



## Update

So much has happened since the last newsletter it feels like we are living a whole new existence in a world created by John Wyndham or Huxley.

Our dearest wish is that everyone is safe, well and managing to stay upbeat? From a personal point of view the daily outings on the bike for my one bit of exercise has kept me a little saner and maintained my fitness levels, not to mention avoiding a divorce.

The only other upside so far has been the almost perfect weather...take care.

## Continuing to take you're your Daily Exercise

From the high level of What's App communication activity, it is clear many of you are continuing to cycle and take advantage of the one element of exercise a day maxim. As Jonathan suggests it is unwise to use the canal or the busiest routes, but as we have seen from the photographs, there are a million empty lanes out there to take advantage of! Thanks to Charles for the photo!



## Monthly Meeting

The next Monthly Meeting will be the 6<sup>th</sup> May, on Zoom, at 8pm.

## Quiz

On Wednesday 15<sup>th</sup> April at 8pm Graham is organising a quiz for Cycle Somerset Members. Jonathan will send out an invite soon with details of how to log on to Zoom, so that all who wish to can participate.

## Photographs

Jonathan is offering to update the Cycle Somerset Gallery of photos by having a best photos taken during the lockdown exercise! Please forward your favourites to Jonathan and he'll do the rest.

## Bob Crowford

Arthur Hulls (and the club) would like to recognise an achievement by one of our members, Bob Crowford. When they met recently, over a lengthy chat, it emerged that Bob had just come from donating his blood for the 100<sup>th</sup> time. As Arthur said it is an amazing commitment over a long period, more than worthy of a mention and acknowledges a wonderful, selfless, act in these uncertain times. Well done Bob.



## Liability Insurance

The club strongly advises membership of CyclingUK (club affiliation 8001867) or British Cycling as they provide 3rd party insurance and legal advice for people who cycle.



## CYCLE SOMERSET NEWSLETTER

April 2020

[www.cyclesomerset.org.uk](http://www.cyclesomerset.org.uk)

### Keeping in Touch

Congratulations to the Coach Group, the Weir Group and the Ladies Ride who are holding their collective spirits up by utilising Whats App to keep each other updated, informed and amused during the lockdown. The Ladies Group provides a cornucopia of advice, encouragement, recipes, remedies and humour...

Below: John Riches' photo, challenging the Weir Group to say where the Pink Bus Stop is!



Below: On a more spiritual and ecclesiastical level, the Coach Group expect a prompt answer as to the whereabouts of the church below!



### Keep Cycle Somerset Talking

As mentioned, stay in touch with your cycling friends through Whats App groups, texts and emails. Don't feel isolated during this difficult time, make contact!

### Opportunities

Day 16 of the Lockdown finds most of us on a pandemic induced learning curve using the extra time indoors, or in the garden, honing a new skill or taking up a hobby to maintain our mental health. Top Ten:

1. Bread-making; 2. Knitting; 3. Playing an Instrument;
4. Computer Skills; 5. Vegetable Growing; 6. Learning a Foreign Language; 7. Hair Cutting; 8. Photography; 9. Repairing Clothes; 10. Car Repairs.

I'm certain Bike Maintenance is in there somewhere!

### Call Yourself a Cyclist... or Pete's little Quiz

#### What are Aero Bars?\*

- a. Delicious chocolate full of bubbles; b. Somewhere you can buy a drink at the airport; c. An extension to the handlebars used to improve aerodynamics.

#### What is a Crank?

- a. A member of the Coach Group who only wears shorts and a t-shirt when cycling in the winter; b. Half a Scottish comedy duo; c. The arm connecting a pedal to the bottom bracket.

#### Granny Gear is...

- a. Richard Gere's mother's mother; b. A very warm coat and sensible shoes; c. The lowest gear ratio on a multi-speed derailleur bike.

#### Who is the odd one out and why?

- a. Eddie Merckx; b. Jacques Anquetil; c. Bernard Hinault; d. Miquel Indurain; e. Arthur Halls.

\* Delete where applicable

### Tour de France

Can you name the towns or cities that have hosted the most Tour de France stage starts or finishes?

<https://www.sporcle.com/games/jonesjeffum/tourdefrancecities?t=cycling>





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### Meaningful Engagement

For those of you with plenty of time on your hands perhaps these links for cleaning and maintaining your bikes will be useful.

30 minute bike wash: <https://youtu.be/5ak4AzlUz5Q>

5 minute bike wash: <https://youtu.be/QvzVRxIIULO>

1 hour tune up: <https://youtu.be/fYaeVDnSK2c>

There are plenty of other helpful videos on YouTube.

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### Unlucky Carfrae



Many of you will have read this, but I thought it worth posting! Australia's Triathlon World Champion Mirinda Carfrae crashed out of the inaugural Virtual Reality Pro Challenge; not because she fell off her static bike, or because she blew up, exhausted, but because her husband Tim tripped over the mains cable attaching her to the grid and pulled out her plug, severing her power supply. I bet they are enjoying their continued isolation.

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### Help With your Bike

We know that many of you are competent bike mechanics and others are haphazard fiddlers and fettlers who just about get by. There are, however, many of you who may need professional help with

your bikes at this difficult time. If you need help, the following are still operating:

**Bicycle Chain:** Taunton Store, Monday and Saturday only. Their teams are in store working but for the safety of their staff and you, they will be operating a zero contact service for cycling essentials to keep you on the road. 01823 252499 or e-mail [taunton@bicyclechain.co.uk](mailto:taunton@bicyclechain.co.uk)

**Oli's Cycle Servicing:** Is still operating his home collection and Servicing or Repair operation and is observing a zero contact culture and will render the bike sterile on pick-up and return. 07891 180146 or e-mail [oli@ocservicing.co.uk](mailto:oli@ocservicing.co.uk)

**On Your Bike:** Is still operating and also observing a precautionary approach to contact. Make a sterile enquiry before turning up with your bike. 01823 259035 or e-mail [cycle@on-your-bike.org](mailto:cycle@on-your-bike.org)

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### Our Heartfelt Thanks

It would be an oversight to produce a light-hearted newsletter and make passing reference to Covid 19 and forget those of you who are directly involved. On behalf of the club I would like to acknowledge the debt of gratitude we owe many our members who are operating front line and back-up services at this difficult moment, helping to keep us safe during this on-going crisis. Thank You and Keep Safe

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### Suggestions for future editions are always welcome...

Deadline for submission of articles, ideas or photos relating to topical or recent rides: Thursday 7<sup>th</sup> May, anything of personal, local or national cycling interest always welcome.

Send to Peter Hanratty or Paul Harper:

[peterhanratty@btinternet.com](mailto:peterhanratty@btinternet.com)

[paulantharper@live.co.uk](mailto:paulantharper@live.co.uk)

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