter with details on another visit to the Road Safety Centre at Foots Cray, and details on road, mtb and charity rides this month.

Terry would like some feedback from any riders who would like to visit Calshot velodrome again at some time in the future. Please feel free to talk to Terry directly, or any other coach in the club.

2. Feedback on the visit to Foots Cray Road Safety Centre:

The last club meet was at a different venue in Foots Cray. Thanks to all members who left feedback on the day. It seems that the day was a success and could be worthy alternative to Danson Park...especially as the weather deteriorates in the winter months. The club coaches are particularly interested in what members think of using this venue in the future...would you like it to be our permanent base? Should we go once a month? Please let us know.

We have arranged to go back to the center on 31st October...Halloween!...so if you would like to wear a costume on the day, please feel free to do so. But remember, safety first, make sure it does not affect your cycling!

3. New Club Secretary for Go-Ride-Bexley:

The club has a new (secretary) Club Contact...Allan Mair. We wish Allan all the best in his new role.

4. Jack Petchey Vote:

Here is a quick reminder from Murray about the Jack Petchey voting process...

Hello Members, Parents and Volunteers,

The next Jack Petchey vote will take place on 10th October 2009 at Danson Park.

I therefore need your nominations of club members to go on the voting list. Can you let me have any nominations, including the reason why you have nominated them, by the end of next week.

Many thanks.

5. Mountain bike ride:

The next mtb ride will be on **Sat 3rd October**. An e-mail should already have been sent out to all eligible riders (including level 2 riders who have recently moved up to level 3) for the ride to Shooters Hill. Contact details are in the e-mail if you have any questions about the ride.

6. Road Ride:

To enable more riders to take part in this month's road ride, Ollie will ('try' to) take out up to 6 riders to do their National Standards Level 2. Among other skills, riders will be learning how to ride on the road safely and how to interact with other road users. Here are the criteria needed to be able to take part in club road rides...

To be able to take part in a Go-Ride Bexley Road Ride, members must:

- Have a minimum of British Cycling Silver Membership
- Hold a National Standards Level 2 or 3 Certificate
- Have completed a consent form for road ride participation
- Be aged 12 (or must be accompanied by a parent)

The next club road ride will be on Saturday 17th October

Regarding the club trials at Foots Cray last week, can any riders who wish to take part in any racing, but specifically cyclo-cross, please speak to Terry. He would like to know how many riders are interested in racing and may be able to loan a club bike for the season.

7. Wigmore Hill Climb this Sunday:

Alex Cozens will be taking part in this event this Sunday (4th October) at Hollingbourne Hill in Kent, along with a couple of other club members. Please feel free to visit to cheer him on if you are in the vicinity.

8. Greenwich & Bexley Hospice Ride:

A quick reminder for those of you who are thinking of going on this ride...it will (leave) meet at Morrisons in Erith at 9.30am, ready for a 10.00am start. We will be riding through to Greenwich and back with refreshment stops at Woolwich Arsenal in between. Riders and their friends and families are welcome to join us for all or part of the course.

9. Club Mini-Championships:

At the end of our recent sessions, we have been holding mini club championships for different activities. So far our Club Mini-Champions are:

Limbo – Joint Champions – Bailey Stickings, Lewis Stickings and Reece Marfoy
Slow Race – 12 and over Grant Cann, Under 12 Bailey Stickings.

Our next Mini-Championship will be Sprints.

10. Cycle Show 2009 at Earls Court:

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

The 2009 cycle show takes place at Earls Court from October 9th – 11th. For more details, please see the following link...

<http://www.cycleshow.co.uk/page.cfm/Link=1/t=m/nocache=true>

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 format for the racers will be to be able to make some basic repairs to your bike.

Club Mobile:

*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**.*

Please note: *the club mobile is usually held by a coach and the coaches are volunteers. Please could parents try not to phone the club mobile during normal office hours weekdays.*

If you would like to add anything to future newsletters, please feel free to contact me at jconabere@yahoo.com

That's all for now. Keep riding!