



Items for the Editor to arrive no later than 7 days before month end

H.R.C. NEWSLETTER

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The bad weather wrecks yet another event!

Sunday morning 28th February, 7.45am, rain and wind battered the West Stoke headquarters. The HRC 2 up the first event of the season was cancelled. It was an easy decision to make. Just getting to the headquarters in a car was a difficult task. Potholes were hidden, roads were flooded and fields drained muddy water in gushing rivers on to the racing line. With the PTTL event 1 being cancelled at Soberton on Saturday, due to potholes and road works, the weekend was a real double whammy!

The first left turn on the 10 mile time trial course heading into Funtington, saw cars disappearing in mist and water



The President's first event of the year washed away!

What's in this edition of the newsletter?

Finally an article or two from John B appears.

We're all going to Calshot! A Club day out in May, whether you wish to watch or take part, and possibly a coach ride too!

We have received quite a wide range of letters in the postbag. Some of them will have you checking the internet soon after.

NEXT HRC CLUB EVENT

BOB KEMP CUP promoted by Bognor Regis CC **Sunday 11th April 07.30am start, 25 mile TT on the P901 Fontwell course.**

The 'refreshing' left hand bend going into Funtington



Sected highlights from Club events for February 2010

Monday 1st Feb

A full club room!

Wednesday 3rd Feb Track night Mountbatten Centre

A little wet and windy. Den and the Editor flew the flag for the HRC at the front and the back!

Monday 8th Feb Club Night

Lots of talk of training done and events to enter. There is a wild idea, by some, of entering a team in the National 24hr when it is down in this part of the country!

Wednesday 10th Feb Track night Mountbatten Centre

Our youngest HRC member Ryan was riding the track for several laps doing some training on his own. Den and the Ed rode round with him. His Grandad looking on from the sides was probably wishing he'd brought his bike too.

Wednesday 17th Feb Track Night Mountbatten Centre

An old hand took to the track again after many years (Sean Farrugia)! Den and the Dark Shadow (GF) joined him too.

Monday 22nd February Club Evening Brian Gray PNE slide show

A doubly packed club room with PNE joining us too. Brian Gray performed a very extensive and interesting slide show of cycling activities, holidays, postboxes, and old relics both on and off the bike. Good photography too.

Wednesday 24th February Committee meeting

A Calshot visit is now a reality so check your diary and put **Saturday May 22nd from 11am to 2pm at the track** in your diary. Costs to follow with a coach option if you wish, it won't break the bank. You know what cyclists are like. More details to follow over the next few weeks. And this is for everybody, fan and rider alike.

Friday 5th,12th,19th,&26th February Track night Mountbatten Centre

Den carried the flag for the HRC . He's getting some training in.

VALERIE'S CORNER

1) Can you believe there are still some who've not paid their club subs!

2) Welcome Two New Members

Andy Langdown, Emsworth, Just about a Veteran- Racing Member
Andy has been riding our club tens last season, I am sure he will be a great asset to the Club.

Richard Lindley, Waterlooville, Senior Veteran 64 - Non Racing
We look forward to seeing Richard at the club tens or out on rides with the club.

3) Social event **Ever Wondered What Magistrates Do?**

Come along on Monday 22nd March 7.30. to the clubroom at International Hall, Emsworth and find out.(What they do before and after sentencing you.....)

We have a Magistrate coming to discuss the details of the work in court, and the training involved.

The Cycling Montage spot entitled "Happy Groups"

They say a picture paints a thousand words. Well last month Richard submitted the equivalent of 9000 words. Turn the page to see a 10,000 word article. The creation overleaf this month would push the boundaries of any printing capabilities, but what great colours! How many can you name, and where and when were the photos taken?



John Barrett, tandems, old friends, old cycle clubs

I found the attached quite humorous and I thought that perhaps some of the older members may feel the same..

My wife and I do ride a tandem as do Peter and Margaret. The articles may also interest Vic Howlett because he always comments to me "John, your wife is not pedalling"

Peter Day and I both belonged to the Tooting Bicycle Club. We both raced and trained together from 1954 to 1960. I did on rare occasions beat him but overall he was a much stronger rider than I.

Gwenyth and my trip to the Cotswolds

One or two months back Gwenyth and I were invited to a wedding at Churchdown, Gloucester. Now there the price of a hotel for two nights came to £200 but for the price of £184 we could hire a caravan for a week at Cirencester. The caravan was the top of the range job, it included two bedrooms, an en-suite shower room, a lounge and kitchen.

Whilst we were there I was able to meet my best friend, a cyclist of yesteryear, a certain Peter Day. We spent a day at his and Pat's home and we were able to catch up on past and present experiences.

I feel that the following articles, which are taken from the Cycle Club newsletter of which Peter is a member, are quite humorous. The cycle club is the Stonehouse Wheelers,

' E x p e r t '

First of all I've had a technical enquiry about how to lower the gears on a touring bike. I only wish all technical problems were as easy to solve as this one. Gearing is all to do with the ratio of numbers of teeth on the rear wheel sprockets to those on the chainring. Identify your smallest chainring, then simply file off alternate teeth. This should halve your previous lowest gear. You may find the ride a bit jerky, but this is because of the very low gear.

Next a medical question: a club rider writes to say that he suffers badly from dehydration on the longer rides. I suspect that you are not drinking enough tea. Ditch the water bottles and carry at least two litre-sized flasks of tea for en-route use. Immediately before a ride you should be drinking at least three cups of strong tea. At the tea stop you should get the flasks refilled for on the way back. Oh and make sure you wear warm clothing, none of this flimsy modern stuff, a sports coat and cavalry twill trousers would be ideal.

I've had a letter from Wayne and Dean, both fifteen-year old

lads who are enquiring about joining our cycling club. They say they both have full-sus mountain bikes and go quite far sometimes. Once they went five kilometres (by Dean's computer) and Wayne's mum had to come and get them in the car. They couldn't get the bikes in but when they'd recovered a week later, Wayne's mum took them to get the bikes but they'd gone. It didn't matter, they got new ones out of the week's pocket money. —Now lads, when I were your age, I could do hundred miles easy. We took us bread 'n cheese and a **bottle of cold tea**, never had enough bikes so us had to carry a mate on the crossbar. Never had shoes either, had to pedal barefoot; that is when we had pedals, sometimes we just had to scoot. Aye - we were tough in those days, if it rained we got wet through and rode back with double pneumonia, aye and sometimes triple. Anyway we don't want the likes of you in our friendly cycling club, and if you turn up we'll smash your wheels in. By the way, I didn't understand the "full sus", is it something to do with the police?

John Barrett

Twicer, an anecdote from the front by Peter Day.(courtesy of John Barrett)

The thrills of cycling with two wheels, four legs, and 140-odd years in perfect formation

"Patty, Patty, Give Me Your Answer Do . . ." Not a proposal, "but a simple request of my great friend Pat Ballinger to join me on a hired tandem trip. But to the 'beginning . . .

It all happened like this: We were on holiday in Scotland in the Naughty Nineties (circa 1995), we had taken our solo bikes for some leisurely pedalling and haggis "baiting.

One morning I was out on my own for some fast spinning when approaching the town of Dunkeld I started over the ancient bridge when I spotted a sign which proclaimed 'Cycles for Hire' but enticingly underneath 'Tandems for Hire'.

Now in all my years of competitive cycling on road and track (velodrome) in the 1950s and '60s, and later in the '80s I had never ridden a tandem - which had the same interest to me then, as, er, racing with hairy legs!

So on enquiring about this tandem hire it couldn't be easier. Pay fee, leave deposit, have fun. I sped back to our holiday digs where Pat was preparing a local speciality -cold shoulder and lashings of tongue as a reward for me being back late (only joking). That's when my proposal was delivered - and she accepted!

"We drove to the hire centre, parked up, paid our dues and chose our steed, a Dawes mountain bike tandem. The only instruction offered was a curt 'Bring It back safe laddie. Hmm.

Anyway, we looked at the bike, looked at each other, and looked nervous. Neither of us had cycling clothes on, so it was tuck In the trousers, adjust saddle height, me on the front (the Captain) steadying the beastie while Pat (the Stoker) dangled on the back mumbling a prayer. Then with a 'giddyup' we rolled away at walking pace.

The way we were facing

necessitated a hanger right, so with a lean right from me and a lean left from Pat we achieved a straight line. Brilliant. My dreams of a pleasant afternoon tandeming sniffing the Scottish air looked a long way off.

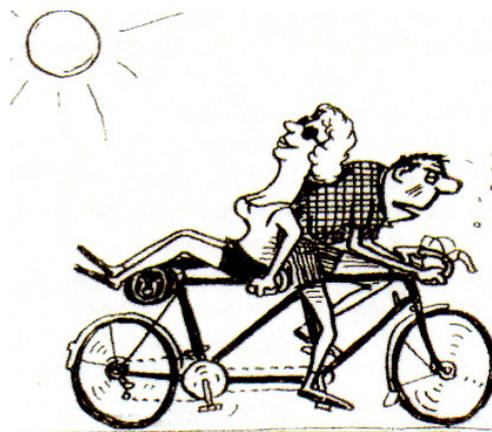
So we manhandled the lump to face the right way, and started again. We were now facing the beautiful Cathedral. The river was to the left and right of the bridge - danger everywhere. Once again we set off in the direction of the cathedral gates.

As we wobbled towards them intending to turn left over the bridge, I could not turn and went straight on with the gates just about to be closed by an attendant. "Hang on mate," I yelled. "We haven't mastered this thing yet!" to which he kindly let us through where by a miracle, we suddenly became 'proficient'. We waved him a cheery thank-you and set off up the road.

Before all of that, the chap at the hire centre had showed us on his map a particular nice ride where a forest clearing would give us at least a destination and somewhere to rest. He did not mention that it was all uphill.

And here we were, on that road, on a hot and humid day, a new captain and stoker, managing to still talk to each other and follow the same line - multitasking.

We got into our stride then, up a slope, passing lovely cottages. A chap was in his garden, he looked up and waved and said "She's not pedalling". Who would have thought after all these years we would hear that said many thousands of times. Yet Pat says she does all the work. What's that all about!



POSTBAG

Alan Jones sent his HRC subs renewal to Valerie, and included an update of news from the darkest West Midlands.

“Alan Jones sends greetings to all who know him and those who don’t. He says Oliver went on holiday in Poland, returned with a girlfriend and they have both now moved out and live in a very tall house in Hednesford in Cannock, near to where Alan and Maureen used to live many years ago. Oliver has taken his bikes to the new house, but has not done much cycling. Alan reckons that the” new gal “ has slowed him down at last!!!

Alan says he tries to ride his bike 2-3 times a week, doing about 2 hours total riding. He rides in Birmingham City early on Sunday mornings and is amazed how clear the roads are then. He has not raced for at least 2 years, mainly because of the increasing cost of racing equipment. He mentioned the HRC seems to attract both fast and long distance riders with a good spread of interests, but riders from the 1960s are getting a bit thin.

Alan said he has no objection to sharing news that he has the beginnings of Alzheimers and is already showing signs of this, although he has a nice cuddly specialist nurse for his regular check ups.

He also says the “new fella ” doing the Newsletter is doing a spiffing job.”

News from our local area campaigner, with a local conference to attend and to see what’s going on.

"On **17th April 2010** Portsmouth Cycle Forum will host the annual CTC/cyclenation spring cycle campaign conference. The theme of the conference will be “Future Cycling Cities”, focussing on how to put cycling at the heart of town and city life. The aim is to provide information, inspiration and best practice to cyclists and cycle campaigners from across the UK to improve cycle infrastructure and policy in their own areas. If you are interested in finding out more or booking a place then check out the conference website at:

<http://conference.pompeybug.co.uk/>

On the website you will find details of the programme, surrounding events and booking information."

The event is run on a not for profit basis. Many thanks,
Jon Spencer,
Portsmouth Cycle Forum

Now an international feature for the club!

Original Message-----

From: Emma viñuela ruiz [mailto:hotelroberto@hotmail.com]

Sent: 17 February 2010 10:01

To: HRC

Subject: HOSTAL ROBERTO MALLORCA

Dear Mr/Mrs;

Being a cyclist group allow us to introduce you and your mates our family hostel located in Palma Nova (where teams like Euskaltel, Footon-Servetto, Saxo Bank, Caisse D ´Epargne, Columbia,... used like operations center). We have thought of you as a cycling club since we are located where most of professional teams perform their pre-season training. We have outstanding weather conditions and environment. Also a very important thing "people are used to drive with cyclists on the road" even though there are quite a few tracks just for bikes.

So I would like to invite you to check our web page www.hostalrobertopalmanova.com and will be delighted to have you as a guest and help you on anything. We have offers for April and May on our website.

Thanks for your time. See you at Roberto ´s!!!! Yours faithfully. Emma.

P.S.: Please, do not hesitate to contact me if you have any doubt or question.

hotelroberto@hotmail.com

For the next email received, I couldn't decide if this should be in 'Postbag' or 'Events to ride'.

From: Ian [mailto:indh@henden.co.uk]
Sent: 27 February 2010 16:48
To: HRC
Subject: Would your club like to help, please?

Hi....

My wife and I are both taking part in this years cycle event at Southampton (World Naked Bike Ride) - in our case, solely to raise money for Breast Cancer Research. Would you be kind enough to promote our efforts among your membership, drawing particular attention to the page at <http://www.donatetobreastcancer.org/nakedbikeride> where donations would ber gratefully received. Don't expect wonderful pictures..... we are both in our 60s!!!!
I am sure your members would like to consider this....(or even take part?????? :o) :-)

Regards Ian Henden

Now a more conventional but very modern home training option.

Hi Chris,
For more info on my Trainer go to:-
www.tacx.com. look for Tacx I-Magic Fortius T194 VR software. It is available from, Evans Cycles or Wiggle. I have cycled VR over 590 miles. My longest session was over 3 hours !!!! a 12 mile long mountain climb slowed me down!!!!
Cheers.

Derek H.



Editors Ramblings

Just take a look at this picture of Sunday 28th February. No, its not a river or canal, it is close to the finish of the P843 on Downs Road West Stoke! Peter C took this and you can see he was being battered by the storm that morning too.

Well to be honest, I was glad the event was cancelled as I was due to hang on to the wheel of Roger J this time and I remember the pain of last time!. However, we've both seen one another on the road riding, so we must be getting fitter. This is probably my best Autumn/Winter for a long while so here's hoping, but a ride round the track with the fast boys and girls reminds me there is still a long way to go.

I've been loaned some tri-bars to see how I will get on with them, and I am feeling that strange way Laurent Finion must

have felt, when Greg Lemond was seen with those first tri-bars in the Tour de France time trial. Is it cheating or not? However they do feel easier for the back. I'll be wearing overshoes, and funny helmets next. If you see a futuristic streamlined cyclist riding by, with a large carradice saddlebag and quick release fastening, it will probably be me. Good luck in advance to all who enter the **PTTL2** event (remembering to contact Keith D. by the 18th March and commit your £2 levy cost) and gain the club some points. (If that is n't cancelled too!)

The Editor

Newsletter Part 2

EVENTS TO ENTER

If you hear of races and events, then do let me know and I'll feature it here. You may find you will have others interested to participate as well.

The Tuesday evening club rides to get you ready for the Time Trial Season, will be starting again. TUESDAY 16th March, meet at Churchers Corner at the start of our 10's at 5.45pm for an hour or two and a refreshment stop at the end.

Track riding on Wednesday nights using Road Bikes: 7.30pm to 8.30pm £2.50 Mountbatten Centre

Track riding on Friday nights using Road Bikes: 6.30pm to 7.30pm, £3 adults, childrens less! Mountbatten Centre floodlit outdoor track, Portsmouth. All abilities welcome.

Then **Track riding on Friday nights using Fixed gear Bikes: 7.30pm to 8.30pm**, bikes for hire.

ARMY CYCLING EVENT

The Army Cycling Union Spring Cup will take place on 27 Mar 10 at Bovington Camp. The event will comprise of a sporting 27 km course with male and female categories starting at 0900hrs. The headquarters for this event is Bovington Camp Physical & Recreational Training Centre located in Stanley Barracks.

Entry to this event is £7.00. This covers the cost of the event and all prizes. Cheques are to be made payable to 'Army Cycling Union'. A CTT race entry form can be found at <http://www.southdc.org.uk/docs/stdentry.doc>.

Entry forms and cheques should be sent to me at the following address:

Rob Jones
57 Fleming Close
Arborfield
Reading
RG2 9NS

PTTL Event 2

(Entries By- Thurs 18th March), Sunday March 28th, PNE 15 Mile TT, 0800 P823 Wickham Sq sign on.

TUESDAY 6th APRIL 2010 Event Cancelled

The first Tuesday 10mile TT 6th April 2010, that was listed in last months newsletter is CANCELLED. This is in respect of the memory of Laurie Pither, whos untimely death in a collision with a car while out cycling on our P843 course, shook the very foundations of the HRC. The club lost a great rider, a major organiser and cycling enthusiast.

The IOW Randonee 2010 on Sunday May 2nd the Bank Holiday Weekend)