

Update



In the short time between publications (Yes, that's how Pete and I will be referring to them in future) things have moved on significantly with a further lifting of the lockdown. We are completing the July newsletter today, on what has become known as, Super Saturday. I will not, personally, be visiting any pubs but I will be riding to the White Post Café also opening today... as we are nudged toward some sort of normal; whether it is emulating an old normal or establishing a new one, only time will tell.

Anecdotal evidence and access to a couple of WhatsApp groups confirms there is a lot of cycling going on and members meeting up to organise ad hoc rides. Pete and I hope you are networking with others to cycle together but if that is still proving difficult the next item below should help.

May your wheels run smoothly, your saddle cushion you and all your cycling ambitions be fulfilled!

Resumption of Club Rides

Core ride leaders group - Proposal for booking and organising rides up to end September 2020

Proposed Rides: Following the monthly meeting on 1 July it was agreed club rides will commence again on Saturday 11 July in accordance with the following -

1. Subject to availability of ride leaders, generic rides would initially be arranged for Tuesdays, Thursdays and Saturdays with a strict maximum of 6 members per ride.
2. We will aim to arrange short, medium and long ride* for each of the 3 days making 9 rides a week but could be expanded, subject to demand and availability of ride leaders
3. CLUB rides are to be organised and booked via the website to avoid clashing of start times, routes and cafe venues etc
4. Appropriate social distancing is to be adopted when meeting, riding and at cafe venues.

*Definition - **Short** - Less than 15; **Medium** - 15 to 25 miles; **Long** - 25 to 50 miles

Core Ride Leaders Group

A core ride leaders group to be established based on those members already having existing "Events" access and already conversant with the website.

This core group can be supplemented later following appropriate ride leader training and with website support from Richard Sykes.

If you are not available to lead rides July - September please advise Richard Sykes.

Stage 1 ASAP: Process to manage / book rides

Core ride leaders should look at the dashboard to see the dates/rides free to be reserved and make a placeholder reservation with minimum information ie your name, date, timings and start point.

Publish ride so that core ride leaders can see other rides and avoid any clashes as in 4. above. Remember to set attendees to 1 to prevent members bookings in stage 1!



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If you can, commit to rides through to end of July initially so we can establish how many new leaders we will need to recruit ongoing. If you want to book your placeholder ride into August please feel free!

Stage 2: Usual timescale in advance of individual rides

Plan your ride in detail, again checking dashboard for other rides to avoid clashes. Liaise with venues etc as usual. Amend ride with full details, setting attendees to maximum of 6.

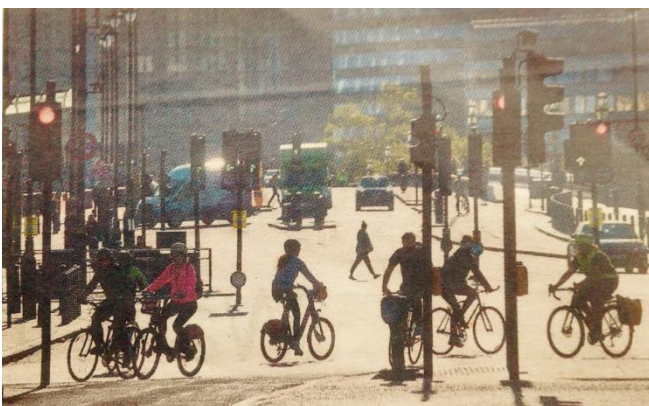
The first ride will be arranged for Saturday 11 July and can be fully published ASAP. Volunteers needed please! Subsequent rides should be posted by 9pm every Sunday for the following week. Cut off times can be set although we might anticipate that rides will be booked fairly quickly anyway.

Communication with members: Initially, an article in the July newsletter and a follow-up email will be sent to all members. We encourage feedback from members where they have found rides fully booked and expand number of rides offered if possible.

Future: Subject to any changes in Government regulations we could...1. Expand from 6 to 8 for example; 2. Decide at a future meeting whether to maintain generic rides or revert to traditional COACH/WEIR groups etc.

We hope that is clear!

Richard and Jonathan



Take up a cycle related Hobby



Well known club rider makes creative use of his time during the lockdown!

Climbing Hills

Apologies if this is obvious but if it helps anyone it has served its purpose after requests for advice.

Which gear is best for cycling uphill?

If riding uphill or into a headwind, don't labour in a higher gear, use the smaller/est front chainring and the bigger (Biggest if really steep) rear cogs on the cassette. Anticipate the hill, moving smoothly into the right gear soon enough to maintain momentum. If downhill, best to use the bigger front chainring and a range of smaller rear cogs on your cassette.

I hate all hills, is cycling uphill good for you?

All cycling improves your cardiovascular fitness. By cycling uphill regularly (It is Somerset!) you will get fitter and you will lower your blood pressure. In time this reduces strain on your heart.

How do I get better at climbing hills?

Sitting down and staying in the saddle for longer is the aerobically efficient way to the top. Relax! Keep a steady cadence and even tempo in the appropriate



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gear. Pace yourself, don't race yourself or anybody else...it's club riding, we'll get their together(ish).

Does going uphill get easier?

Follow the little and regular philosophy. Don't take on a huge hill once in a blue moon or you will always struggle. Regular rides will address your strength weight ratio, improving core strength and stronger legs will make the physical act of propelling yourself (and the bike!) up an incline, easier...promise!

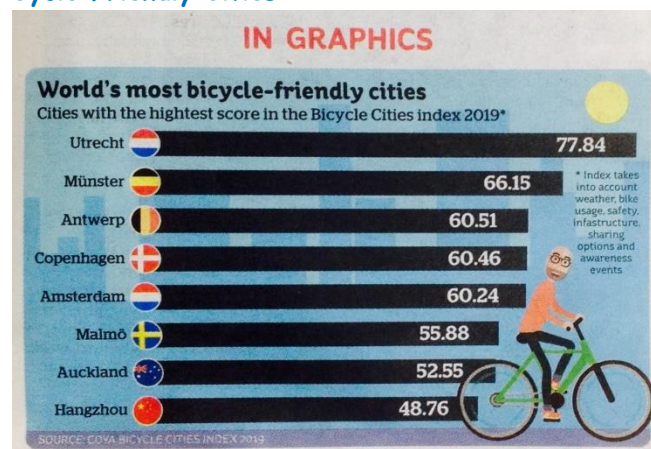
Finally, what is the steepest hill to cycle up?

Mentioned in an article by Jonathan the world's steepest hill is Baldwin Street, Dunedin, N Z, but relax, we are not going there any Tuesday soon!



Fiona-May Aylward of Beeston R.C. climbs the hill, but where is her helmet, mittens, glasses etc?

Cycle Friendly Cities



This graphic is the COYA Bicycle Cities Index 2019. It makes interesting reading: Each of the cities was marked against a range of indicators - Bicycle usage per 100K of population; % of bicycle usage; infrastructure; number of bike shops, bike sharing and rental figures; the safety score etc...a total of fourteen indicators in all. Once the score for each element was established they were then ranked as above. As you can see Utrecht came top. The first UK appearance, Bristol at 15th overall, then Edinburgh at 54th and London at 62nd place.

Mystery Cyclist

Note the old school cycle lamp and the 70's touring bike, this intrepid cyclist made it to the top of Mont Ventoux and as he didn't have a camera, asked a British family if they would take a picture with theirs. They obliged, wrote down the rider's UK address and promised to forward the photo when they were home. They lost the scrap of paper, but kept the photo. Finding it recently they are trying to track him down. So if you recognise the cyclist...





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Pete's Quote Quiz

Match the following people to the quotes below.

John F. Kennedy, Desmond Tutu, Albert Einstein, John Lennon, H. G. Wells, Anon

A. "As a kid I had a dream. I wanted to own my own bike. The first night I even kept it in my bed."

B. "Nothing compares to the simple pleasure of riding a bike."

C. "Every time I see an adult on a bicycle, I no longer despair for the future of the human race."

D. "Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring."

E. "Life is like riding a bicycle. In order to keep your balance, you must keep moving."

F. "I don't ride a bike to add days to my life. I ride to add life to my days."



John and mates ride their restoration projects!

Cycle Somerset Equipment - Car Roof Racks

The club has equipment, a bike trailer and three bike roof racks available to borrow for personal use.

As lockdown is eased and we meet up in groups or "bubbles," some people may want to drive to an away day ride with friends or family with extra bikes for children or grandchildren. Borrowing the racks is easy and at no cost.



The picture above shows a rack in place, the three units can be mounted on the roof bars together, the middle bike may need to be pointing backwards.

Each is a two piece set, one for the rear wheel and one for front forks. The rear wheel held in place on its tray by a toe clip strap. The front wheel is removed and carried in the car as the front forks drop into a quick release skewer. Supplementary straps or cord might provide extra security and aid bike stability on main roads and motorways.

Electric bikes and rear mounted racks mean they may not be first choice but a useful method for transporting light weight or junior bikes. I have always found them simple and safe to use.

N.B. Any use of Cycle Somerset equipment is always done completely at users' risk.

Contact: Stephen Coe, mobile: 07767-892166,

John Chester

The remaining items of John's legacy have been donated to On Your Bike, who will make use of them or sell them on eBay towards their funds.



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One, Two, Three, Riding to School is Elementary!

As we know Headteachers have all the best ideas. Can you guess what the new Headteacher of a school in Ohio made mandatory in his school? Every child to ride...

1. A bicycle?
2. A unicycle?
3. A tricycle?

Applications for places at the school rocketed as his insistence proved really popular!

(Answer - a unicycle).

Volt E-Bike Factory

Following Arthur's column last month it is interesting to note **Volt** have committed to Milton Keynes as the best place to establish a new UK factory to produce their bikes, for logistical reasons, moving their existing premises from overseas.

They have the capacity to build up to 25000 e-bikes a year. Volt's founder, James Metcalfe says he is thrilled to be part of a resurging manufacturing sector. He commented that the decision was helped by a significant increase in E-bike sales during the Covid 19 crisis



Volt Shimano Steps (above)

Membership

At the recent committee meeting the decision was made for the Cycle Somerset club year to be extended to 31st December. The Membership Year will start on the 1st January. Membership details will be updated to extend present year of membership. Financial year will be unchanged (i.e. start 1st October). Full minutes and details to follow.

Bike drawing...can you draw a single line bicycle?



Ideas for future editions are always welcome...

Deadline for submission of articles, ideas or photos relating to topical or recent rides: Thursday 6th August, anything of personal, local or national cycling interest always welcome.

Send to Peter Hanratty or Paul Harper:

peterhanratty@btinternet.com

paulantharper@live.co.uk

Answers to Quiz: A) John Lennon; B) John F. Kennedy; C) H. G. Wells; D) Desmond Tutu; E) Albert Einstein; F) Anon. How did you do?

Finally : Continue to maintain your bike, enjoy your cycling, stay safe and look forward to group rides starting soon!