

WHEELER'S DIGEST

Events | Guidance | Club Updates

Welcome...

Welcome to the September edition of the Wheeler's Digest.

Without your stories and news this would be a very brief newsletter so please send me anything cycling related, preferably with some photos as well, to webmaster@wellesbourne-wheeler.org.uk

Next issue at the end of October

Steve Kirk - Editor

Diary Dates

- 12 October - Cyprus Club Trip
 - 3 December - Club Xmas Lunch
 - 17 December - Club Xmas Ride
- 2024**
- 27 April - Netherlands Club Trip
 - 26 May - Ride London
 - 22 June - CFC Coast to Coast

New Members

Please welcome:

- ◇ Rachel Cousins
- ◇ Malcolm Smith
- ◇ Mark Beesley
- ◇ Kevin Zwolinski
- ◇ Gemma Truscott
- ◇ Norma Hiles
- ◇ Vindhini Clarke
- ◇ Charlotte Redshaw
- ◇ Daniel Redshaw

We now have 97 members

Olwen Kelly - Secretary

GTC in '23 Update

A big thank you to all the riders who gave their time and effort to support our stand at the annual Wellesbourne Fayre on Saturday 9th September.



Co-ordinator Chas Hilditch ensured the smooth running of the day from the 10.00am set up to be all cleared away by 4.30pm.

Wheeler's from all riding groups took shifts on the stand to ride the static bike and chat to visitors.

The Stratford Herald photographer stopped to take a picture which was in the following week's edition.

An enjoyable day was had by all with the added bonus of a windless sunny day.

Philip - Chairman



Mountford and Hastings - The Year So Far

Many of you won't be aware that each quarter the committee meet with the group organisers (GOs) where each GO has an opportunity to update the club on how their group is progressing. Of particular interest is how the different groups compare in terms of number of riders, distance, speed etc. Here are the stats for the year to date (YTD) for just two of the groups:

Mountford	
No. of riders (YTD):	26
No. of riders (10 rides or more):	16
Average ride distance (miles):	25.2 (Q1) / 26.1 (Q2) / 26.2 (Q3)
Average speed (mph):	11.2 (Q1) / 11.5 (Q2) / 11.8 (Q3)
Average no. of riders:	6.8 (Q1) / 9.7 (Q2) / 9.3 (Q3)
Maximum no. of riders:	10 (Q1) / 11 (Q2) / 11 (Q3)
Longest ride (miles):	<30
Cancelled rides:	1 (Q1) / 1 (Q2) / 0 (Q3)

Hastings	
No. of riders (YTD):	16
No of riders (10 rides or more):	14
Average ride distance (miles)	45 (YTD)
Average speed (mph)	16.0 (YTD)
Average no. of riders	9.4 (YTD)
Total distance ridden (YTD)	1,611 miles
Cancelled rides	3 (YTD)

Thanks to Chas Hilditch and Gary Gristwood for sharing their group's information. I hope to feature other groups in future editions

Steve Kirk - Editor

Pilates for Cyclists

"I have two new Pilates sessions I'm offering at the moment:

1. Ongoing Pilates sessions at Kineton High School, starting at 6pm from Tuesday 19th September. (£10 per session)
Scan below to register:



2. Six week men's Pilates course at Kineton Village Hall, starting Thursday 12th October at 6pm (£65 per course)
Scan below to register:



Both would be of benefit to cyclists"

Pippa Dalal - The Edge Pilates
07971 169535

British Cycling Insurance

We've just undertaken a review of our third party liability insurance with British Cycling and you should note the following points:

1. Irrespective of whether they have their own personal liability insurance or not, any club member pre-appointed as ride leader for any of our five Thursday/Sunday ride groups is covered by the club insurance and the sum insured can be anything up to £20 million, with no excess to pay.
2. There are two important administrative functions to fulfil as a result:
 - a) The website Ride Calendar must be updated by GO's at least 48 hours prior to the ride to include, alongside the route details, the name of the ride leader in FULL.
 - b) The website Forum Ride Report should be completed by the Ride Leader (if necessary via their GO) and this must include the FULL names of all riders - first names will not suffice.

Actioning these two points provides us with a more accurate record of ride leader details and ride participants which, in the event of any claim, potentially makes things far easier to retrospectively check.

Gary Gristwood on behalf of the committee

Club Cyprus Trip



Eleven of us enjoyed a sumptuous 22 course Greek Meze at El Greco in Stratford prior to the club cycling trip to the Greek sector of Cyprus, with our group flying out for a week in the autumn sun on 12th October.

I think everyone thoroughly enjoyed what was a veritable feast and it was also great to have a "get to know you" gathering before the holiday.

Gary Gristwood

WW Time Trial

1	Gary	27:34
2	Steve Kirk	29:51
3	Mike Massey	29:54
4	Ashley	30:22
5	Peter Dewis	31:00
6	David Godefroy	32:35
7	Paul Markwick	33:29

If you want to have a go, the route is on the [website](#) (Welles-00). After completing the TT, email me with a link to your Connect/Strava ride for verification and then I'll add you to the board

Steve Kirk - Editor

Club Kit Inventory

New

Endura S/S summer "Road" jersey	XXXL	New	£45.60
Endura S/S summer "Road" jersey	M	New	£62.40
Endura Compact (summer) gilet	M	New	£58.80
Endura Pro SL winter gilet	L & XL	New	£88.80

Used

Owayo Bib shorts (in club colours)	M	Good	Donation
Owayo Bib shorts (in club colours)	L	Good	Donation
Owayo Cycling cap	Universal	Good	Donation

Ashley Sherren - [Kit Secretary](#)

Wheel for Sale

Cero AR30 front wheel for sale. Brand new and boxed. Rim brakes.



Purchased as a set with a rear, priced around £300 for the front/rear set.

£100 for the front only.

These are about the lightest alloy wheels available.

Paul Markwick
07787 508362

Cycling Holiday Let

"Come on your cycling holiday with us and enjoy West Yorkshire hills at their best. Luxury barn accommodation. Available to book now. Sleeps up to six with secure bike storage"

£200 p/n

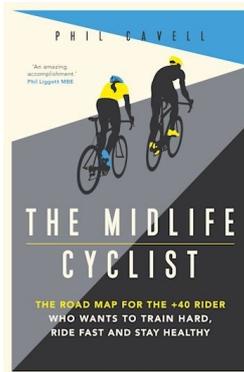


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'The Midlife Cyclist' - Book Review

Most books about cycling assume you are (a) under 30 and (b) whippet thin so it's a joy to find one that is aimed at us 'mature' cyclists.

Phil Cavell is the founder of the CycleFit organisation which is dedicated to cycling analysis and biomechanics. He's worked with everyone from the top pros to mere mortals so he's well placed to give advice to help us navigate the trials and tribulations of two wheels when most of our contemporaries are propping up the bar or the GP's surgery.



From the start, Phil makes the point that until our generation, most over 60's were unlikely to be around, let alone physically active, so there is very little medical evidence on how our bodies cope with cycling in later life. He starts off with a summary of what the ageing process does to our cardio system, our bones, muscles, ligaments and our hormones (including the effect of the menopause on female cyclists) and then what impact regular cycling has on each. The good news is that it's mainly good news! In terms of physical and mental health, what evidence there is suggests that cycling helps us delay the effects of ageing provided we train appropriately with weight training to supplement cardio workouts, and ensure our bikes are set up appropriately.

I said 'mainly good news'. There is a section on heart health and the impact cycling can have, which should be of particular interest to the male cyclist (for reasons unproven, female cyclists rarely suffer from exacerbated heart problems). Be warned, this is a very technical section and unless you have a medical background you will need to have Google or a medical dictionary to hand. Although there is a risk to very high mileage cyclists, for the majority of club members, working the heart muscle is as good as working any other muscle.

Later chapters deal with measuring performance, injuries and prevention, nutrition and even mental health and mindfulness. It's a thorough read and busts a few myths about cycling technique and training that will come as a surprise to many of us. If you want to explore the how, what and why of our sport and how it fits into your life, I'd recommend it.

Steve Kirk - Editor