

Sleaford Wheelers CC

THE NUMBER ONE CLUB IN LINCOLNSHIRE

Newsletter

December 2009

Editor

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Intro...

The main purpose of this newsletter is to alert you to things you need to do.

IT IS IMPORTANT THAT YOU READ THIS ONE!

What's been happening?

The AGM has now been held. For those of you who didn't make it, the Club's new sponsors are Chandlers/Mitsubishi and the Solo Club who will both feature on the new clothing. The club will be subsidising all racing members for a short sleeve top and shorts (bib or waist). The new club officials have been appointed; the main changes being that Ann Pike is the new racing secretary, Andy Howett is added as a new MTB rep., Kathy Smith is handling the kit and sponsorship and I've been added to the club run vice captain's list.

Spinning is continuing at Harpers on Thursday nights. If you want to go along, you need to speak to Russell on 01529 415758 who will be able to tell you whether there's a spinner slot available or whether you can take your turbo along instead. New block of six sessions starts on 10 December.

What's coming up?

Trophies need to be returned to Malc straight away – a good opportunity would be to bring them to Signing On.

Signing On night will be on **Monday 7 December, Solo Club, 6.30 for 7pm.** It is covered in the Features section later in this newsletter– please make sure you read it and take action as suggested or you will lose out on ordering your new kit and getting a place at forthcoming events. The **Christmas 10** is on **Sunday 13 December** (10.00 am start) with buffet and social at the Plough Inn, Wilsford afterwards and the **Club Dinner** will be on **Saturday 16 January, 7 for 7.30pm** also at the Solo Club.

Club run on Sunday 20 December - the run will be from Belton (Howard's place) to Belton Leicestershire for the cyclists' 'Mince Pie' get together at the Village Hall. For those of you who haven't been before, it is an annual event run by the CTC and is generally very well attended. There is all manner of food laid on at very reasonable prices and the event provides an opportunity to have a chat with people from clubs all over the East Midlands. You inevitably come across cyclists you may not have seen for years.

The reason it is leaving from Howard's is that it seems appropriate to do Belton - Belton but, perhaps more importantly, because it's quite a long way – you can expect to do around 80 to 90 miles plus any miles you do getting to and from the start! You can leave your car at the start if you don't want to ride out there as well.

The intention is to leave Belton at 9am and the pace will be moderate – average 14-15mph or so – to try and put it within most people's grasp. This is essentially a social ride and we won't be dropping anyone but you need to be realistic, so if you've only ever done 50 miles or less in one go, it may not be for you. You will need to fit decent lights as our chances of getting back in daylight at that time of year are probably not too great and, in any event, it could be a dull day. If you want to start out on the run but do less miles, there is nothing to stop you cutting it short at any time but I hope that there will be plenty of you who are up for the full distance.

Features – essential reading this time!

It's that time of the year when you need to get your cheque books out! Coming up of course is the Signing On Night at the Solo Club on **Monday 7th December**. Don't forget to come along from 6.30pm onwards. If you don't you'll miss:

- ✚ Booking your **Christmas 10** (Sunday 13 December) post-race meal at The Plough, Wilsford - £6 payable for the buffet which is usually a very good affair with lots to eat – and for those of you who haven't had their fill we move across the road to Kathy and Dave's house for Christmas pudding and other desserts – cash with order essential. **Payment at the pub on the day is not an option** because we have to provide definite numbers in advance and, in any event, we don't want to have to chase people for payment whilst we're there or be worrying about the club having to pay for people who've said they are coming but then don't. There is no booking form for this one but you need to let Kathy or myself have details of who is going and cash or a cheque (payable to 'Sleaford Wheelers CC') **by Monday 7th December - Signing On night is your last opportunity to book.**
- ✚ Ordering your **CTT Handbook** giving time trialing information for 2010 (price £7) – handbooks will be published early in the new year – cash with order essential.
- ✚ Ordering your meal for the **Club Dinner & Prize Presentation** - to be held on **Saturday 16th January 2010**, see menu/booking form attached giving full details. You need to pay up front for the Dinner and say which main course you would like. Deadline for bookings is 31 December but it would of course be convenient if you booked/paid at Signing On. The menu/ booking form attached to this Newsletter needs to be returned to Dave with payment (£14 adults and £10 under 16s). **We won't be accepting bookings/reservations without the form and payment** as we need to be able to tell the venue who has ordered what and the club needs the money well in advance in order to be able to clear the funds and pay the Solo.
- ✚ Ordering your **new 2010 kit** with new sponsor details; we have kept the main body of the kit the same as the current design but there are new sponsors through Chandlers/Mitsubishi and the Solo Club. See the attached details for order forms and prices which are correct as far as can be established at this point, as the total number of both kit items and value of our order will enable various discounts to become available. Cash with order please but note:
 - It has been agreed to provide shorts and short-sleeve top free of charge to ALL younger members of the Club provided they have been a member for at least one year, so don't forget to claim your free kit
 - A discount will be available to all other club members on their first pair of shorts (either waist or bib-shorts) and short-sleeve top as shown on the order form
 - When calculating the correct size to order, use your actual measurements – Impsport will then tailor individual kit items to suit the garment (eg a looser fit for long sleeve winter tops)
 - Although individual members will subsequently be able to order clothing directly from Impsport those orders would not attract the discounts we will be entitled to on our bulk order
 - Order will be submitted very shortly after the signing on night so if you are unable to attend, contact Kath directly to place your order (this is to ensure if possible we take advantage of the current 15% rate of VAT before the rise to 17.5% in January)

and of course you'll miss an evening with your friends and clubmates, and signing on for the 2010 season!

Sales and wants

Winter Training Fuel and Amino Load

I hold a small stock of Allsports products on behalf of the club – Winter Training Fuel (Strawberry or Butterscotch flavour) and Amino Load recovery drink (Blackcurrant or Apple). 3kg tubs cost £23 for WTF and £27 for Amino Load which is a 20% saving on the retail cost – let me know if you want either item. Cheques payable to Sleaford Wheelers please.

Rudy Project

As some people are already aware, Rudy Project stuff (eg cycling glasses, aero helmets in club colours etc.) is available to club members at a substantial discount from Martin Smith Opticians in Lincoln. If you want anything, let me know or ring him direct on 01522 521100, mentioning you are a member of Sleaford Wheelers. He'll also give you good prices on high quality frames and lenses for general use.

Other items

From Dennis Owen:

For sale - Hed Carbonlite Wheels (Shimano 8/9/10) with New Conti Competition tubs. Cost £250.

From Neil Sentance:

I have been doing racing bike servicing and selling top brand racing bike parts and accessories. I am a qualified cycle mechanic and through our contacts in the cycle trade can offer top brand racing bike parts and accessories (Shimano, Campag, Vittoria, Michelin, Campag 11 Speed, Mavic and much more) to Sleaford Wheelers club members at special discount rates. Contact at pedalpushers@hotmail.co.uk or phone 07824 314 537

From Doug Laidlow: (on behalf of a friend in Wigmore CC - Richard Clark)

If there is anybody in your area interested in a holiday in southern France and are not afraid of long climbs, please direct them to www.chezbilly.fr for details - we already give reduced rates to VTTA Kent and Wigmore members - I'm sure we could do the same for Lincs. guys too.

From Andy Howett:

FREE BIKE STUFF and some other bits

Silver drop handlebar, old steel one, bit of surface rust but otherwise fine. Std diameter

Black flat handlebar, also an old steel one, bit of surface rust but otherwise fine. Std diameter

Pair red Tektro V-brake calipers, tatty but functional

35x700 touring bike tyre (or slick for cross bike) Used but plenty of life left. Only one though.

Alex XCR-Pro Scandium rim, 296grams 32hole 26" Black. Very nice rim, really light. Unfortunately some stress-cracks around some of the holes, it has no eyelets, so I'm a bit nervous of racing it again. Felt OK last time I used it though. This would be perfect for anyone trying to build the world's lightest turbo-trainer bike.

256MB RAM chip for Advent 7086 laptop. Works perfectly, but I've put 1GB into mine. May fit other Advent machines

Rear seats for Mondeo, 1993-2001 models. Very good condition as they have been in my garage for last two and half years as I never used them. This is why I forgot to send them to the scrap yard with the rest of the car.

All bits free to collect from Humby. Can bring small bits to Spinning on Thursdays, but will need to wait for new car to arrive before I can bring tyre/rim/car-seats, bit tricky to carry on my bike.

Andy H 07811 737273

From David Peacock, Riverside Cyclelife, 5 North Gate Sleaford

Tel: 01529 414511

www.riversidecyclelife.co.uk

Hi to all you wheelers and a merry xmas and happy new year in advance.

We will be having a sale this weekend with 10% off all bikes and £20.00 worth of accessories free with each bike sale. The only condition is that FULL payment is required on the day.

In addition I have 4 road bikes which I am looking to off load and I will be willing to listen to sensible offers. If you visit the shop I can discuss this with you. Please note I will not be in on Saturday this week. I am also off each Thursday. So if you are interested in a bargain please pop in and talk to me. (please only talk to Sue (my wife) or myself).

Outro....

Next issue will be out in January so copy needed for this by the end of the month please.

Virtually everyone is on e-mail so I am distributing the Newsletter almost exclusively by that means. If you know of someone who would be interested in the Newsletter, could you either obtain their e-mail address for me or, if they aren't on e-mail, perhaps you would be kind enough to print a copy for them. If you change your e-mail address, don't forget to tell me as well as Jackie Marriott.

Please do not forget to:

- send items for the website to Chris Close;
- send features for the newsletter to me;
- return your trophies to Malc
- get yourself down to Signing on (along with your wallet/purse/cheque book!!). As well as paying for your 2010 membership and ordering a CTT handbook, you need to reserve your place at the Christmas 10 buffet and book for the dinner. You also need to decide what kit you want and order it;
- come on the club run from Belton to Belton.