

Update

Since the last newsletter things have moved on considerably, at a national level, including an easing of the lockdown. There has been some discussion amongst club members and guidance about who can meet and in what numbers. Jonathan has uploaded advice to the website but we have repeated it here to ensure coverage.

Whilst out and about it has been good to see the number of club members taking advantage of the weather and the relative freedom of the open road to extend their cycling (less so following easing). There has been some meeting up, in small numbers, following the guidance at some of the venues mentioned in Karin's list (included).

Here is hoping that, as you stay safe, and as we get on top of the virus we begin to see a time when we can get back together and resume our club rides.

World Bike Day



Above you can see the new club colours for all club rides to be introduced soon... bike colours will remain optional! It is in fact thousands of officials as part of a parade in Turkmenistan led by eccentric Premier Gurbanguly Berdimukhammedov, celebrating World Bike Day this week. He is not that eccentric given he was instrumental in persuading the UN to set up the event in 2018.

Arthur's Tips - Buying and Riding an E-Bike



It is possible to buy a bike that is easy to clean, easy to maintain without having to cleanse, adjust or put the chain back on again, no need to visit the bike shop to set the gears up, adjust them and no more fiddling with brake blocks because they're rubbing, pulling up unevenly or not stopping quickly enough in the wet.

It's a bike that can be used all year round, on almost any road surface.

All above can be answered by purchasing an Electric Bike, not cheap (and a bit heavy), especially if you want one that's going to last many years and carry you many happy miles; be reliable and built with recognised branded components for durability and good local after-sales warranty.

Arthur's list of the Key Components:

1) Frame/mid-mounted, low centre of gravity Bosch motor; Power-Tube battery; lithium-ion in the frame either horizontal/vertical 400 to 500W. 36V. Charge directly to bike or easily removed; **2)** Hub gears, Shimano, between 5 and 11 speed, twist grip shifter, can change gear whilst stationary; low-maintenance; **3)** Carbon Belt Drive, no oil on your clothes or legs or cleaning awful black gungy; stuff off... you just wash it with water 2/3 times a year; what's good enough for Harley Davidson should be equally beneficial on our bikes; **4)** Hydraulic, self-



CYCLE SOMERSET NEWSLETTER

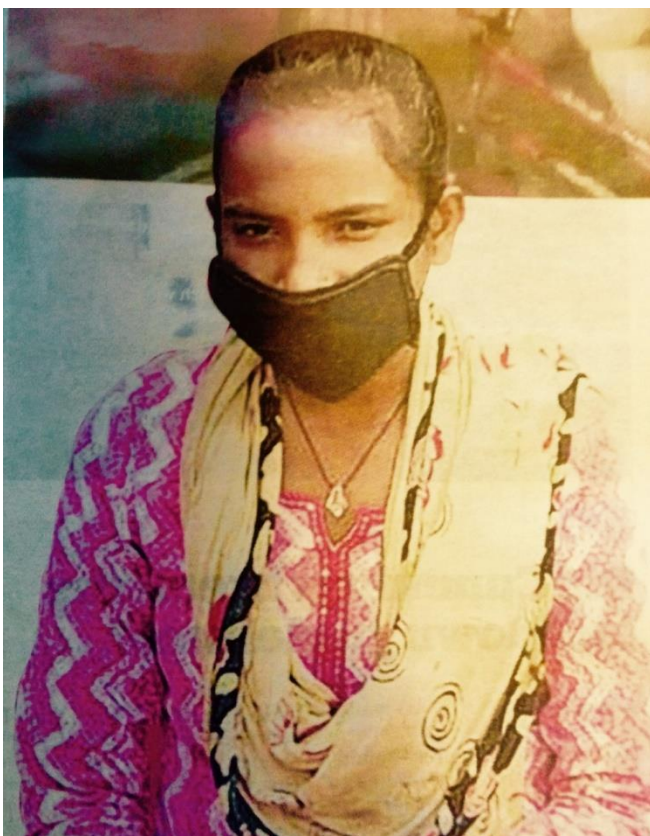
June 2020

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adjusting discs brakes; **5)** Schwalbe Marathon- Plus Tyres, arguably the best for puncture resistance; **6)** Lights, dynamo or run off the battery; **7)** Mudguards; **8)** Kickstand; **9)** Ringlock with a plug chain, bike security is hugely important.

E-bikes can seem expensive, heavier due to the list of accessories (optional), which will increase the weight and cost of an ordinary bike. The benefits are: Being able to cycle to destinations previously you felt were too far, not being anxious about how windy it is, the speed of other riders and the one thing we all grumble about to a ride leader, the ascent and number of so many hills? Arthur is happy to assist / support anyone considering an E-Bike.

India - A Feat of Endurance



A teenager's rode 700-mile ride across India under lockdown, carrying her wounded father on a bicycle in searing heat. Jyoti Kumari, age 15, set off from Delhi and took a week to complete the journey to her village in Bihar. Her father was laid off at the

start of the lockdown in late March, leaving the pair almost penniless. Injured in one leg, he could barely walk and only ride pillion behind his daughter as she pedalled home.

"We would have died of hunger had we stayed there any longer. We had no money to buy food or pay rent," Jyoti told journalists "I felt terrified most of the time on the lonely streets but put my fears aside. My priority was to reach home."

Jyoti spent most of their remaining savings to buy the bike, and the pair lived on handouts of food and water from strangers for much of the journey.

She said "We travelled mostly during night as it was cool and there was less traffic. I am amazed that I covered such a long distance, but I think there was sheer madness on my mind to reach home."

Karin's Coffee Stops and Takeaways

The Bridge at Langport Wed, Fri, Sat 8am-2pm

Kitchen Bakery, Langport Centre - Mornings

Hambridge P.O. Stores and The Old Smokery

Pynes Butcher, North Petherton Mon-Sat up to 3pm

The Weir Café and the Shed, check for times

Curry Mallet Post Office 8 – 1pm

Takeaway meals

Farmers Arms, Combe Florey, Fri, Sat 6-8, Sun 12-1

Feast, Ilminster, Friday evenings (Facebook)

The Globe Milverton, Thurs- Sat from 6pm, (facebook)

Winchester Arms, Trull, Thur-Sat 5-8 Sun 11.45-3pm (Facebook)

Augustus, Courtyard, St James St (Facebook)

Lamb and Flag, Blagdon Hill Thurs-Sun (facebook)

Culm Valley Inn (facebook)

White Horse inn Bradford on Tone (facebook)

Group Cycle



We are all looking forward to a good turn out when group rides restart!

Jonathan Recommends Two Useful Bike Tools

i. Chain Wear Gauge: If your gears are jumping and you have adjusted the gear cables, a stretched chain could be a problem. If a gap appears when pulling the chain forward use a chain wear gauge to



see if you have wear or need a new chain/cassette. It is a diagnostic tool, measure and cheap in shops.



ii. Multi-tool

Topeak Alien 2 has most tools you need for a roadside repair. It's also worth adding a couple of glueless puncture patches inside the case.



One of Karin's recommended stops?

Memories 1

For as long as I can remember, I have always ridden. My first memories are cycling memories. I entered the field of consciousness while riding and I never stopped doing it. To ride is, for me, an enchantment - in the true sense of the term. I ride to rest and to tire myself out; I ride to dream; I ride to do myself good and to do myself harm. I ride to be alone and to share the road with friends; most often I ride for the sake of riding.

All memories from Paul Fournel - Need for the Bike



CYCLE SOMERSET NEWSLETTER

June 2020

www.cyclesomerset.org.uk

Coronavirus Guidance

Who can I cycle with? - With members of your household, or up to 5 other people (at 2m distance)

How long/far can I cycle? - You can travel to outdoor open space irrespective of distance

How often can I cycle? - As often as you wish, following social distancing guidelines

Can I drive there? - Yes, but only alone or with other members of your household

Background info - Outdoors we are less likely to come into contact with an infected surface and any tiny particles of virus are dispersed by fresh air. The remaining danger is from large droplets; staying 2m away from others should overcome that.

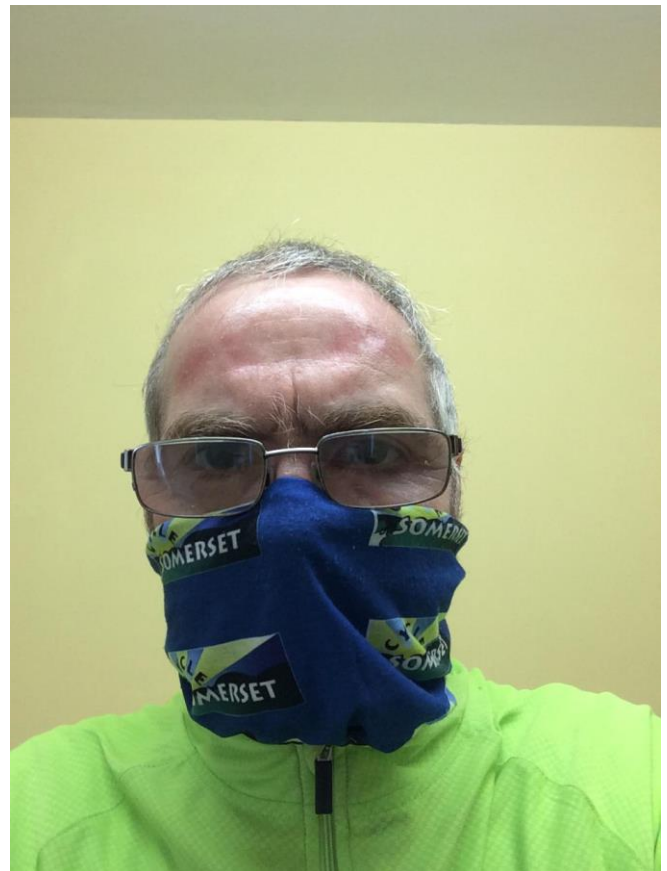
There are natural elements working in our favour outside - breezes, air currents, rain, wind - which all dilute the possibility of the virus particles being passed from one person and landing on another.

If you chose to ride along a narrow towpath popular with walkers, at busy times of the day, it's likely you will find it difficult to pass those on foot while maintaining two metres of space. You will end up either riding at walking pace behind people or breaching the social distancing guidelines.

It is vital to think about the paths you plan to ride on, avoiding narrow sections when they are likely to have large numbers of walkers using them; think about the time of day you pick for your ride. Leave plenty of space when overtaking walkers or slower-moving cyclists, and allow time before pulling in again, then you do not leave them in your slipstream. Quieter routes are often the best choice!

<https://www.cyclinguk.org/coronavirus-covid-19> for latest advice

British Cycling are hoping to start club activities on July 4th - Graham's suggestion is we wait at least until then for club rides. Keep your eye on the website for more info.



Ian isn't about to stage a hold-up, he has, sensibly, adapted the club buff to use as a face-mask!

Pete's Bike Parts

5 Essential Skills Every Cyclist Should Learn

<https://www.youtube.com/watch?v=SdbVz-HZ8H8>

Trials will be held shortly for the Cycle Somerset Cycle Ball Team 2020. To get a flavour of what skills are required follow the link to watch highlights from the Cycle Ball 2019 final.

<https://www.youtube.com/watch?v=TYDWkt5Z7BQ>

Don't forget it is Bike Week from 6 - 14 June
www.bikeweek.ortg.uk

Updated advice regarding the Covid-19 outbreak visit:

www.cyclinguk.org/coronavirus



CYCLE SOMERSET NEWSLETTER

June 2020

www.cyclesomerset.org.uk



Festival of Cycling

The Women's Festival of Cycling returns from 11 - 31 July aimed at raising the profile of women in cycling and provide dedicated activities and rides for women. Could you nominate an unsung hero from within our Cycle Somerset group for recognition? Someone perhaps, who leads rides, organises a group or encourages or coaches others within the club. It would be good to acknowledge them.

How to Improve Your Cycling

1. Don't compare yourself to others - It's easy to be disheartened if you look at the experienced, fittest, fastest cyclists - Remember when you started, cycling regularly puts you ahead of the average person in terms of general health.
2. Stay Self-Aware - You are here to enjoy cycling, what are you really good at and what do you want to improve? It's not just about fitness it could just mean being a regular, supporting others in the group ride, staying motivated on a damp morning!
3. Have Personal Goals - An event to train/plan for; be a better descender; learn to enjoy those hills!

4. Celebrate Your Personal Triumphs - Congratulate yourself when you climbed that hill; celebrate the ambience of a great ride not the feeling of tiredness; it's good to be first in the coffee queue.

5. Variety is the Ride of Life - Don't add to a busy life-style, if it's a short ride this week it's OK; a new route is refreshing; don't fret if you miss a ride, do two when the opportunity occurs. Wet weather is a spur to buy that weather proof jacket!

6. Take Rest Seriously - Let your body recover; pushing too hard, too often is demotivating. A good recovery is a better ride next time.

7. You Ride What You Eat - Not just about a bike; be diet aware, clarify what works for you, make a link between feeling good and a healthy intake.

8. Know Your Bike - Local bike shops / individuals are key to keeping a bike running smoothly. Learn to do the simple things but in a club there is always someone who knows, or who can put you in the right direction. Repairs and maintenance needn't be expensive but regular fettling is money invested.

9. Share - Share your positive stories about your cycling and own them, showing your cycling passion, it is enervating for you, engaging and encouraging for others!

10. Time Out - Take some time out occasionally on non-bike days to gain time for you, friends and family, so when you get back on your bike you do so refreshed and ready to tackle your next challenge.

Memories 2

By remaining attentive to the messages your body sends, through exercise and in pleasure, you can take an elegant inner voyage on the bike. A lasting voyage, a permanent education, continuous retraining. The dialogue you establish with your thighs is a rich one that helps you set your limits, increase your endurance, to tolerate pain and to recognise the intolerable. I find it useful every day.



CYCLE SOMERSET NEWSLETTER

June 2020

www.cyclesomerset.org.uk



Car Clear - Motorway North, Early Lockdown

Puzzle Corner

A puzzle to occupy the mind during lockdown

Alan and Claire together weigh 150kg.

Alan and a bike together weigh 90kg

Claire and the same bike together weigh 80kg.

How much do Alan, Claire and the bike weigh individually?

Memories 3

After a few kilometres my temperature rises, I don't feel bad any more, and the world unfolds around me. I gently make my entrance into the landscape.

Next Newsletter

Tyres, tyre pressure, tyre confidence and how you need never worry about pneumatics again!



When we can all come together for a group ride!

Deadline for submission of articles, ideas or photos relating to historic or recent rides: Thursday 2nd July, anything of cycling interest welcome.

Send to Peter Hanratty or Paul Harper:

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paulantharper@live.co.uk



Ride your bike, keep your distance, stay healthy!