

Update



It seems such a short time since the January newsletter; February is halfway through and with unseasonal weather it feels refreshingly balmy, who knows, it might just be the best cycling spring ever!

Thanks to the members who confirmed their desire to lead rides (See chair's address); the figure stands at 27 leaders. In the last twelve months there were 240 rides, a healthy figure given the level of restrictions during that time. January saw 20 rides led by 12 different leaders with 6 leading 2 or more rides. This is very healthy and we hope that all who want to cycle are able to sign up and ride. If anybody has difficulty getting on a ride, let us know and we'll do something about it!

Arthur reports we have 93 members and if previous years are anything to go by the number will creep above 100 soon. In this edition there will be an opportunity for members to help select a new club logo which will, in time contribute to a new club jersey. Get involved...give us your views.

Archimedes claimed that with a long enough lever he could change the world... but we cyclists engage with the most powerful, fundamental force on earth...the bike, who needs a lever? Take care.

Calling All Ride Leaders



In the last few months, there have been a good number and variety of club rides. It has been noticed that a small number of ride leaders are leading the majority of rides. Whilst this is welcomed and our thanks go out to these stalwart ride leaders, it is suggested all of our ride leaders (currently 26) should share some of this load.

There is an average of around 24 rides per month with a normal bias towards the warmer months. It ought to work out that each ride leader could lead a ride once a month. However, some may still wish to do more and it is suggested that all ride leaders plan on leading a ride every other month or around five during the year.

It is quite acceptable to pair up to organise a ride or to seek help from those who do it more often. Thank you for reading this far and I would encourage you to organise or plan rides as the weather gets a little warmer. There are ready made routes and coffee stops on the website or make up a new one of your own. The planning template is easy to use and there are a few members around who do it regularly and are willing to advise or help out. Go on...take the plunge!

Graham Farrington - Chair

Raymond Charles 'The Boot' Booty



Raymond Charles Booty, nicknamed 'The Boot', was an English road racer who, in 1956, was the first man to beat four hours for the 100 miles individual time trial. Riding for Ericsson Wheelers Cycling Club, now disbanded, he won the national 100-mile time trial each year from 1955 to 1959.

He rode from Nottingham to the start the day before, roughly 100 miles. He was given a medal by 'Cycling' and a certificate to commemorate the event. He was also awarded the Bidlake Memorial Prize; the citation read: Raymond Charles Booty for his superlative ride of 3 hrs, 58 mins, 28 secs in the Bath Road Hundred of 1956, this being the first time one hundred miles had ever been ridden on a bicycle, out and home, inside four hours.

Booty recalled: It was one of those lovely sunny summer mornings you crave for when you are time-trialling. It was calm and eventually it became very hot and I was hanging on in the last half hour. I remember it was a real struggle. I knew I was on to a good ride if I could hang on. The thing I remember about that event was at the finish, I was absolutely shattered at the finish, I sat down and, of course, when I finished I realised just how hot it was. I was desperate for a drink and somebody came with all they'd got, which was a bottle of milk. It was really sour but all he had. I drank it all. That was the thing I remember mainly about that event.

Article suggested by Tony Lee

Dave Cooke



On a Tuesday ride recently a group of twelve rode out to celebrate Dave Cooke's 60th birthday at the Heart of the Village, Stoke St Gregory. It was a great ride and Jane, Dave's wife, joined the group with a homemade sponge cake which Dave was happy to share with everybody, lovely! A belated Happy Birthday to you Dave - Sue Brooks



Cycling Quote 1

"Hills, we love them, we hate them! They make us strong. They make us weak. Today I chose to embrace hills." – Hal Higdon

Here's One I Made Earlier



Those magic words, used so often on Blue Peter, also apply to the following article the purpose of which is to talk about an item I have just finished making to be carried proudly, for all to see, on my two upright bicycles.

It took me many hours to design and manufacture this "retro" mini saddle bag, made to hold spare inner tubes and a selection of bike tools.

I took a large piece of heavy oak tanned leather, soaked it in warm water for an hour then folded it around a large plastic bottle and left it to dry. The leather then permanently held the appropriate curve fit for purpose. The various straps and flaps were cut to shape and sewn on to the "chassis". The end caps were much softer leather, but this too had to be wet moulded to allow it to be sewn in place when dry. All the sewing was done using heavy waxed thread. Every needle hole had to be marked out with a multi pointed spacer tool I made years ago and then each mark drilled out using a dremel with a miniscule drill bit. The closing rod is a piece of aluminium tent strut, with the ends capped off with metallic epoxy just to add a finishing touch.

The finished item hasn't turned out quite how I imagined it would, but then it is a prototype! I am not sure I have the patience to make an improved version. No doubt you will see the bag "in the flesh" on a ride in the not too distant future.

No wonder folk in pre industrial society had so few

possessions. Making something like this from scratch takes more time than I could have imagined when I embarked on the project. **Martin Atton**



Spot the View



A lovely winter day, a lovely ride, a lovely view...A bottle of wine to anybody who can say where this is; tantalising isn't it? E-mail an answer to **Paul Harper**

New Inn Halse 1.



On a chilly but pleasant ride recently, Tony led everyone on a picturesque, circuitous route to the New Inn, Halse where we were delighted to have the place to ourselves as we relaxed over coffee after a warm welcome from the hosts, **however...**

Cycling Quote 2

The best routes are the ones you haven't yet ridden
Anon

Maintenance Day



Maintenance 1 - There will be a Bike Maintenance Day at **On Your Bike**, next to the station, on Tuesday 5th April, 10 am to 1pm. Derek Cutler, manager, will lead the session and take members through basic maintenance and answer questions for individuals who require additional help. There will also be a P.C.S.O. in attendance to register bikes. We intend to take refreshment at the GWR Hotel.

Maintenance 2 - There will be another session at Graham's house on Saturday 9th April, 10am to 1pm where a PCSO will also attend to register bikes. Coffee and cake for all is promised. For those wishing to attend **M2** there will be a ride out from Taunton (Or multiple rides if numbers demand). All details to follow.

Cycling Quote 3 BoGoF

A bicycle ride is a flight from sadness.
James E Starrs

Every time you miss your childhood, ride on a bicycle!

Mehmet Murat ildan

Travelling Light



On the resume of every ride there is a list of items to take with you in case of emergencies or inclement weather i.e. Spare inner tube, Pump, Lights, Water, Snack and a Face covering. What to carry it in extends the debate! There is always a tension between taking what is essential and travelling as light as possible. To try and balance the two I have devised a lightweight and space saving system. I have two bottle cages. In one I carry my drink in the other I carry tools and items I consider essential:

- ✓ Snack;
- ✓ Tyre levers;
- ✓ Pump;
- ✓ Inner-tube;
- ✓ Multi-tool;
- ✓ Security / Lock;
- ✓ Lights;
- ✓ Waterproof / Cape;
- ✓ Face covering;
- ✓ Spoke Key;
- ✓ Plastic gloves;

If leading a ride I take a First Aid Kit in my Bike Seat Post Bag where my overflow items already go... and I still have room for lippy if needed.

All-in-all an efficient, light and non-bulky solution, anyway that's what my mother says!

The Secret Cyclist



CYCLE SOMERSET NEWSLETTER

February 2022

www.cyclesomerset.org.uk

Highway Code 1931



To Pedal Cyclists: Certain rules for drivers of motor vehicles apply with slight modification to cyclists. Pay attention to **Speed, Signals, Overtaking, Cross Roads** and **White Lines**.

Riding Abreast: Do not ride more than two abreast... make the passage of other traffic wishing to overtake you easier by getting into single file except on very broad roads.

Steadiness: Do not wobble about the road but ride as steadily as possible.

Hanging On: Do not ride close behind fast-moving vehicles, leave space for slowing or sudden stops.

Traffic Blocks: Do not hold on to a vehicle even when it is stationary. Make no attempt to gain a forward position in a traffic jam by cycling along narrow spaces between vehicles. They may start and you will impede them and endanger yourself.

At Night: You are not easily visible in the dark by following traffic. Act accordingly, keep well to the left and if you do not use a red rear lamp, keep your red reflector clean and properly fixed.

Special Duties toward Pedestrians and Animals: Respect pedestrian rights. The aged, infirm and young children call for special courtesy. Take care not to endanger children who are likely to dash into the road unexpectedly. Look out for school signs. Give plenty of room when passing or overtaking pedestrians or animals. Show consideration toward horses and horse-drawn vehicles.

Suggested by Jonathan Sladden

Highway Code 2022



Rather than encourage members to rely on a synopsis of the new Highway Code, the club's advice is to encourage all road users to read the real thing!

Stay up to date: The Highway Code is essential reading for everyone. It's updated regularly, so it's important that everyone reads it. Many of the rules in the code are legal requirements, and if disobeyed you are committing a criminal offence. If you do not follow the other rules in the code, it can be used in evidence in court proceedings to establish liability.

You can:

- i. [read the full updated version of The Highway Code, free, on GOV.UK now](#)
- ii. [buy and download The Highway Code iOS app](#) - it costs £3.49 and will be updated with all the changes this spring 2022
- iii. [pre-order an updated copy of The Highway Code book online now - £4.99](#)
- iv. buy an updated copy of The Highway Code book at high street bookshops from April 2022





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You and Your Bike – Peter Hanratty



Why do you cycle? For the sheer enjoyment of moving at a leisurely pace outside knowing that it is good for my body and mind.

How often do you ride? Weather permitting, a weekly club ride and as often as I can locally.

Which of your bikes is your favourite? Being a novice cyclist, I don't have a selection of bikes. After catching the bug from the Back on Your Bike course I went to Bicycle Chain and when asked what sort of bike I was looking for replied, "A blue one." Not having one in stock I exited with a black Giant Escape 3 Hybrid which suits my modest needs.

What do you always take with you when cycling? I take hope and expectation plus a fellow cyclist with more experience of mending punctures than me; and, of course, a full water bottle.

Do you mend punctures or buy a new inner tube? I have three punctured tubes in the garage, still waiting to be mended one day, the latter.

What is your favourite cycling gadget? Strava, tracking my routes. Not being a Somerset lad, I'm continually asking myself, "Where on earth are we?"

What top cycling tip would you pass on to others? It's never too late to learn to ride a bike. I never had a bike as a child and had very little experience of cycling until I retired and joined Back on Your Bike; it transformed my life; so much

enjoyment from travelling the lanes of Somerset with lots of new, great friends.

With £100 to spend on cycling what would you buy? The most comfortable saddle it could buy me.

What is your favourite local ride? Through Creech, around to Maunsel Lock and across the levels to North Curry for coffee and cake; down 13 Bends to Ham, Creech St Michael and home. It was the first ride I led with comic consequences; it still makes me smile whenever I ride through Knapp.

What single thing would most improve matters for Cycle Somerset cyclists? Money spent on improving road surfaces on the lanes and roads across the County.

Unable to Get on a Ride?



Sorry folks this still counts as 4 riders on a club ride... the Chair's final word.

Cycling Quote 4

Bicycling is a big part of the future. It has to be. There's something wrong with a society that drives a car to work-out in a gym."

Bill Nye

The Long and Winding Road



Cycling Quote 5

I finally concluded that all failure was from a wobbling will rather than a wobbling wheel." – Frances E. Willard

New Inn 2



...Just when we thought we had the place to ourselves another, jolly group of cyclists turned up, leaving their bikes strewn around the yard and generally having a good time.

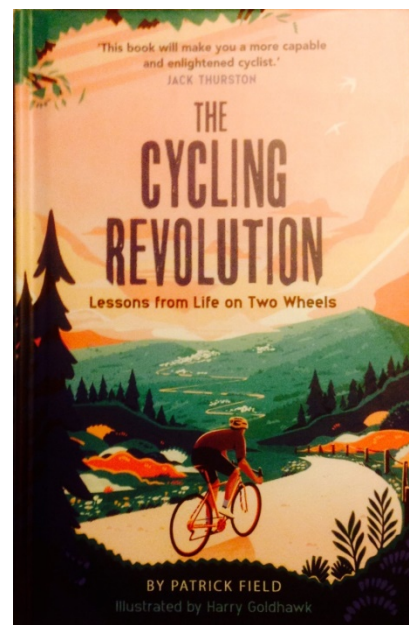
Was the whole thing planned or was it another spontaneous example of what happens when you are out on your bike with friends having fun?

Hooked on Cycling



Dad I'm sure the last thing Mum said was, "Can you finish decorating the Hall."

Book of the Month



A beautifully illustrated book by Patrick Field. He reveals the lessons we can gain from life in the saddle. From challenging stereotypes and pushing yourself to the limit, pacing yourself and teamwork, there is something for everyone. This book is perfect for seasoned and new cyclists alike!



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LOGO LOGO LOGO

Here is your chance to shape the future. On the left are designs for the new Cycle Somerset Logo.

The rationale behind the Cycle Somerset logo designs in the Newsletter were arrived at through a consultation process involving 16 members of Cycle Somerset.

They were asked to select 6 words that they felt represented the 'ethos' of the club.

The most popular words selected were: **SOCIAL** and **FRIENDLY** – with the highest scores

ACTIVE and **FUN** – which were joint second

HEALTH and **APPROACHABLE**

When referenced against 'branding' colours the strongest performing colours were:

ORANGE - for Social, Friendly, Fun, Approachable

RED - for Active

GREEN - for Health

Also included is the highly visual orange and yellow from the charts to ensure cyclist visibility.

Over to You

- i. Each member has one vote to choose ONE design;
- ii. Select from 1, 2, 3, 4, 5, or 6 (1 being at the top of the page, 6 being at the bottom);
- iii. E-mail your vote to susanbrooks@gmail.com by no later than Sunday 27th March 2022.

I will then gather the votes and report back to the Monthly Committee Meeting on Wednesday 6th April, before sharing the results with everyone in the April newsletter.

Many thanks

Sue Brooks

Lubrication



That's the name of the game. Spotted on a ride recently this bike is probably beyond the reach of 3-in-one oil. It is a salutary lesson in what happens when you neglect your bike and let maintenance slip. Lubricate or grind to a halt.

Westonzoyland Church



On a pleasant club ride to South Petherton, I got chatting to Sue Brooks and established that many members may not have visited Westonzoyland Church; it is well worth it. There is a permanent, informative display dedicated to the Battle of Sedgemoor, the last battle of the civil war, including figures in costume. Ask Sue Pawson how lifelike they are!

In addition, if you have not taken the route through Chedzoy and turned left along King's Sedgemoor Drain to Bawdrip recently you should, it was

resurfaced last year and is now a really smooth route. Bawdrip also opens up the Poldens or Burnham on Sea. Perhaps a planned club ride in that direction would provide a prompt for others.

Chris Gill

I have attached a G-Map route from Burrow Bridge.

<https://www.google.com/maps/dir/Burrow+Bridge/Chedzoy,+Bridgwater/Bawdrip,+Bridgwater/@51.1002558,-2.9264304,3404m/data=!3m1!1e3!4m20!4m19!1m5!1m1!1s0x48720e96e8134ed9:0x7c93c9062bd701be!2m2!1d-2.918264!2d51.0697365!1m5!1m1!1s0x48720f698235837f:0x6debb4d82837f1c6!2m2!1d-2.9446636!2d51.133118!1m5!1m1!1s0x487205f0f002b637:0xd07e866f9a2ee4b4!2m2!1d-2.9423886!2d51.1525893!3e1>

Suggestions for future editions are always welcome...

Deadline for submission of articles, ideas or photos relating to topical or recent rides: Thursday 17th March, anything of personal, local or national cycling interest always welcome.

Send to Peter Hanratty or Paul Harper:

peterhanratty@btinternet.com

paulantharper@live.co.uk

Finally

Remember to send your logo votes off to Sue Brooks.

In next month's edition we will be looking for further signs of Spring, preparing our Summer cycling wardrobe and looking forward to a balmy cycling season of unbroken sunshine. As someone once said, "Winter miles, Summer smiles."

In the meantime take care, stay safe and continue to ride as risk free as you can.