

AMERSHAM Road Cycling Club Magazine

May 2009

News desk email; asaunders1967@hotmail.com

Volume 1, Issue 1

www.amershamrcc.co.uk

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LATEST NEWS

The Newsletter 1 - By Prez

Welcome to the first issue of the Amersham Road Cycling Club's newsletter.

This will be available each month and will be sent via email to all members with a download link available from the web site.

For anyone who does not have access to email a copy can be sent by post. Simply phone our President and Editor in Chief Andy Saunders.

However a monthly newsletter needs your input, your news, experiences and stories, pictures and bike related information. Those things that you are interested in and want to share, anything that you want ARCC



membership to read and comment on. I'm waiting to hear from you, so email to me at asaunders1967@hotmail.com or call me

Cheers Prez

Club run leaders - AS

We need more riders to lead the Sunday club runs, if any of you have a favourite ride you would like to share with us please let

Paolo or Sam know and, providing they agree we will get your ride onto the Rides list.

Club Social Evening—By Lynda

I have been threatening to put on a club social event since foolishly agreeing to be the social secretary at the first committee meeting few months ago.....and here it is.

Date: Friday 15th May 2009
Venue: The Squirrel, Penn Street
Time: from 7:30pm
Dress code: casual

All ARCC members, partners

and friends are welcome to Join us - we will be giving Darren Mills a send-off as he is soon to ride off into the sunset (well, Bahrain I think and then wherever he fancies.....).

But it's also a chance to come along and simply meet and get to know other members, you don't have to know Darren to come along - this is an event for the whole club (just saves me organising 2 events!).

The Squirrel do bar food (see web site for info), we're keeping it informal so that people can eat or not as they wish and can come along at whatever time suits them.

However, as we could potentially be a large group, the pub would like some idea of numbers. So I would be grateful if you could let me know if you plan to attend and if you plan to eat there either by posting a reply on the forum or by emailing me at

lynda@amershamrcc.co.uk

Many thanks and hope to see lots of you there!

Lynda

Chiltern 100 update—AS

The Chiltern 100 Sportive jointly promoted by us and Verulam CC from St Albans is almost SOLD OUT with 650 entries for the Grand Fondo and 350 for the Medio Fondo selling out within a few weeks of the online entry opening.

Our 54 mile Corto Fondo is selling well with 225 + entered as of today.

There are new features for the 2009 event which should make the whole event more of an interesting and enjoyable for riders and spectators alike.

These include

New fully signed route

New Retail Village

Mix Radio Road show

On site repair centre

MND Association Balloon race

And more to be announced soon

Prez

Welcome to our NEW kit sponsors



Chiltern
31 May '09 100

Club Contacts

Club enquiries

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Go-Ride Club

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Membership Fees 2009

Senior £18.00
Over 65 £10.00
Students £10.00
U18's £5.00

AMERSHAM Road cycling club

Club runs
Social Riding
Racing
Time Trials
Sportives
Go Ride youth

'When climbing, keep your body relaxed, hands on top of the bars, relieving your back and allowing unrestricted breathing.

Jan Ulrich 2002

What's on in May

Wednesday Evenings

Easy and Hard Rides of between 25 and 35 miles
6.00pm - Pednor Loop (Chesham Corner)

Saturday Afternoons

A 20-25 mile ride without a cafe stop, ideal for riders new to club cycling.
1.30pm - Annie Baileys

Sunday Mornings

Easy, Moderate and Hard Rides of between 40 and 60 miles with a cafe stop around half way.

8.30am - Link Road Car Park

Full details of all our rides and other club activities are on our web site

www.amershamrcc.co.uk

NO CLUB RIDES ON SUNDAY 31ST MAY—CHILTERN 100 SPORTIVE EVENT
THE MISBOURNE SCHOOL, GREAT MISSENDEN. BUCKS

**WEB FORUM HOT TOPIC—CLUB CENTURY RIDE IS BACK ON.
Get on the club forum and join the debate**

News shorts

Congratulations to Jonny Wale is getting his cat 3 race licence due to his results at the Hillingdon Winter series.

Also at Hillingdon Circuit Kieran Dineen came home 8th in the W-esterly CC criterium on April 18th

We have held our first Go Ride sessions for U16's at the Misbourne School with good numbers of children on each of the 3 days. More about this inside next months issue.



Club competition update

With the summer fast approaching and race and time trial calendars spreading our riders far and wide the club competition for 2009 is starting to hot up. Nils has pulled out a good lead with high finishes in Road races but with Andrew Cowburn and Andy Lane time trialing regularly they could be soon closing the gap.

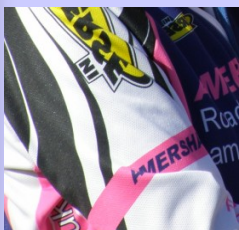
Andrew Saunders is taking a leaf out of Colin's book and hoping that consistent appearances on club runs will give him a high finish come September.

Rachelle is running away with the highest points in the women's category. Brian has a healthy lead over Sam in the Vets group despite several weeks off the bike with injuries.

But all of you beware, last years winner Allan Simmonds is starting his run of high finishes in time trials and with the extra bonus points and is catching up.....look over your shoulders he's coming

Rider Q&A

Nils Gustafsson



www.amershamrcc.co.uk

Nils joined us over a year ago and over this time he has trained hard and improved greatly, working his way from a midfield category 4 rider to a seriously competitive cat 3 road racer with some impressive results so far in 2009

By far his best performances to date, riding for ARCC has been his 2nd place in the Hog Hill Winter Series and a fantastic ride in the Sigma Sport Easter 3 day stage race,

finishing;

Stage 1 - 8th place

Stage 2 - 7th place

Stage 3 - 6th place

Final General Classification - 7th place

I caught up with Nils for a quick Q&A session between his training rides.

Q. Nils, how long have you been riding

A. Been riding (breaking) town bikes in woods since I was a little boy but started road cycling September '07

Q. Cycling dream

A. Yellow in the tour? Or maybe just a respectable full season in the premier calendar and elite circuit series

Q. Favourite ride

A. Colwyn Bay around the Great Orme and into Snowdonia for climbs around Llanrwst and Betws-y-Coed

Q. Best local climb

A. The Crong and maybe Hale Lane as they're so close and bring back memories of when I first started road cycling.

Q. Best café stop

A. Probably the one outside Dunstable on the downs (right at the top of a hill)

Q. Cycling hero

A. Vatcheslav Ekimov (so strong, committed and selfless)

Q. Cycling villain

A. Floyd Landis

Q. Your bike collection

A. Felt F85 with Shimano Sora, Felt F4C with DuraAce and Shimano RS10 wheels, Specialised Hard Rock and a Falcon Scorpio Steel bike that took me

1000miles from end to end of the Country without breaking

Q. Dream Bike

A. Felt F1 SL with SRAM Red, lightweights and an SRM power metre (and an extra chain to make it 6.8kg)

Q. Recommended product

A. Assos (or other) chamois crème... Life savour

Cheers for sharing your thoughts with us, and good luck for the rest of the season.

Prez



Nils Pushing the pace at Hog Hill 2009

PRIZE QUIZ— First emailed answer wins a 500g tub of MYBIKEFOOD drink mix
Who was the first American rider to compete in the Tour de France and what was the year.

Darren's epic adventure

'How hard can it be'

Darren Mills 09

Follow Darren's progress at

www.crazyguyonabike.com/doc/Bahrain

At the end of last year I was given the 'gift of redundancy'. This has given me the opportunity to go on my first fully extended cycle tour. I have toured before, but for only a few weeks at a time during my annual leave. The idea for this one is to finally fulfil a long standing promise to visit my sister and her family - they live in the Kingdom of Bahrain! I have been lucky enough to secure some temporary employment straight away. This means I will be able to upgrade my bike and equipment whilst keeping the bulk of my redundancy funds intact for the tour. I'll be leaving these shores at the beginning of June and should arrive in Bahrain sometime in November.

The basic plan involves riding to Portsmouth and taking the ferry to Cherbourg,.

From there I'll ride down the West coast of France into Spain. I plan to spend some time riding through the Pyrenees and Andorra and then head East back into France and to the Alps. I'm planning to tackle at least some of the climbs made famous in classic races such as Tourmalet, Mont Ventoux, Alp D'Huez, Stelvio, etc.

Once in Italy I'll head over to Venice for a few days R & R. Next it will be up to Vienna to get on the River Danube Cycle path and follow it into Eastern Europe. Then it's just the simple

task of riding through Hungary, Romania, Bulgaria, Turkey and Iran before catching a ferry to the Kingdom of Bahrain.

I envisage the trip to take around 5 to 6 months and at this stage I estimate I'll cover will be around 6,000 miles.

How hard can it be?

Follow Darren's progress at

www.crazyguyonabike.com/doc/

Rachelle and Lynda—Train in Spain

Training Diary

Week commencing 30 March

Reality is setting in. What was I thinking when I let Lynda persuade me to go on a cycling training camp in Spain??? The prospect of using cleats has terrified me for months but the thought of using them properly for the first time while careering down mountains is even more terrifying so I finally force myself to go out on my bike with my feet attached to the pedals!!!

6 April

It takes us nearly as long to lug our bike boxes the short distance from the car to departures as it does to drive to Luton. Easyjet did us proud and delivered us and our luggage to Malaga on time. We set off in the hire car with Lynda balanced on a pile of clothes so she actually could see over the top of the dashboard. We get lost on the way to Montecorto so we turn up late, dump our stuff off and then have to meet with Ashley to learn how reassemble our bikes – deep joy!

7 April

We get up at 7.45am to get ready for our 9am start! Disaster – our alarm was wrong it's actually 8.45am!!! We turn up late and hold up the group of men who had already been riding together in perfect harmony for a few days until these two females turn up.

Finally we set off on our first ride but I manage to get lost within ten minutes. I am now out riding alone somewhere in Spain without my mobile phone and without a word of Spanish to my name...oh well keep on riding and see what happens...Ashley and others are waiting for me... I keep on riding...Ashley searches for me...I keep on riding... Ashley's wife searches for me in the van... I keep on riding... Lynda thinks I am road kill... I keep on riding... Ashley cycles for miles before finding me then has to go off in hunt of the other riders. What an achievement – bottom in the cycling and the popularity stakes!!!

8 April

Ashley chooses a circular route around Lake Zahara in an attempt to ensure I don't get lost! Inevitably the day can't pass without incident – Lynda receives a call to say that Montecorto's resident policeman wants us to move our hire car. Beautiful day and a lovely ride. After 35km of cycling and 450m of climbing we get back to Montecorto with our policeman in hot pursuit on his motorbike.

9 April

We head for Benoacaz. Lynda manages to keep up with the boys while I am lagging behind which is just like a club ride - well apart from the sun, traffic-free and pothole-free roads! We ride a total of 64km with 1021m of climbing. It's a really tough ride for me and Ashley has a Cat 1 climb planned for our last day – I don't know what this means but it can only be worse than today's ride. Oh and of course Monte corto's only policeman is after us again to move the car. Good job we aren't in the UK – the car would have been towed away by now!

10 April

The planned Cat 1 climb just got tougher - it's raining! Five of us head towards Los Palomas and then there was one! I am dropped within about 30 seconds. I ride the 18km to the start of the climb in heavy rain and scary crosswinds. Ash is waiting at the bottom of the climb in the van and gives me the option of wimping out or offers to come back and get me if I can't make it to the top but I know that the moment I set off up the mountain there's no going back.

I have nearly 10km of climbing ahead with cold and wet feet. What am I doing here? I could be at home eating Easter eggs from the comfort of the sofa! At times I feel like I am going backwards. I keep on going upwards until I am faced by the steepest section of the climb zigzagging across the mountain. I begin to doubt that I can make it when the others turn up in the van – they have all finished but Ash tells me I only (!) have 20 minutes more to get to the top. The other riders are no doubt cursing me as they just want to head home but I've got this far so it's onwards and upwards. I keep going cheered on by passing motorists until I reach the top and fall off my bike.

Well I achieved my goal which was to survive to tell the tale! All that's left to do is dismantle our bikes and head home early tomorrow. The end of a masochistically enjoyable trip!



ARCC Race report

April saw the time trialling season hit full flow with ARCC riders taking part in a number of events through the month.

Over 10 and 25 miles Allan Simmonds was consistently the fastest ARCC rider last season and it looks like this year will be no different as he posted 24:24 in the HWCC Good Friday '10', followed it up with 24:36 and 24:49 in the first two High

Wycombe CC Tuesday evening '10's at Longwick and was also the fastest ARCC rider at the WLC '25' with 01:05:26. Andrew Cowburn has been equally consistent as the second fastest ARCC rider with 26:17 on GoodFriday, 26:36 and 26:45 at Longwick and 01:11:25 in the '25' but competition has been good with Mick Goodman on 27:15 and 27:43 for 10 miles as well as 01:13:39 for 25 miles.

The biggest threat to the established riders looks to be Will Stemman, who has consistently lowered his '10' time to record a personal best of 27:07, more than 3 minutes faster than

his first event 8 weeks earlier.

Other notable times in April were Alan Nixon's 01:14:05 for his first '25' and personal best times for Neil Tingle (27:18) and Andy Lane (28:37) at 10 miles.

The road racing action started on Sunday 5 April with Nils Gustafsson and Andy Lane in action at the Thames Velo Road Race in Great Milton, Oxfordshire.

Andy unfortunately fell victim to the poor road conditions on the course and punctured early on but Nils stayed in the bunch to finish in 15th place at the end of the 42 mile race.

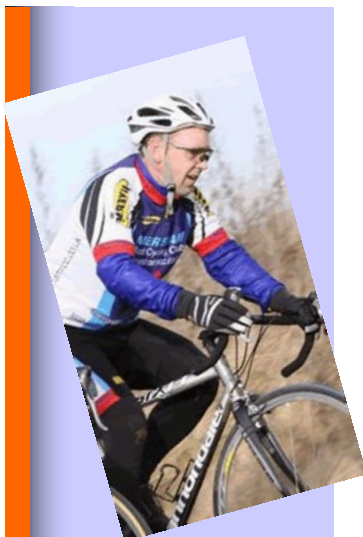
Easter weekend was also good for Nils who represented the club in the Sigma Sport 3 Day Stage Race in Surrey. Not normally known as a sprinter, Nils got stuck in at the finish of every stage to finish 8th, 6th and 5th on the 3 stages respectively, only narrowly missing out on a podium place overall but still picking up a lot of points towards getting his category 2

licence with his 7th place on General Classification.

Having survived the Tour of Flanders sportive, Kieran Dineen returned to racing on 18 April with 8th place in the Westerley Criterium at the Hillingdon Cycle Circuit.

Nils made a final appearance of the month at the Reading CC Road Race, the victory going to a lone rider but Nils got right into the bunch sprint to finish in 10th place.

ARCC Race report - Andrew C



Cycling For women with Amersham RCC

When ARCC published an article in the local paper saying they welcomed beginners I don't think they Anticipated someone who had hardly ever cycled turning up on a folding bike! I'm not sure who was more shocked - the group of lycra-clad men who were waiting at Annie Bailey's to start the club ride or me. However, they were very supportive and a couple of weeks later, I was going along to weekend club rides on a new road bike.

Starting in the Autumn made life more difficult but whenever possible I dragged myself from under the duvet and joined the easy (???) ride. I found it a hard slog as I was constantly at the back of the pack with the other riders taking it in turns to drop back and keep me company. I huffed and puffed my way up all the hills stopping every time I decide I couldn't breathe anymore. Everything other club members took for granted was a challenge to me - changing gears, descending, removing my water bottle from its holder – and the thought of using cleats was totally terrifying.

Well it's springtime now and the bike hasn't been consigned to a corner of the garage and I am out riding at every opportunity. Have I improved? It's hard to tell as I'm still often at the back of the pack. However, I am finally using cleats which certainly help on the uphill climbs. I am definitely hooked though. After a recent club ride of around 50 miles, I had a mad moment and decided to go and tackle a hill which has defeated me since I started cycling - The Hale. I made it to top without stopping for the first time. Not a major achievement to some but it's all relative - one person's Hale is another person's Mont Ventoux!

Rachelle

For information on women's cycling and Amersham RCC—Contact

rachelle@amershamrcc.co.uk



ARCC CLUB TIME TRIAL—March 2009